

Physical Educational Calendar of Activities: Grades K-2

September	October	November	December	January	February	March	April	May
Social Contract Procedures	Bean Bag Activities	Throwing (Over & Underhand)	Catching	Basketball Skills	Balloon Activities & Volleyball Skills	Bowling Skills	Obstacle Courses	Field Day Prep.
Spacial Awareness	Body Parts	Basic Exercises	Relay Race Holiday Game	Minute Challenge	Jump Rope Skills		Mileage Club	T-ball Skills
Parachute	Soccer Skills	Animal Walks					Introduce Fitness Testing	Review all Skills
Centers	Scooters & Holiday Game							
Locomotor Skills								

Physical Educational Calendar of Activities: Grades 3-4

September	October	November	December	January	February	March	April	May
Social Contract Procedures	Soccer Skills	Throwing Over & Underhand	Catching	Basketball Skills	Volleyball Skills	Bowling Skills	Parachute Games	Field Day Preparation
Locomotor Skills	Scooters & Holiday Game	Fitness Circuit	Relay Race and Holiday Game	Minute Challenge	Jump Rope Skills		Mileage Club	Softball Skills
Fitness Testing							Fitness Testing	Review all Skills
Centers								

*The calendar displays the main skills that are taught each month. The first semester skills are also reinforced and review in the second semester.