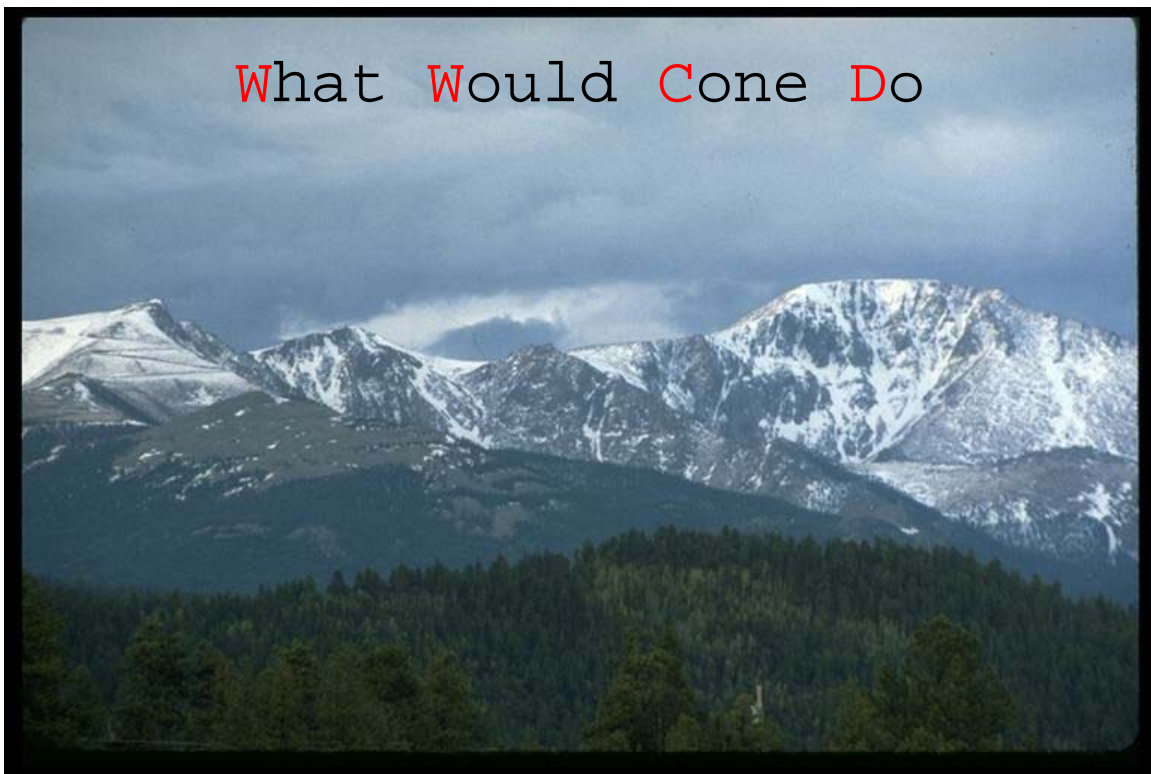


Scope and Sequence
Project

WWCD



By :

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Demographics

Harrison School District Two
1060 Harrison Rd
Colorado Springs, CO 80906
(719) 579-2000

Centennial Elementary School



Carmel Middle School



Harrison High School



School District Enrollment: 11,026

Ethnic Composition:

American Indian --- 1.73%

Asian --- 5.07%

Black --- 24.79%

Hispanic --- 32.40%

White --- 36.01%

Harrison School District is a urban community that is one of many school districts in Colorado Springs, Colorado. The population of Colorado Springs is 360,890.

Mission Statement:

The Physical Education program is an integral part of school curriculum and student experiences. Our program is designed to help promote teamwork, cooperation, trust, sport specific skills, dance patterns, and adventure education. This will set the foundation for safe, effective and efficient decisions regarding a healthy active lifestyle for all students. This program will help incorporate a mutual and respectful bond between teachers, students and parents in the community.

Curricular Goals

Grades K-5

Psychomotor:

1. Students will develop and perform fine locomotor , non-locomotor and movement concepts.
2. Students will practice safe and efficient fitness concepts.
3. Students will combine fun dance movements and concepts.

Cognitive:

1. Students will understand the benefits of physical activity as it relates to lifestyle.
2. Students will recall/reflect specific movements and combined skills.
3. Students will comprehend safe, efficient and effective movements through spatial awareness.

Affective:

1. Students will demonstrate teamwork and cooperation skills.
2. Students will evaluate movement concepts and skill themes.
3. Students will show sportsmanship and respect.

