

**Suggested Instructional Sequence
First Grade**

Week	Day 1	Day 2
1	Movement Concepts/Fitness <ul style="list-style-type: none"> • Self Space • General Space • Body Part Identification • Directions Activities: Hoops, Airplane, Simon Says	Movement Concepts/Fitness <ul style="list-style-type: none"> • Pacer warm-up • Review levels (high, low, medium) • Shapes (Wide, narrow, bent, straight, twist) Activity: Statues <ul style="list-style-type: none"> • Review speed • Fitness skills with shapes and levels- curl-ups, push-ups • Musical Hoop • Whistle Mixer
2	Movement Concepts/Fitness Pacer/Curl-ups/Push-ups Review shapes (isolate body parts) Review levels Review locatives Activities: Hoops, Partner hoops, Motorcycle, Barnyard Tag	Movement Concepts/Fitness Pacer/Push-up Challenge Review Direction Activities: Car, Mini-Van, Bus, Bronco Tag
3	Movement Concepts/Fitness Pacer/Push-up Macarena Review non-manipulative skills <ul style="list-style-type: none"> • Shake • Push/Pull • Rock • Swing • Sway Partner stunts <ul style="list-style-type: none"> • Back-to-back • Rocking Chair Activity: Squirrels in Trees	Movement Concepts/Fitness Pacer/Push-up/Curl-up Challenge Review non-manipulative skills Review pathway (straight, curved, zig zag) Review general space Activities <ul style="list-style-type: none"> • Add-a-Tag • Shipwreck
4	Movement Concepts/Fitness Fitness Obstacle Course Directions <ul style="list-style-type: none"> • Forward • Backward • Sideways • Up/Down • Diagonal Combinations <ul style="list-style-type: none"> • Space • Level 	Movement Concepts/Fitness Fitness Obstacle Course Introduction to Tempo <ul style="list-style-type: none"> • Even Rhythm • Uneven Rhythm Introduction to Effort <ul style="list-style-type: none"> • Loud Feet • Soft Feet Happy Feet Color Race Line Tag

	<ul style="list-style-type: none"> • Shape • Speed • Directions • Locatives Push up Tag Islands and Bridges Freeze tag	
5	Locomotor Skills/Fitness Pacer/curl-ups/push-ups Walk Run Speed (Fast, Slow, Medium) Activity <ul style="list-style-type: none"> • Follow the Leader 	Locomotor Skills/Fitness Pacer/curl-ups/push-ups Jump Hop Leap Activities <ul style="list-style-type: none"> • Jake the Snake • Jump Scotch
6	Locomotor Skills/Fitness Pacer/Fitness Stations Review Jump, Hop, Leap Combine with direction and speed Activities <ul style="list-style-type: none"> • Hop Scotch • Jump the Brook 	Locomotor Skills/Fitness Pacer/Fitness Stations Review Jump, Hop, Leap Activities <ul style="list-style-type: none"> • Cone Leap • Mini-Obstacle Course
7	Locomotor Skills/Fitness Pacer/Fitness Warm-up Review Hop, Leap Activity <ul style="list-style-type: none"> • Jump the Brook • Cone Leap • Leap Brook and Cone 	Locomotor Skills/Fitness Group Fitness Warm-up Slide Gallop Activities <ul style="list-style-type: none"> • Color Chase Freeze tag
8	Locomotor Skills/Fitness Pacer/Fitness Warm-up Review Slide, Gallop Skip <ul style="list-style-type: none"> • Stationary in hoop • Movement around hoop Activity <ul style="list-style-type: none"> • Mirror • Crows and Cranes 	Locomotor Skills/Fitness Group Fitness Warm-up Review Even and Uneven Locomotor Skills Activity <ul style="list-style-type: none"> • Follow the Leader • Jump the Brook • Do as I Do (Sequence of skills with drum beat)
9	Manipulative/Fitness Locomotor Skill Warm-up Kicking <ul style="list-style-type: none"> • Instep Kick to wall • Instep kick to Pin 	Manipulative/Fitness Pacer with locomotor skills Push-ups/curl-ups Trapping <ul style="list-style-type: none"> • Sole trap

