

**Suggested Instructional Sequence  
Kindergarten**

Week	Day 1	Day 2
1	Movement Concepts Self Space <ul style="list-style-type: none"> <li>• Boundaries</li> <li>• Self Space</li> <li>• Color Your Space</li> </ul> Level <ul style="list-style-type: none"> <li>• High</li> <li>• Low</li> <li>• Medium</li> </ul> Simon Says	Movement Concepts <ul style="list-style-type: none"> <li>• Wide</li> <li>• Narrow</li> <li>• Bent</li> <li>• Straight</li> </ul> General Space <ul style="list-style-type: none"> <li>• Exchanging Space</li> <li>• Sharing Space</li> </ul> Statues Squirrels in Tree
2	Movement Concepts <ul style="list-style-type: none"> <li>• Review general/self space</li> <li>• Review levels</li> <li>• Review shape</li> </ul> Speed <ul style="list-style-type: none"> <li>• Fast</li> <li>• Slow</li> <li>• Medium</li> </ul> Line Walks	Movement Concepts <ul style="list-style-type: none"> <li>• Head</li> <li>• Hands</li> <li>• Feet</li> <li>• Arms</li> <li>• Legs</li> <li>• Nose</li> <li>• Mouth</li> <li>• Stomach</li> <li>• Ears</li> <li>• Back</li> <li>• Fingers</li> <li>• Toes</li> <li>• Knees</li> <li>• Eyes</li> <li>• Shoulders</li> <li>• Elbows</li> </ul> Simon Says Mirror
3	Movement Concepts <ul style="list-style-type: none"> <li>• Review space</li> <li>• Review level</li> <li>• Review speed</li> <li>• Review body parts</li> </ul> Locatives (hoops, carpet squares, dots) <ul style="list-style-type: none"> <li>• In/Out</li> <li>• Over/Under</li> <li>• Around/Through</li> <li>• Front/Front</li> <li>• Beside/Behind</li> </ul>	Movement Concepts <ul style="list-style-type: none"> <li>• Combinations:</li> <li>• Space</li> <li>• Level</li> <li>• Shape</li> <li>• Speed</li> <li>• Body Parts</li> <li>• Locatives</li> </ul> Activities <ul style="list-style-type: none"> <li>• Jack in the Box</li> <li>• Freeze Tag</li> </ul>

4	<p>Movement Concepts</p> <p>Directions</p> <ul style="list-style-type: none"> <li>• Forward</li> <li>• Backward</li> <li>• Sideways</li> <li>• Up/Down</li> </ul> <p>Combinations</p> <ul style="list-style-type: none"> <li>• Space</li> <li>• Level</li> <li>• Shape</li> <li>• Speed</li> <li>• Directions</li> <li>• Locatives</li> </ul> <p>Push up Tag</p> <p>Freeze tag</p>	<p>Movement Concepts</p> <p>Introduction to Tempo</p> <ul style="list-style-type: none"> <li>• Even Rhythm</li> <li>• Uneven Rhythm</li> </ul> <p>Introduction to Effort</p> <ul style="list-style-type: none"> <li>• Loud Feet</li> <li>• Soft Feet</li> </ul> <p>Happy Feet</p> <p>Color Race</p>
5	<p>Movement Concepts</p> <p>Review directions</p> <p>Review locatives</p> <ul style="list-style-type: none"> <li>• Hoops</li> <li>• Airplanes</li> </ul>	<p>Movement Concepts</p> <p>Balance</p> <ul style="list-style-type: none"> <li>• Two foot/one foot</li> <li>• Body parts</li> </ul> <p>Twist</p> <p>Review directions</p> <p>Cars</p>
6	<p>Movement Concepts</p> <p>Review locatives</p> <p>Pathways</p> <ul style="list-style-type: none"> <li>• Straight</li> <li>• Curved</li> <li>• Zig Zag</li> </ul> <p>Car</p> <p>Mini-Van</p> <p>Bus</p> <p>Pot Holes</p>	<p>Movement Concepts</p> <p>Review pathways</p> <p>Partner Hoop Activities</p> <ul style="list-style-type: none"> <li>• Horizontal hoop through</li> <li>• Vertical hoop through</li> <li>• Two hoop through</li> </ul> <p>4 Person Obstacle course (3 holders-one runner)</p>
7	<p>Movement Concepts</p> <p>Non-locomotor Movements</p> <ul style="list-style-type: none"> <li>• Swing</li> <li>• Sway</li> <li>• Rock</li> <li>• Shake</li> </ul> <p>Review balance</p> <p>Hoop swings</p> <ul style="list-style-type: none"> <li>• Sway</li> <li>• Inside hoop/carpet square</li> <li>• Hoop-High level</li> <li>• Rocking</li> <li>• Heels inside/toes on top</li> </ul>	<p>Movement Concepts</p> <p>Review Non-locomotor Movements</p> <p>Introduce push and pull</p> <ul style="list-style-type: none"> <li>• Inside</li> <li>• Straight</li> </ul> <p>Partner Activities</p> <ul style="list-style-type: none"> <li>• Push hoop (carpet squares and hoops)</li> <li>• Sit with partner</li> <li>• Push/pull</li> <li>• Back to back sit and stand</li> </ul> <p>Islands and Bridges</p>