Grades 6-8

Psychomotor:

1. Students will expand upon movement concepts.
2. Students will perform trust and cooperative strategies.

3. Students will incorporate movement skills with sports education.

Cognitive:

1. Students will know seasonally based sports and skills.
2. Students will understand how trust/cooperation relate to teamwork.
3. Students will explain benefits of fitness activities.

Affective:

1. Students will analyze self movement skills related to sport specific skills.
2. Students will apply safety skills in adventure education.
3. Students will list important fitness components related to healthy active lifestyles.

Grades 9-12

Psychomotor:

1. Students will perfect sport specific skills in game situations.
2. Students will perform safety procedures to enhance aquatics.
3. Students will combine fitness and adventure components related to advanced skills.

Cognitive:

1. Students will understand rules and safety related to team and individual/dual sports.
2. Students will know how to perform self evaluations relating to fitness and exercise.
3. Students will understand the importance of endurance, agility and stability in all specific skill areas.

Affective:

1. Students will analyze advanced movement skills related to adventure sports.
2. Students will discuss skills related to team sports and individual and dual sports.
3. Students will show proficiencies in progressive training programs.

Content Areas

K-5

Manipulatives
Running and Tag Games
Fitness
Dance
Locomotor/Nonlocomotor Movements

6-8

Team Sports
Individual and Dual Sports
Adventure Activities
Dance
Cooperative/Team Building

9-12

Team Sports
Individual and Dual Sports
Adventure Activities
Fitness
Aquatics

Scope and Sequence

K-5	K	1	2	3	4	5
Manipulatives	K	1	2	3	4	5
Running and Tag Games	*	*	*			
Throwing						
Fire & Ice		*	*	*	*	*
Accuracy				*	*	*
Running	*	*	*			
Distance	*	*	*			
Sliding			*	*	*	*
Velocity				*	*	*
Dodging				*	*	*
Technique				*	*	*
Teamwork		*	*			
Striking	*	*	*			
Cookie Monster	*	*	*			
Striking w/ bat		*	*			
Galloping		*	*			
Striking w/ Stick		*	*	*	*	
Reaching		*	*	*	*	
Striking w/ Racquet		*	*	*	*	
Skipping		*	*			
Striking w/ clubs		*	*			*
Catching	*	*	*			
Tagging	*	*	*			
Pac-Man	*	*	*	*	*	
Catching w/ glove		*	*	*	*	
Spatial Awareness	*	*	*	*		
Catching w/ hands	*	*	*			
Tossing	*	*	*			
Receiving a Pass	*	*	*			
Walking	*					
Trapping w/ Feet			*	*	*	*
Tagging	*	*	*			
Kicking	*	*	*			
Snow Ball Tag	*	*		*	*	*
Kicking Stationary		*		*	*	*
Object				*	*	
Scooter Manipulation				*	*	
Teamwork		*	*	*		
Kicking Moving Object		*	*	*		
Spatial Awareness			*	*	*	*
Kicking While Moving		*	*	*	*	*
Leg Pushing/Pulling		*	*	*		
Kicking While		*	*	*	*	*
Team Tag			*	*	*	*
Stationary			*	*	*	*
Dribble/Juggle		*	*	*		
Teamwork		*	*	*		
Spatial Awareness		*	*	*		
Dribble w/ Hands		*	*	*		
Tagging	*	*	*	*		
Dribble w/ Feet	*	*	*	*		
Passing	*	*	*		*	*
Dribble w/ Stick	*	*	*		*	*
Dribble w/ other body parts						*

K-5	K	1	2	3	4	5
Fitness						
Super Hero Fitness			*	*		
Push Ups				*	*	
Crunches				*	*	
Jogging		*	*			

Stretching	*	*	*			
Yoga/Pilates					*	*
Flexibility				*	*	
Breathing					*	*
Core Strength					*	*
Stress Management						*
Fitness Station	*	*	*			
Jump Rope		*	*			
Mt Climbers			*	*		
Hula Hoops		*	*			
Jumping Jacks	*	*	*			
Relay Races		*	*			
Potato Sack					*	*
"Egg" Races			*	*		
Toe Tie						*
Wheel Barrow					*	*
Presidential Fitness		*	*	*		
Shuttle Run		*	*			
Crunches				*	*	
Pull-Ups			*	*		
Sit and Reach		*	*			