		<ul style="list-style-type: none"> • Kick/Sole trap off wall Activities <ul style="list-style-type: none"> • Partner Pass • Circle Pass
10	Manipulative/Fitness Pacer with locomotor skills Force Level Underhand Roll <ul style="list-style-type: none"> • Wall Roll • Wall Roll to Pin • Partner Roll with pin • Stride Ball (groups of 6) 	Manipulative/Fitness Pacer with locomotor skills Underhand Throw Below waist catch <ul style="list-style-type: none"> • Underhand throw to self • Underhand throw to wall • Underhand throw to hoop w/partner • Underhand throw to partner
11	Manipulative/Fitness Basketball Shuffle Warm-up/Push-ups/Curl-ups Overhand Throw Overhead Catch <ul style="list-style-type: none"> • Underhand Throw/Overhead Catch to self • Overhand Throw to Wall • Overhand Throw to target • Overhand Throw to Partner Activity: Clean up the Backyard	Manipulative/Fitness Basketball Shuffle Stations <ul style="list-style-type: none"> • Curl-ups • Push-ups • Overhand Throw • Underhand Throw • Underhand Roll Activity: Modified SPUD
12	Manipulative/Fitness Basketball Shuffle Warm-up Stations <ul style="list-style-type: none"> • Curl-ups • Push-ups • Overhand Throw • Underhand Throw • Underhand Roll to pin Activity: Ball Relay (Small Groups)	Manipulative/Fitness Basketball Shuffle Warm-up <ul style="list-style-type: none"> • Curl-ups • Push-ups • Overhand Throw to partner • Underhand Throw to partner • Underhand Roll to pin Activity: Modified SPED
13	Manipulatives/Fitness Run the long/walk the short lines Two hand bounce and catch <ul style="list-style-type: none"> • Bounce and catch above waist • Bounce and catch below waist One hand bounce <ul style="list-style-type: none"> • Dominant • Non-dominant • Alternate 	Manipulatives/Fitness Run the long/walk the short lines Review bounce and catch Two hand bounce and catch <ul style="list-style-type: none"> • Above and below waist • Levels • Repetitions One hand bounce (dribble) <ul style="list-style-type: none"> • Level • Repetitions

	<p>Activities</p> <ul style="list-style-type: none"> • Bounce stationary- High, low, medium • Bounce stationary- Dom/non-dom, alternate • Bounce- Moving 	<ul style="list-style-type: none"> • Dominant • Non-dominant <p>Ball Challenges</p> <ul style="list-style-type: none"> • Bounce, clap, catch • Bounce, turn, catch <p>Activity:</p> <ul style="list-style-type: none"> • Line Walk/Bounce- Levels, Speeds
14	<p>Manipulatives/Fitness Warm-up: Bronco Tag/curl-ups/push-ups One hand bounce (dribble)</p> <ul style="list-style-type: none"> • Stationary (level, force, hand) • Moving (level, force, hand) • Obstacle Course • Two person dribble tag 	<p>Manipulatives/Fitness Warm-up: Crows and Cranes Stations</p> <ul style="list-style-type: none"> • Two hand bounce/catch • Stationary Dribble • Dribble through cones • Toss and catch- Turns/bounces
15	<p>Rhythms/Fitness Back-to Back Tag/Macarena Push-up Lummi sticks/ribbons/wands</p> <ul style="list-style-type: none"> • Echo (mirroring) • Tap and Walk <p>Individual Skills</p> <ul style="list-style-type: none"> • Tap front, backside, cross • Down together • Brushes • Locatives • Levels • Even/Uneven beat <p>Activities</p> <ul style="list-style-type: none"> • Partner Mirror • Partner Echo 	<p>Rhythms/Fitness High/Low Freeze Tag Lummi Sticks</p> <ul style="list-style-type: none"> • Echo (mirroring) • Tap and Walk <p>Individual Skills</p> <ul style="list-style-type: none"> • Tap front, backside, cross • Down together • Brushes • Locatives • Levels • Even/Uneven beat • Music <p>Group Activities</p> <ul style="list-style-type: none"> • Circle Dances • Chicken Dance • Hokey Pokey
16	<p>Rhythms/Fitness High/Low Freeze Tag Parachute</p> <ul style="list-style-type: none"> • Mountains • Merry-Go-Round • Umbrella • Pop Corn • Alternate Sit-ups • Tug-of-War • Ripples and Waves • Inside the Dome 	<p>Rhythms/Fitness Poker Card Fitness Parachute</p> <ul style="list-style-type: none"> • Mountains • Merry-Go-Round • Umbrella • Pop Corn • Alternate Sit-ups • Tug-of-War • Ripples and Waves • Inside the Dome