	<p>Heels on/toes inside</p> <ul style="list-style-type: none"> <li>• Shake</li> <li>Wet Dog</li> <li>Cold Kid</li> <li>Scared Kid</li> </ul>	
8	<p>Movement Concepts-Locomotor Skills</p> <p>Review general space, speeds, directions, pathways</p> <p>Walking</p> <ul style="list-style-type: none"> <li>• Line Walk</li> <li>• Drum for cadence</li> <li>• Use concepts (Body straight, arm swing, leg swing)</li> <li>• Speed</li> <li>• Turning</li> </ul> <p>Shadow Walk</p> <p>Follow the Leader</p> <p>Line Tag</p>	<p>Movement Concepts-Locomotor Skills</p> <p>Review walking</p> <p>Introduce Running</p> <ul style="list-style-type: none"> <li>• Self Space</li> <li>• General Space</li> </ul> <p>Squirrels in Trees</p> <p>Whistle Mixer</p>
9	<p>Locomotor Skills</p> <p>Warm-up with movement concepts</p> <p>Review locatives</p> <p>Review shape</p> <p>Introduce horizontal jumping</p> <ul style="list-style-type: none"> <li>• Animals</li> <li>• Over lines</li> <li>• Square</li> <li>• Over jump ropes</li> <li>• Rocket ship</li> <li>• Jump across</li> </ul> <p>Activities</p> <ul style="list-style-type: none"> <li>• V-Jump</li> <li>• Jump the Brook</li> <li>• Jump Scotch</li> </ul>	<p>Locomotor Skills</p> <p>Review jump (walk and jump)</p> <p>Introduce hopping</p> <ul style="list-style-type: none"> <li>• Balance</li> <li>• Shape</li> <li>• Combine locatives/directions</li> </ul> <p>Activities</p> <ul style="list-style-type: none"> <li>• Hop Scotch</li> <li>• Ropes</li> <li>• Hoops</li> <li>• Poly dots</li> </ul>
10	<p>Movement Concepts-Locomotor Skills</p> <p>Introduce slide</p> <p>Introduce gallop</p> <ul style="list-style-type: none"> <li>• Drum for cadence</li> <li>• Let's Pretend</li> <li>• Tag</li> <li>• Follow the Leader</li> <li>• Whistle</li> <li>• Music</li> <li>• Even/Uneven</li> </ul>	<p>Rhythms</p> <p>Parachute</p> <ul style="list-style-type: none"> <li>• Mountains</li> <li>• Merry-Go-Round</li> <li>• Umbrella</li> <li>• Pop Corn</li> <li>• Alternate Sit-ups</li> <li>• Tug-of-War</li> <li>• Ripples and Waves</li> <li>• Inside the Dome</li> </ul>

		<p>Review</p> <ul style="list-style-type: none"> <li>• Locatives</li> <li>• Walk, Run, Jump, Leap</li> <li>• Slide, gallop</li> <li>• Force</li> <li>• Non-locomotor Skills</li> <li>• Combinations</li> </ul>
11	<p>Rhythms</p> <p>Lummi sticks/ribbons/wands</p> <ul style="list-style-type: none"> <li>• Echo (mirroring)</li> <li>• Tap and Walk</li> </ul> <p>Individual Skills</p> <ul style="list-style-type: none"> <li>• Tap front, backside, cross</li> <li>• Down together</li> <li>• Brushes</li> <li>• Locatives</li> <li>• Levels</li> <li>• Even/Uneven beat</li> </ul> <p>Activities</p> <ul style="list-style-type: none"> <li>• Partner Mirror</li> <li>• Partner Echo</li> </ul>	<p>Rhythms</p> <p>Music Routines</p> <p>Group Activities</p> <ul style="list-style-type: none"> <li>• Circle Dances</li> <li>• Chicken Dance</li> <li>• Hokey Pokey</li> </ul>
12	<p>Manipulatives</p> <p>Review movement concepts</p> <p>Introduce underhand rolling</p> <ul style="list-style-type: none"> <li>• <u>Individual</u></li> <li>• Wall</li> <li>• Wall-Pin</li> <li>• <u>Partner</u></li> <li>• Wide shape as target</li> <li>• V-feet</li> </ul> <p>Pin Game</p>	<p>Manipulatives</p> <p>Review roll (aim and release)</p> <p>Introduce underhand throw</p> <ul style="list-style-type: none"> <li>• Wall roll</li> <li>• Wall underhand throw</li> <li>• Underhand toss/high level/land in hoop</li> </ul> <p>Introduce below waist catch</p> <ul style="list-style-type: none"> <li>• Self toss (underhand)</li> <li>• Self Catch</li> </ul> <p>Partner toss to hoop</p>
13	<p>Manipulatives</p> <p>Review underhand throw and self catch</p> <p>Partner</p> <ul style="list-style-type: none"> <li>• Roll and catch</li> <li>• Underhand throw and catch</li> </ul> <p>Partner Bowling</p>	<p>Manipulatives</p> <p>Review partner throw and catch</p> <p>Stations</p> <ul style="list-style-type: none"> <li>• Bean Bags</li> <li>• Balloons</li> <li>• Balls</li> <li>• Pins</li> <li>• Targets</li> <li>• Distance</li> </ul>

