

**Physical Education  
Yearly Plan**

<b>Month</b>	<b>K-2<sup>nd</sup> Grade</b>	<b>3<sup>rd</sup>-5<sup>th</sup> Grade</b>
<b>September</b>	<ul style="list-style-type: none"> <li>• <i>Introduction to PE</i></li> <li>• <i>Safety and Social Development</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Introduction to PE</i></li> <li>• <i>Safety and Social Development</i></li> </ul>
<b>October</b>	<ul style="list-style-type: none"> <li>• <i>Throw and Catch</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Tchoukball</i></li> <li>• <i>Football</i></li> </ul>
<b>November</b>	<ul style="list-style-type: none"> <li>• <i>Dribble and Pass</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Basketball</i></li> <li>• <i>Handball</i></li> </ul>
<b>December</b>	<ul style="list-style-type: none"> <li>• <i>Circus Arts</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Circus Arts</i></li> </ul>
<b>January</b>	<ul style="list-style-type: none"> <li>• <i>Health-Related Fitness</i></li> <li>• <i>Skill-Related Fitness</i></li> <li>• <i>Nutrition</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Health-Related Fitness</i></li> <li>• <i>Skill-Related Fitness</i></li> <li>• <i>Nutrition</i></li> </ul>
<b>February</b>	<ul style="list-style-type: none"> <li>• <i>Jump Rope for Heart</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Jump Rope for Heart</i></li> </ul>
<b>March</b>	<ul style="list-style-type: none"> <li>• <i>Strike with Feet and Hands</i></li> <li>• <i>Dance Week</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Soccer and Volleyball</i></li> <li>• <i>Dance Week</i></li> </ul>
<b>April</b>	<ul style="list-style-type: none"> <li>• <i>Strike with Short Implements</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Badminton, Pickleball, and Tennis</i></li> </ul>
<b>May</b>	<ul style="list-style-type: none"> <li>• <i>Strike with Long Implements</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Baseball, Cricket, and Hockey</i></li> </ul>
<b>June</b>	<ul style="list-style-type: none"> <li>• <i>Outdoor Games</i></li> <li>• <i>Track and Field</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Flying Disc</i></li> <li>• <i>Track and Field</i></li> </ul>