Scope & Sequence  
FUSD Elementary School Physical Education

First 6 weeks:
- Protocols-2
- Fitness testing – 2
- Fitness & Wellness
- Sp. Aware
- Dodge/chasing
- Traveling skills-

Second 6 weeks:
- Throwing/catching
- Kicking/dribble w/feet
- Striking w/long
- Effort (time, force, flow)
- Relationships

Third 6 weeks
- Dribbling w/hands
- Volleying
- Ed Dance
- Fitness & wellness

Fourth 6 weeks
- Striking w/paddles rackets
- Ed. Gymnastics
- Non-Manipulative (jumping, landing)
- Jump rope

Fifth 6 weeks
- Throwing/catching
- Kicking/dribble w/feet
- Ed dance
- Non-Manipulative
- Fitness – Wellness

Sixth 6 weeks
- Fitness Testing
- Field day
- Striking w/long
- Volleying