17	<p>Manipulatives/Fitness Poker Card Fitness Review</p> <ul style="list-style-type: none"> • Force • Level <p>Underhand strike</p> <ul style="list-style-type: none"> • Balloons • Beach balls • Wall • General Space 	<p>Manipulatives/Fitness Poker Card Fitness Overhand Strike</p> <ul style="list-style-type: none"> • Balloons • Beach balls • Wall • General Space <p>Balloon Keep It Up</p> <ul style="list-style-type: none"> • Individual • Partner
18	<p>Stunts and Tumbling/Fitness Pacer Safety Upper and lower muscle groups Stretch</p> <p>Animal Walks</p> <ul style="list-style-type: none"> • Seal • Bear • Crab • Lame Dog • Duck <p>Log Roll Egg Roll Forward Roll</p>	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper/lower body</p> <p>Animal Walk Review</p> <p>Log, Egg Forward Roll Review</p> <p>Tripod</p>
19	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper and lower body Review Log Roll Review Egg Roll</p> <p>Pretzel Bend</p>	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper and lower body</p> <p>Animal Walk Tag Warm-up Review Log, Egg, Forward, Pretzel Roll, Tripod Introduce Backward Roll</p>
20	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper and lower body Review Forward Roll, Tripod, Egg Roll, Backward Roll Turning Bear</p>	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper and lower body Stations Forward Roll, Tripod, Egg Roll, Backward Roll, Turning Bear (Intro to Cartwheel)</p>

21	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper and lower body Stations</p> <ul style="list-style-type: none"> • Forward Roll • Tripod • Turning Bear • Backward Roll (teacher assisted) 	<p>Stunts and Tumbling/Fitness Pacer Review safety Stretch upper and lower body Stations</p> <ul style="list-style-type: none"> • Forward Roll • Tripod • Turning Bear • Backward Roll (teacher assisted)
22	<p>Manipulatives/Fitness Review jump, hop Activity: Jump the Brook Introduce individual jump rope</p> <ul style="list-style-type: none"> • Side swing turn • Jump- Single Bound • Basic Turn-out jump (trap rope with toes) <p>Alternative Activity: Shapes with ropes Activity: Sharks and Sailors</p>	<p>Manipulatives/Fitness Review side swing turn Basic turn and jump</p> <ul style="list-style-type: none"> • Single Bounce • Forward Rope • Double Bounce <p>Alternative Activity: Letters with ropes Activity: Over and Under Drill</p>
23	<p>Manipulatives/Fitness Review basic turn and jump</p> <ul style="list-style-type: none"> • Single bounce • Double bounce <p>Skiier Alternative Activity: Letters/words Activity: Seaweed Tag</p>	<p>Manipulative/Fitness Review basic turn and jump Partner Jump</p> <ul style="list-style-type: none"> • Single Bounce • Double Bounce <p>Alternative Activity: Balance on Rope Activity: Shipwreck</p>
24	<p>Manipulatives/Fitness Review basic jump Introduce long rope turning skills</p> <ul style="list-style-type: none"> • Long rope turn • Stand in center/turn rope <p>Activity: Seaweed Tag</p>	<p>Manipulatives/Fitness Stations</p> <ul style="list-style-type: none"> • Single Jump Rope • Partner Jump Rope • Long Rope Jump Rope <p>Activity: Sharks and Sailors</p>
25	<p>Manipulatives/Fitness Pacer Cat and Mouse Parachute</p>	<p>Manipulatives/Fitness Pacer Scooter Shuttle Shipwreck</p>
26	<p>Manipulatives/Fitness Pacer Cupstacking Three Stack Hopscotch Stork Stand</p>	<p>Manipulatives/Fitness Pacer Cupstacking Three Stack Hopscotch Stork Stand</p>
27	<p>Manipulatives/Fitness Aerobic Group “Dance” Review force/level</p>	<p>Manipulatives/Fitness Aerobic Group “Dance” Intro to underhand paddle strike</p>

