Activate...

Scope & Sequence for K–12 Physical Education

Are you ready to take on the challenge of producing physically literate individuals?

Use this helpful guide to take the first steps.

THIS WAY!

National Standards for K–12 Physical Education

THE GOAL

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, ***a physically literate individual***:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

THE STANDARDS

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

By implementing the National Standards for K–12 Physical Education in your schools you are helping to ensure that all of America's students are benefitting from the skills, knowledge and confidence to enjoy healthy, meaningful physical activity.

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Scope & Sequence for K–12 Physical Education

Standard 1. Motor skills & movement patterns

STANDARD 1

	Kinder-garten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
Hopping	E	M	A	→	→	→	→	→	→	→
Galloping	E	M	A	→	→	→	→	→	→	→
Running	E	→	M	A	→	→	→	→	→	→
Sliding	E	M	A	→	→	→	→	→	→	→
Skipping	E	→	M	A	→	→	→	→	→	→
Leaping		E	→	M	A	→	→	→	→	→
Jumping & landing	E	→	→	M	A	→	→	→	→	→
• Spring & step					E	M	A	→	→	→
• Jump stop							E	M	A	→
• Jump rope	E	→	→	M	A	→				
Balance	E	→	→	M	→	A	→	→	→	→
Weight transfer			E	M	→	→	A	→	→	→
Rolling	E	→	→	→	→	M	A	→	→	→
Curling & stretching	E	→	M	→	→	A	→	→	→	→
Twisting & bending		E	M	→	→	A	→	→	→	→
Throwing										
• Underhand	E	→	M	→	→	→	A	→	→	→
• Overhand	E	→	→	→	→	M	A	→	→	→
Catching	E	→	→	→	M	A	→	→	→	→
Dribbling/ball control										
• Hands	E	→	→	→	M	A	→	→	→	→
• Feet		E	→	→	→	M	A	→	→	→
• With implement				E	→	M	A	→	→	→
Kicking	E	→	→	→	M	→	A	→	→	→
Volleying										
• Underhand	E	→	→	→	M	A	→	→	→	→
• Overhead					E	→				
• Set								E	→	M
Striking — with short implement	E	→	→	→	M	A	→	→	→	→
• Fore/backhand							E	→	M	A
Striking — with long implement			E	→	→	M	A	→	→	→
• Fore/backhand								E	→	M
Combining locomotors & manipulatives					E	→	M	→	A	→
Combining jumping, landing, locomotors & manipulatives						E	M	A	→	→
Combining balance & weight transfers			E	→	→	→	M	→	A	→
Serving										
• Underhand							E	M	A	→
• Overhand							E	→	→	M
Shooting on goal						E	→	→	M	
Passing & receiving										
• Hands						E	→	M	→	
• Feet					E	→	→	→	M	
• With implement							E	→	M	
• Forearm pass							E	→	M	A
• Lead pass						E	→	M	→	
• Give & go							E	M	→	
Offensive skills										
• Pivots							E	M	A	
• Fakes							E	→	M	
• Jab step							E	→	M	
• Screen									E	
Defensive skills										
• Drop step							E	→	M	
• Defensive or athletic stance							E	→	M	

Standard 2. Concepts & strategies

STANDARD 2	Kinder-garten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
Movement concepts, principles & knowledge	E	→	→	→	M	→	A	→	→	→
Strategies & tactics				E	→	→	M	→	A	→
Communication (games)							E	→	M	A
Creating space (invasion)										
• Varying pathways, speed, direction							E	M	A	
• Varying type of pass							E	M	A	
• Selecting appropriate offensive tactics with object							E	→	M	
• Selecting appropriate offensive tactics without object							E	→	M	
• Using width & length of the field/court							E	→	M	
• Playing with one player up (e.g., 2 v 1)							E	→	M	
Reducing space (invasion)										
• Changing size & shape of defender's body							E	M	A	
• Changing angle to gain competitive advantage							E	→	M	
• Denying the pass/player progress							E	→	→	
• Playing with one player down (e.g., 1 v 2)							E	→	→	
Transition (invasion)							E	M	A	
Creating space (net/wall)										
• Varying force, angle and/or direction to gain competitive advantage							E	→	M	A
• Using offensive tactic/shot to move opponent out of position							E	→	→	M
Reducing space (net/wall)										
• Returning to home position							E	→	M	A
• Shifting to reduce angle for return							E	→	→	M
Target										
• Selecting appropriate shot/club							E	→	M	A
• Applying blocking strategy							E	→	→	M
• Varying speed & trajectory							E	→	M	A
Fielding/striking										
• Applying offensive strategies								E	→	
• Reducing open spaces							E	→	M	

Standard 3. Health-enhancing level of fitness & physical activity

STANDARD 3	Kinder-garten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
Physical activity knowledge	E	→	→	→	→	M	→	→	A	→
Engages in physical activity	E	→	→	→	→	M	→	→	→	A
Fitness knowledge	E	→	→	→	→	M	→	→	→	A
Assessment & program planning				E	→	M	→	→	A	→
Nutrition	E	→	→	→	→	→	→	M	→	A
Stress management							E	→	→	M

Standard 4. Responsible personal & social behavior

STANDARD 4	Kinder-garten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
Demonstrating personal responsibility	E	→	→	M	→	→	A	→	→	→
Accepting feedback	E	→	→	M	→	→	A	→	→	→
Working with others	E	→	→	M	→	→	A	→	→	→
Following rules & etiquette			E	→	→	M	→	A	→	→
Safety	E	→	M	→	→	A	→	→	→	→

Standard 5. Recognizes the value of physical activity

STANDARD 5	Kinder-garten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
For health			E	→	→	→	M	→	→	A
For challenge			E	→	→	→	M	→	→	A
For self-expression/enjoyment	E	→	→	→	→	M	→	→	→	A
For social interaction				E	→	→	M	→	→	A

LEGEND

E = Emerging. Students participate in deliberate practice tasks that will lead to skill and knowledge acquisition.

