

Sequential Guidelines for K-12 Physical Education

Color I occur	,	Daval	onin	~		4.	n na Israin	200			Intogr	atin	~
Color Legend 2.2 Integrated			oping	<i>y</i>		Aį	pplyii	ıy			Integr	uting	y
rsonal and Social Responsibility Respect the rights and feelings of others	K	1	2	3	4	5	6	7	8	9	10	11	
Show effort in class and cooperate with other students Students are self directed in their goals and stay on task Help peers achieve their goals and show leadership													
Show leadership in community regarding social issues Demonstrate conflict resolution during game play and problem solving													
Challenge stereotypes regarding disability, gender, race, & sexuality 2.5 Motor Skill Dev	velo	рте	ent										
A. Movement Concep		nd Sk	ills 2	3	4	5	6	7	8	9	10	11	
Walking Hopping	K	1		3	4	3	0	/	O	9	10	11	
Galloping Side Sliding													
Skipping Running (Jog/Sprint) Jumping													
Leaping Description Locomotor Skills	K	1	2	3	4	5	6	7	8	9	10	11	
Bending/Stretching Pushing/Pulling Twisting/Turning													
Rising/Falling Spinning													
Swaying/Swinging rections & Pathways	K	1	2	3	4	5	6	7	8	9	10	11	
Left/Right Up/Down Forward/Backward													
Sideways/Diagonal Straight/Curve/Zig-Zag Clockwise/Counter Clockwise													
fort Tempo (Slow, Medium, Fast)	K	1	2	3	4	5	6	7	8	9	10	11	
Rhythm (Even, Uneven, Patterns) Force, Power, Speed, Range of Motion													
Differentiate Personal and General Space Differentiate Personal and General Space Dangs (Sing of Management (Big Medium Small For Near)	K	1	2	3	4	5	6	7	8	9	10	11	
Range/Size of Movement (Big, Medium, Small, Far, Near) Levels (High, Medium, Low) Over/Under; On/Off; Top/Bottom; In/Around/Through													
Between/Next To; Behind/In Front Body Formations													
Mirror/Model dy Management Skills Body Shapes (Isolated/Combined)	K	1	2	3	4	5	6	7	8	9	10	11	
Balances with Manipulatives Climbing													
Jumping/Landing Static Balances Dynamic Balances													
Weight Transfer Rolling/Tumbling													İ
Ready Position Inipulatives	K	1	2	3	4	5	6	7	8	9	10	11	
Throwing Underhand Throwing Overhand Catching (Over/ Under)													
Throwing & Catching (With Implement) Passing/ Receiving/ Scoring Attempt Kicking/ Transling/ Passing													
Kicking/ Trapping/ Passing Striking with Body Part Striking with Short Implement													
Striking with Long Implement Dribbling (Hands) Dribbling (Feet)													
Dribbling (Implement) Volley Underhand													
Volley Overhand Serving Underhand Serving Overhand													
B. Strateg											10		
Communication Acknowledge the accomplishments of self & group members	K	1	2	3	4	5	6	7	8	9	10	11	
Working toward a common goal Use appropriate techniques to motivate and celebrate success			_										
fensive (Creating Space) Strategies Varying pathways, speed, direction Varying types of pass	K	1	2	3	4	5	6	7	8	9	10	11	
Fakes/Jab Steps Screen													
Playing with one player up (e.g. 2 v. 1) Transition Varying force, angle and/or direction to gain advantage													
Using offensive tactic/shot to move opponent out of position Selecting appropriate shot/implement													
Applying offensive strategies in fielding and striking Plan offensive plays Analyze and adjust offensive plays based on performance													F
fensive (Reducing Space) Strategies Changing size & shape of defenders body	K	1	2	3	4	5	6	7	8	9	10	11	
Changing angle and/or direction to gain advantage Denying the pass/player progress Transition													
Return to home position Shifting to reduce angle for return													
Selecting appropriate shot/implement													
Applying blocking strategy													
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays													
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2)	ules	& Sa	fety										
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Riportsmanship, Riportsmanship, Riportsmanship, Rafety	ules K	& Sa	fety 2	3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Ruertsmanship, Ruert		_		3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette	K	_		3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Reportsmanship, Reportsman	SS	1	2	3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual	SS ical A	1	ity 2	3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities	SS Scal A	1 ctiv	ity										
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity	SS ical A	1 Ctiv	ity 2	3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rues & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance	SS ical A	1 Ctiv	ity 2	3	4	5	6	7	8	9	10	11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorspiratory Endurance Flexibility Muscular Endurance	SS K	1 ctiv 1	2 ity 2 2	3	4	5	6	7	8	9	10	11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition	SS K	1 ctiv 1	2 ity 2 2	3	4	5	6	7	8	9	10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Reservant Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core Calth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition Il Related Fitness Components Agility Balance	SS Cal A	1	ity 2 2 2	3	4 4	5 5 5	6	7	8	9	10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Reservant Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual Gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core Core Calth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Endurance Muscular Strength Body Composition Calt Related Fitness Components Related Fitness Components MI Related Fitness Components Agility	SS Cal A	1	ity 2 2 2	3	4 4	5 5 5	6	7	8	9	10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitnee A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition Agility Balance Coordination Power Reaction Time Speed Speed Inciples of Fitness Training	SS Cal A	1	ity 2 2 2	3	4 4	5 5 5	6	7	8	9	10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Ries & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitnee A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual Gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Endurance Muscular Strength Body Composition Power Relation Time Speed	SS Cal A	1	2	3 3 3	4 4 4	5 5 5	6 6	7 7 7	8 8 8	9 9	10 10 10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Right Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core Core Cath Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition Ill Related Fitness Components Agility Balance Coordination Power Reaction Time Speed Inciples of Fitness Training F.I.