14	<p>Manipulatives Review underhand roll, below waist catch, underhand throw</p> <p>Introduce underhand strike</p> <ul style="list-style-type: none"> <li>• Balloons</li> <li>• Beach balls</li> </ul>	<p>Manipulatives Review</p> <ul style="list-style-type: none"> <li>• Force</li> <li>• Level</li> <li>• Body ID</li> <li>• Two hand motions</li> <li>• One hand motions (Dominant/Non-dominant)</li> <li>• Hand-to hand</li> <li>• One hand swing motions</li> </ul> <p>Balloon Keep It Up</p> <ul style="list-style-type: none"> <li>• Individual</li> <li>• Partner</li> </ul>
15	<p>Stunts and Tumbling Safety Upper and lower muscle groups</p> <p>Animal Walks</p> <ul style="list-style-type: none"> <li>• Seal</li> <li>• Bear</li> <li>• Crab</li> <li>• Lame Dog</li> <li>• Duck</li> </ul> <p>Log Roll</p>	<p>Stunts and Tumbling Review safety Stretch upper/lower body</p> <p>Animal Walk Review</p> <p>Log Roll Review</p> <p>Introduce Egg Roll</p>
16	<p>Stunts and Tumbling Review safety Stretch upper and lower body</p> <p>Review Animal Walks Review Log Roll Review Egg Roll</p> <p>Introduce Forward Roll</p>	<p>Stunts and Tumbling Review safety Stretch upper and lower body</p> <p>Animal Walk Tag Warm-up Review Log Roll Review Egg Roll Review Forward Roll</p> <p>Introduce balance</p> <ul style="list-style-type: none"> <li>• Stork Stand</li> <li>• Knee Scale</li> </ul>
17	<p>Manipulatives Review underhand catch</p> <p>Introduce two hand bounce and catch</p> <p>Introduce one hand bounce</p> <ul style="list-style-type: none"> <li>• Dominant</li> </ul>	<p>Manipulatives Review bounce and catch</p> <p>Introduce two hand bounce and catch</p> <ul style="list-style-type: none"> <li>• Levels</li> <li>• Repetitions</li> </ul>

	<ul style="list-style-type: none"> <li>• Non-dominant</li> <li>• Alternate</li> </ul> <p>Activities</p> <ul style="list-style-type: none"> <li>• Bounce stationary- High, low, medium</li> <li>• Bounce stationary- Dom/non-dom, alternate</li> <li>• Bounce- Moving</li> </ul>	<p>Introduce one hand bounce (dribble)</p> <ul style="list-style-type: none"> <li>• Level</li> <li>• Repetitions</li> <li>• Dominant</li> <li>• Non-dominant</li> </ul> <p>Ball Challenges</p> <ul style="list-style-type: none"> <li>• Bounce, clap, catch</li> <li>• Bounce, turn, catch</li> </ul>
18	<p>Manipulatives</p> <p>Introduce overhand throw</p> <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Wall</li> <li>• Wall with target</li> <li>• Target and distance</li> </ul> <p>Activities</p> <ul style="list-style-type: none"> <li>• Clean the Backyard</li> <li>• Busy Bees</li> <li>• American BeanBag</li> </ul>	<p>Manipulatives</p> <p>Review underhand throw</p> <p>Introduce overhead catch</p> <p>Self-catch</p> <ul style="list-style-type: none"> <li>• Bean bags</li> <li>• Balloon</li> <li>• Nerf</li> <li>• Partners</li> <li>• Levels</li> </ul> <p>Activity: Gym Jarts</p>
19	<p>Manipulatives</p> <p>Review combinations:</p> <ul style="list-style-type: none"> <li>• Underhand catch</li> <li>• Underhand throw</li> <li>• Overhand throw</li> <li>• Bounce and catch</li> </ul> <p>Stations:</p> <ul style="list-style-type: none"> <li>• Partner bounce off wall</li> <li>• Throw over objects</li> <li>• Catching various balls</li> <li>• Bounce into hoop</li> <li>• Modified two square</li> </ul>	<p>Manipulatives</p> <p>Review combinations:</p> <ul style="list-style-type: none"> <li>• Underhand catch</li> <li>• Underhand throw</li> <li>• Overhand throw</li> <li>• Bounce and catch</li> </ul> <p>Stations:</p> <ul style="list-style-type: none"> <li>• Partner bounce off wall</li> <li>• Throw over objects</li> <li>• Catching various balls</li> <li>• Bounce into hoop</li> <li>• Modified two square</li> </ul>
20	<p>Manipulatives</p> <p>Introduce foot dribble</p> <ul style="list-style-type: none"> <li>• Wall</li> <li>• Hoops</li> <li>• Cones</li> <li>• Partner</li> <li>• Distance</li> <li>• Accuracy</li> </ul> <p>Activities: Ball Challenges</p> <ul style="list-style-type: none"> <li>• Hoops</li> </ul>	<p>Manipulatives</p> <p>Review foot dribble</p> <p>Introduce toe kick</p> <ul style="list-style-type: none"> <li>• Stationary Stationary ball Moving ball</li> <li>• Dynamic Stationary ball Dynamic ball</li> </ul> <p>Activities: Circle Ball</p>

