

MONTICELLO PHYSICAL EDUCATION
K-5 CURRICULUM

K-2

1ST Quarter

Student orientation/rules
Cooperative games
Modified fitnessgram
Spatial awareness
Locomotor skills
Eye-foot coordination

2nd Quarter

Chase and flee games
Throwing and catching skills
Manipulatives
Body part awareness
Intro to nutrition (Michigan model)

3rd Quarter

Modified fitnessgram
Basic jumping and landing skills
Climbing skills
Advanced manipulatives
Interdisciplinary skills

4th Quarter

Striking skills
Introduction to field day events
Modified fitnessgram

3-5

1ST Quarter

Student orientation/rules
Cooperative games/strategies
Fitnessgram
Aerobic games
Advanced locomotor skills
Soccer skills

2nd Quarter

Aerobic games/ Interdisciplinary
games
Manipulatives
Health/fitness/nutrition concepts
Ball handling skills

3rd Quarter

Fitnessgram
Jumping and landing skills
Climbing skills
Advanced manipulatives
Games of low/high organization

4th Quarter

Striking skills
Field day events
Fitnessgram