K-5	K	1	2	3	4	5
Dance						
Cha Cha Slide	*	*	*			
Cha, Cha		*	*			
Side Step	*	*	*			
Hop	*	*	*			
Turn it Out		*	*			
Electric Slide			*	*	*	
Grapevine				*	*	
Spin				*	*	
Step Touch		*	*			
Pivot				*	*	
Macarena			*	*		
Reach		*	*			
Shake				*	*	
Jump	*	*	*			
Twist			*	*		
Square Dance					*	*
Grapevine				*	*	
Side Step			*	*		
Promenade						*
Heel Touch					*	*

Step Aerobics				*	*	
Side Step			*	*		
Lunge		*	*			
Knee Lift			*	*		
Jump	*	*	*			

K-5	K	1	2	3	4	5
Locomotor/Nonlocomotor						
Movement Concepts	*	*	*			
Run		*	*			
Hop	*	*				
Skip		*	*			
Jump	*	*				
Slide			*	*		
Gallop			*	*	*	
Walk	*	*				
Speeds			*	*		
Slow	*	*		*		
Medium			*	*		
Fast			*	*		
Levels		*	*	*		
Low			*	*		
Medium			*	*		
High				*	*	
Directionality				*	*	
Lateral Movements			*	*		
Forward/Backwards			*	*		
Diagonal				*	*	
Zig-Zag				*	*	
Body Awareness	*	*	*			
Body Parts	*	*				
Body Actions			*	*		
Changing Directions		*	*			
Spacial Awareness	*	*	*			

6-8	6	7	8
Adventure Activities	*	*	
Orienteering & Hiking	*		
Map reading & Compass Skills	*		
Team Work Skills	*	*	
Nature Appreciation		*	

Skills	Light Climbing/Hiking	*	*	
	Wall Climbing		*	*
	Upper Body Strength	*	*	
	Balance	*		
	Scaling		*	*
	Safety	*	*	
	Repelling, Rope Climbing		*	*
	Upper Body Strength		*	*
	Knot & Rope Skills	*	*	
	Outdoor Fitness Trail	*		
fitness	Cardiovascular	*	*	
	Muscular Strength		*	*
	Hiking Skills	*		
	Challenge Course		*	*
	Strength		*	*
Skills	Hiking/Orienteering	*	*	
	Climbing Skills		*	*
Skills	Repelling and Rope	*	*	
Skills	Problem Solving		*	*

	6-8	6	7	8
Team Sports		*	*	*
Basketball		*		*
Dribbling		*		
Passing		*		
Shooting				*
Rules		*		*
Baseball			*	*
Catching			*	
Throwing			*	
Batting			*	*
Rules			*	
Football		*		*
Catching		*		*
Throwing		*		
Kicking		*		
Rules		*		*
Hockey			*	*
Passing			*	*

Shooting		*	*
Rules		*	
Equipment/Safety		*	
Soccer	*	*	*
Passing	*	*	
Shooting		*	*
Trapping	*	*	
Dribbling	*	*	*

6-8	6	7	8
Dance	*	*	*
Western Dance	*	*	
Grapevine	*		
Shuffle	*		
Scuff		*	
Triple Step	*	*	
Rock	*		
Social Dance		*	*
Dance Positions		*	
Fox Trot			*
Tango		*	*
Cha, Cha, Cha		*	
Jitterbug			*
Square Dance	*	*	
Corner	*		
Do-Sa-Do		*	
Grand		*	
Allemande	*	*	
Circle	*		
Folk Dance		*	
Two Step	*		
Schottische		*	
Polka		*	
Waltz Box	*	*	
Single Action Dance	*	*	
Brush		*	
Bump		*	
Hold	*	*	
Hook		*	
Swing	*	*	
Swivel	*	*	

6-8	6	7	8
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Individual and Dual Sports	*	*	*
Skiing		*	*
Turning		*	
Stopping		*	*
Side to Side			*
Caution/Safety		*	
Tennis	*	*	
Volley	*		
Side to Side Movements		*	
Lob	*		
Team Tennis	*	*	
Bowling		*	*
Ball Rolling		*	
Score Keeping		*	*
Equipment		*	
Spare/Strike			*
Mini Golf		*	
Putting		*	
Scoring		*	
Aim		*	
Follow Through		*	
Track		*	*
Mile Run		*	
Sprinting		*	*
Relays			*

6-8	6	7	8
Team Building/Cooperative			
Mine Field	*	*	
Directionality	*	*	
Listening Skills	*		
Teamwork	*	*	
Safety	*	*	
Trust Activity		*	*
Trust Falls		*	*
Trust Groups		*	
Levels			*
Cooperation		*	*
Rubble Trouble		*	
Team Building Skills		*	
Team Wrecking Skills		*	
Teamwork	*	*	
Adaptive Speed		*	
All Aboard			*