M = Maturing. Students can demonstrate the critical elements of the motor skills/knowledge components of the grade-level outcomes, which will continue to be refined with practice.

A = Applying. Students can demonstrate the critical elements of the motor skills/knowledge components of the grade-level outcomes within a variety of physical activity environments.

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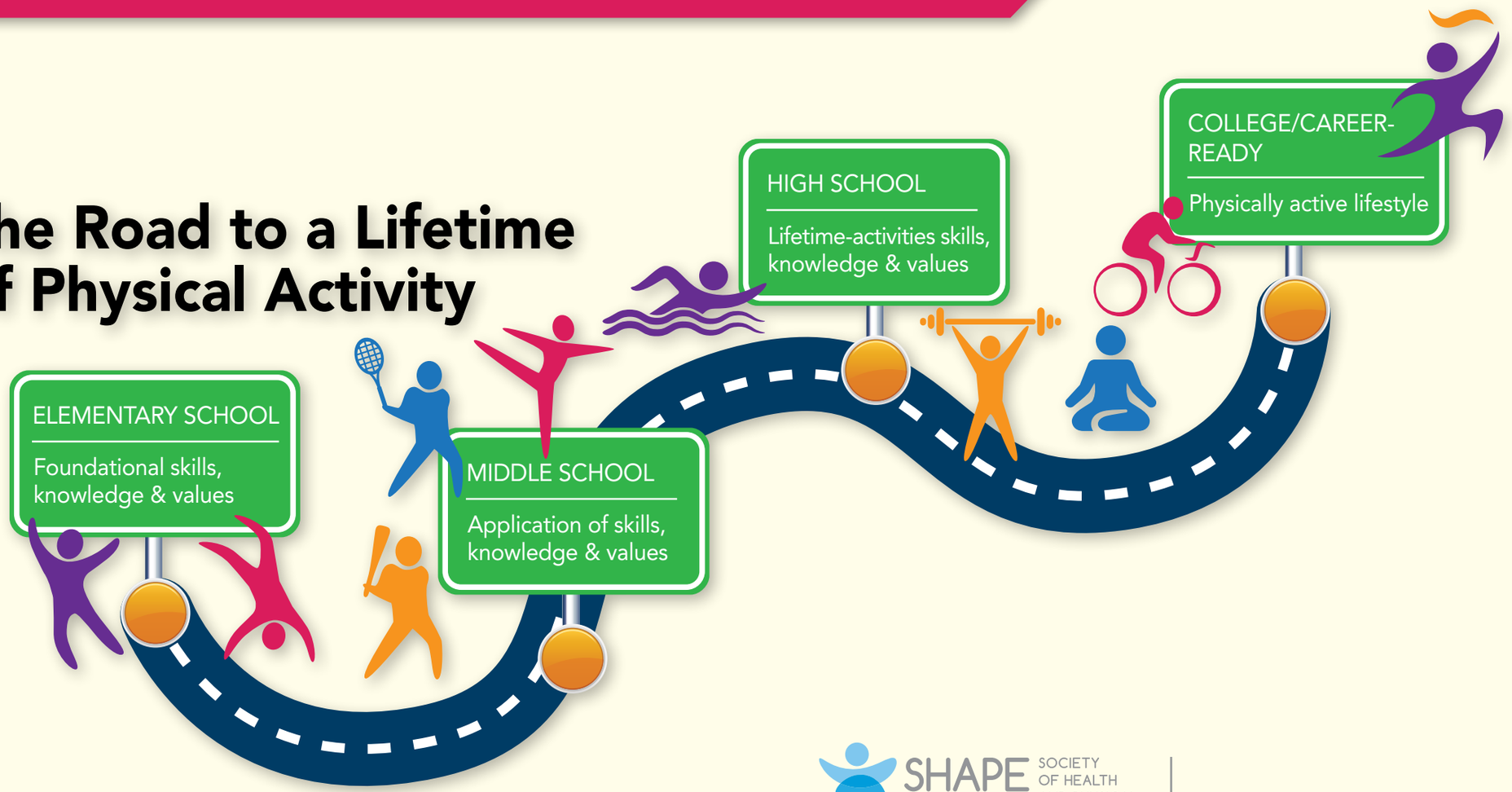
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THE CHART

The chart inside this brochure represents the grade levels at which physical skills and knowledge should be introduced and practiced, as well as when competency and application should occur. The format is intended to serve as a quick reference for practitioners when planning and implementing lessons leading to student attainment of the outcomes. For more detail, refer to *National Standards & Grade-Level Outcomes for K–12 Physical Education* (2014).

The Road to a Lifetime of Physical Activity



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The Challenge

Make sure that you're ready to take on the challenge of producing physically literate individuals for the 21st century! Visit shapeamerica.org for more information about the National Standards for Physical Education.

SHAPE America's *National Standards & Grade-Level Outcomes for K–12 Physical Education* offers even more guidance on how to use the outcomes. Visit shapeamerica.org/standards for more information.