	<ul style="list-style-type: none"> <li>• In, out and out, touches</li> </ul>	
21	<p>Locomotor Skills Review walk, hop and gallop skills</p> <p>Introduce skipping</p> <ul style="list-style-type: none"> <li>• Stationary inside hoop</li> <li>• Movement around hoop</li> </ul> <p>Follow the Leader Partner tag</p>	<p>Locomotor Skills Review Skipping</p> <p>Activities</p> <ul style="list-style-type: none"> <li>• Relays using locomotor skills</li> <li>• Stations using manipulatives and locomotor skills</li> </ul>
22	<p>Manipulatives Review shapes, levels Review locatives Warm-up with all locomotor skills Bronco Tag</p> <p>Introduce cup stacking</p> <ul style="list-style-type: none"> <li>• Three cups</li> <li>• Right hand/left hand</li> <li>• Terminology</li> <li>• Practice three stack</li> </ul>	<p>Manipulatives Warm-up with locomotor skills Pacer</p> <p>Review cup stacking</p> <ul style="list-style-type: none"> <li>• Stations using selected activities from throughout the year</li> <li>• Rolling</li> <li>• Throwing</li> <li>• Cup Stack</li> </ul>
23	<p>Rhythms Parachute Review</p>	<p>Rhythms Lummi Sticks Review</p>
24	<p>Manipulatives Review foot dribble Stations</p> <ul style="list-style-type: none"> <li>• Dribble</li> <li>• Kick</li> </ul>	<p>Manipulatives Review toe kick Stations</p> <ul style="list-style-type: none"> <li>• Dribble</li> <li>• Kick</li> </ul>
25	<p>Locomotor Review walk, run, jump, hop Obstacle Course</p>	<p>Locomotor Review slide, gallop, skip Obstacle Course Freeze tag Follow the Leader</p>
26	<p>Locomotor/Stunts Review log roll, egg roll, forward roll, stork stand, knee scale, partner push and pull Stations including fitness</p>	<p>Locomotor/Stunts Review log roll, egg roll, forward roll, stork stand, knee scale, partner push and pull Stations including fitness</p>
27	<p>Manipulatives Review underhand roll, throw, overhand throw, below the waist catch Review cup stacking Review even locomotor skills Stations including fitness</p>	<p>Manipulatives Review underhand roll, throw, overhand throw, below the waist catch Review cupstacking Review even locomotor skills Stations including fitness</p>
28	<p>Manipulatives and Locomotives</p>	<p>Manipulatives and Locomotives</p>

	<p>Warm-up with combination relays using even and uneven locomotor skills(groups of three in lines)</p> <p>Review striking skills</p> <p>Stations including fitness</p>	<p>Warm-up with combination relays using even and uneven locomotor skills(groups of three in lines)</p> <p>Review striking skills</p> <p>Stations including fitness</p>
29	<p>Manipulatives and Locomotives</p> <p>Warm-up with movement challenges</p> <p>Mirror, Statues</p> <p>Review hand dribble</p> <p>Stations including fitness</p>	<p>Manipulatives and Locomotives</p> <p>Warm-up with movement challenges</p> <p>Mirror, Statues</p> <p>Review hand dribble</p> <p>Stations including fitness</p>
30	<p>Movement Concepts and Locomotives</p> <p>Pacer Warm-up</p> <p>Fitness Obstacle Course using movement concepts</p>	<p>Movement Concepts and Locomotives</p> <p>Pacer Warm-up</p> <p>Parachute</p>