Rhythm			*
Teamwork	*	*	
Creativity		*	*
Adaptability			*
Titanic		*	*
Leadership		*	
Cooperation		*	*
Spatial Awareness			*

9-12	9	10	11	12
Team Sports				
Basketball	*		*	
Offensive Strategy	*			
Defensive Strategy	*			
Passing	*		*	
Shooting	*		*	
Baseball		*	*	*
Offensive Strategy		*	*	
Defensive Positions		*		*
Batting		*	*	*
Fielding		*		*
Hockey	*	*	*	
Defensive Formations	*	*		
Offensive Formations	*	*		
Skating Techniques	*		*	
Stick Handling	*	*	*	
Soccer		*	*	*
Offensive Strategy		*		*
Defense Formations		*		*
Accurate Shooting			*	
Ball Transitions			*	*
Football	*	*		
Patterns	*			
Offense Plays	*	*		
Defense Plays	*	*		
Transitions		*		

9-12	9	10	11	12
Individual and Dual Sports				
Skiing		*		*
Diagonal Stride		*		
Herringbone		*		*
Snow Plowing		*		
Downhill				*
Tennis	*	*		
Forehand	*			
Backhand	*			
Serve	*	*		
Offense	*	*		
Defense	*	*		
Golf		*	*	
Long Drive		*		
Chipping		*		
Putting			*	
Scoring		*		
Etiquette		*		
Track and Field		*	*	*
Hurdles			*	
Long Jump			*	
High Jump		*		
Relays		*		*
Discus/Javelin			*	*
Aerobic Running		*	*	*
Bowling	*		*	
Hook Ball	*			
Straight Ball	*			
Spare			*	
Strike			*	

9-12	9	10	11	12
Adventure Activities				
Orienteering & Hiking		*	*	*
Map & Compass Skills		*	*	
GPS Skills		*		
Cardiovascular Fitness				
Team Work Skills				*
Hiking & Light Climbing Skills		*	*	
Wall & Outdoor Climbing			*	*

	Muscular Strength			*	*
Skills	Rock Climbing		*	*	
Skills	Problem Solving			*	*
	Team Work Safety	*	*		*
	Mountain Biking	*	*		
Fitness	Cardiovascular			*	*
	Bike Riding Skills		*	*	
	Trail Reading Directional Skills		*	*	
	Canoeing		*		
	Muscular Strength/Paddling	*		*	
	Team Work			*	*
Skills	Navigational				*
	Challenge Course		*	*	
	Climbing Skills		*		
	Teamwork	*			
	Rope Skills		*	*	
	Canoeing Skills			*	
Skills	Mountain biking			*	
Skills	Orienteering	*	*		

	9-12	9	10	11	12
Fitness		*	*	*	*
Weight Training & Agility			*	*	
	Circuit Training		*	*	
Fitness	Cardiovascular	*	*		
	Program Design	*	*		
Training	Sport Specific			*	*
	Outdoor Fitness Course			*	*
	Muscular Strength		*	*	
Hiking/Orienteering Skills		*			
Fitness	Cardiovascular	*	*		
	Balance & Agility	*		*	
	Fitness Frisbee Golf	*	*		

Fitness	Cardiovascular	*			
	Heart Rate Monitor/ Knowledge	*	*		
Skills	Frisbee & Golf	*			
	Interval Training & Plyometrics			*	*
	Power Skills			*	*
Fitness	Cardiovascular	*	*		
	Program Design			*	*
Principles	Heart Rate & Fitness	*	*		
	Group Fitness		*	*	
	Cardio Kickboxing			*	
	Spinning		*		
Weight Toning	Step Aerobics &	*		*	
	Yoga	*	*		*
	Pilates		*	*	

	9-12	9	10	11	12
Aquatics					
Side Stroke	*	*			
Reach	*	*			
Pull	*	*			
Kick	*	*	*		
Stretch on Side	*	*			
Free Style	*	*	*		
Kick	*	*			
Pull	*	*			
Twist	*	*			
Correct Breathing		*	*	*	
Breast Stroke		*	*		
Pull		*	*		
Push		*	*		
Stream Line			*	*	
Correct Breathing		*	*	*	
Diving Start			*	*	
Bend			*	*	
Push			*	*	
Jump				*	
Stream Line			*	*	
Flip Turn	*		*	*	

Butterfly Kick	*		*	*
Tuck		*	*	*
Correct Breathing		*	*	*
Stream Line			*	*

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