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility	SS Cal A	1	2	3 3 3	4 4 4	5 5 5	6 6	7 7 7	8 8 8	9 9	10 10 10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Strength Body Composition Il Related Fitness Components Agility Balance Coordination Power Reaction Time Speed Inciples of Fitness Training FI.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Individuality Individuality Individuality Individuality Dose-Response Diminishing Returns	SS Cal A	1	2	3 3 3	4 4 4	5 5 5	6 6	7 7 7	8 8 8	9 9	10 10 10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rivers and adjust defensive plays based on performance. C. Sportsmanship, Rivers and plays a serious plays based on performance. C. Sportsmanship, Rivers and plays a serious plays based on performance. C. Sportsmanship, Rivers and plays based on performance. A fetting feedback Working with others Following rules & etiquette C. G. Fitne A. Fitness and Physic and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual plays and Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Plexibility Muscular Endurance Muscular Strength Body Composition Il Related Fitness Components Agility Balance Coordination Power Reaction Time Speed Inciples of Fitness Training Fil.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Dose-Response Diminishing Returns Rest and Recovery art Rates	SS Cal A	1	2	3 3 3	4 4 4	5 5 5	6 6	7 7 7	8 8 8	9 9	10 10 10	11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual pages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core Core Catth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition Il Related Fitness Components Agility Balance Coordination Power Reaction Time Speed Inciples of Fitness Training F.I.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Dose-Response Diminishing Returns Rest and Recovery	K SSS GCAL A K K K	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2	3 3 3	4 4 4	5 5 5 5 5	6 6	7 7 7 7 7	8 8 8	9	10 10 10 10	11 11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rivers & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition ill Related Fitness Components Agility Balance Coordination Power Reaction Time Speed inciples of Fitness Training F.I.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Dose-Response Diminishing Returns Rest and Recovery art Rates Levels of Heart Rate Rate of Perceived Exertion	K SSS GCAL A K K K	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2	3 3 3	4 4 4	5 5 5 5 5	6 6	7 7 7 7 7	8 8 8	9	10 10 10 10	11 11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. I v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, R. Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical set etiquette Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition fill Related Fitness Components Agility Balance Coordination Power Reaction Time Speed Inciples of Fitness Training FLT.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Dose-Response Diminishing Returns Rest and Recovery art Rates Levels of Heart Rate Rate of Perceived Exertion Calculate & Take Beart Rate Sessment and Program Planning Develop a fitness plan	K K K K K K K	1	2	3 3 3 3 3 3	4 4 4 4	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 6	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8	9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	10 10 10 10 10 10 10	11 11 11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitnes A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core Alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition Related Fitness Components Aglity Balance Coordination Power Reaction Time Speed Inciples of Fitness Training F.I.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Dose-Response Diminishing Returns Rest and Recovery Art Rates Levels of Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Ressment and Program Planning Develop a fitness goal Analyze common barriers to physical activity Design a personal fitness plan Health status and history Monitor personal fitness plan, evaluate progress, and modify to prevent relapse	K K K K K K K	1	2	3 3 3 3 3 3	4 4 4 4	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 6	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8	9	10 10 10 10 10 10	11 11 11 11 11	
Applying blocking strategy Varying speed and trajectory Playing with one player down (e.g. 1 v. 2) Plan defensive plays Analyze and adjust defensive plays based on performance. C. Sportsmanship, Rules & Safety Safety Demonstrating personal responsibility Accepting feedback Working with others Following rules & etiquette 2.6 Fitne A. Fitness and Physical activity for Dimensions of Wellness Physical, Intellectual, Emotional, Social, Spiritual gages in Physical Activity Demonstrates a variety of vigorous activities Push v. Pull Upper Body v. Lower Body Core alth Related Fitness Components Cardiorespiratory Endurance Flexibility Muscular Endurance Muscular Strength Body Composition Ill Related Fitness Components Agility Balance Coordination Power Reaction Time Speed Inciples of Fitness Training F.I.T.T. Principle (Frequency, Intensity, Time, Type) Specificity Progression Overload Reversibility Individuality Dose-Response Diminishing Returns Rest and Recovery art Rates Levels of Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Perceived Exertion Calculate & Take Heart Rate Rate of Develop a fitness goal Analyze common barriers to physical activity Design a personal fitness plan Health status and history	K K K K K K K K K K K K K	1	2	3 3 3 3 3 3 3	4 4 4 4 4	5 5 5 5 5 5 5	6	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8 8 8 8 8	9	10 10 10 10 10 10 10	11 11 11 11 11	

2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
2.6 Fitness: All students will apply health-related fitness concepts to develop and maintain a healthy, active lifestyle.
DEVELOPING: Students can participate in deliberate practice tasks that will lead to skill and knowledge acquisition.
APPLYING: Students can demonstrate the critical elements of the motor skills/knowledge components in an applied setting.
INTEGRATING: Students can demonstrate the critical elements of the motor skills/knowledge components to promote a healthy, active lifestyle.