	<p>Review underhand strike</p> <ul style="list-style-type: none"> • Balloons • Beach Balls • Hoop Target <p>Review overhand strike Activity: Back to Back</p>	<ul style="list-style-type: none"> • Balloons • Hoops as targets and positions • Strike to wall • Strike to partner <p>Activity: Crows and Cranes</p>
28	<p>Manipulatives/Fitness Pacer/Curl-ups/Push-ups Review underhand paddle strike- Balloons</p> <ul style="list-style-type: none"> • Underhand volley • Force <p>Intro to overhand paddle strike</p> <ul style="list-style-type: none"> • Overhand to wall • Overhand in general space <p>Activity: Crows and Cranes</p>	<p>Manipulatives/Fitness Stations</p> <ul style="list-style-type: none"> • Pacer • Curl-ups • Push-ups • Underhand strike • Overhand Strike <p>Activity: Octopus Tag</p>
29	<p>Manipulatives/Fitness Pacer/Curl-ups/Push-ups Review underhand roll Striking with bat on T or cone Partner drill off wall Activity: Minnows and Sharks</p>	<p>Manipulatives/Fitness Run long/walk short lines Review striking with bat Balance with wand Partner drill off wall Activity: Minnows and Sharks</p>
30	<p>Manipulatives/Fitness Run long/walk short lines Striking with long handle (floor hockey stick) Ball handling- Stationary Stick stop- Cradle Moving through space with alternate touch Line walk Activity: Freeze tag</p>	<p>Manipulatives/Fitness Pacer Review striking</p> <ul style="list-style-type: none"> • Stationary • Moving • Line Walk <p>Obstacle Course Activity: Freeze tag</p>
31	<p>Rhythmic Activities/Fitness Basketball Shuffle Alley Cat Hokey Pokey Activity: High/Low tag</p>	<p>Rhythmic Activities/Fitness Basketball Shuffle Alley Cat Hokey pokey Chicken Dance Activity: Cat and Mouse</p>
32	<p>Manipulatives/Fitness Review overhand throw Striking (Batting from T) Kicking (from a T) Jump Rope Activity: Cat and Mouse</p>	<p>Manipulatives Stations</p> <ul style="list-style-type: none"> • Overhand Throw • Kicking • Jump Rope • Striking from a T
33	<p>Manipulatives/Fitness Review below the waist catch</p>	<p>Manipulatives/Fitness Stations:</p>

	<p>Review above the waist catch Review underhand roll Review balance Activity: Scooter relay</p>	<ul style="list-style-type: none"> • Above waist catch • Below waist catch • Stork Stand • Underhand Roll to pin
34	<p>Manipulatives/Fitness Pacer/Push-ups/Curl-ups Underhand Throw with Scoops <ul style="list-style-type: none"> • To wall • To hoop Activity: Partner Dual Toss to Hoops</p>	<p>Manipualtives/Fitness Pacer/push-ups/Curl-ups Underhand Throw with Scoops Catching with Scoops Partner Pass with Scoops Activity: Fitness Game</p>
35	<p>Movement Concepts/Locomotor Skills Review level, direction, speed, pathway, force. Shape, even rhythms</p>	<p>Movement Concepts/Locomotor Skills Review level, direction, speed, pathway, force. Shape, uneven rhythms</p>
36	<p>Field Day Stations <ul style="list-style-type: none"> • Potato Sack Race • Three-legged Race • Yarn Ball Overhand Throw • Strike off T • 50 yard dash • 300 yard dash </p>	<p>Field Day Stations <ul style="list-style-type: none"> • Potato Sack Race • Three-legged Race • Yarn Ball Overhand Throw • Strike off T • 50 yard dash 300 yard dash</p>