

**Tyler Elementary School Pacing Guide
2019-2020
Physical Education “A-Year”**



Quarter	Kindergarten	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade
1st Quarter August-October	Rules, Routines, Teamwork Activities, Space Awareness (self-space vs. general space), Initiative Games, Locomotor skills (hopping skipping, running, sliding, galloping), Playground Safety SOLs K.1, K.2, K.4	Rules, Routines, Teamwork Activities, Space Awareness (self-space vs. general space), Initiative Games, Locomotor skills (hopping skipping, running, sliding, galloping), Playground Safety SOLs 1.1, 1.2, 1.4	Rules, Routines, Teamwork Activities, Space Awareness, Initiative Games, Traveling, Pathways SOLs 2.1, 2.4 Virginia Wellness: Tests First Round(practice), Muscular Strength, Cardio-respiratory Endurance, Flexibility, Muscular Endurance Activities SOLs 2.3	Rules, Routines, Teamwork Activities, Initiative Games, Goal setting SOLs 3.4, Virginia Wellness Tests First Round(practice), Muscular Strength, Cardio-respiratory Endurance, Flexibility, Muscular Endurance SOLs 3.3, 3.4	Rules, Routines, Teamwork Activities, Space Awareness, Initiative Games SOLs 4.4, Virginia Wellness Tests First Round, Muscular Strength, Cardio-respiratory Endurance, Flexibility, Muscular Endurance SOLs 4.3, 4.4	Rules, Routines, Teamwork Activities, Space Awareness, Initiative Games SOLs 5.4 Virginia Wellness Tests First Round, Muscular Strength, Cardio-respiratory Endurance, Flexibility, Muscular Endurance SOLs 5.3, 5.4,
2nd Quarter November- January	Balance and weight transfer SOLs K.1b, K.1K Rhythmic activities(Holiday) SOLs K.3, K.4	Balance and weight transfer SOLs 1.1b, 1.1e, 1.1i Rhythmic activities(Holiday) SOLs 1.4,1.3	Balance and weight transfer, gymnastics 2.1b, 2.2c, 2.2e, 2.3a Basic Dance 2.1c Rhythmic activities(Holiday) SOLs 2.3, 2.4	Gymnastics 3.1d, 3.2d, 3.2e Dance 3.1c, 3.1e Holiday activities	Gymnastics 4.1c, 4.2c, 4.2e Dance 4.1b Holiday activities	Gymnastics 5.1 b Dance 5.1c Holiday activities

3rd Quarter February-April	Jumping skills k.1c,k.1j Kicking, passing and dribbling K.1c, K.1d Hand passing and dribbling k.1c	Jumping skills, Fitness: Manipulative Skills, Dribbling with the hand, feet and implements, Throwing-Underhand and Overhand, Hand- eye Coordination SOLs 1.4, 1.1	Virginia Wellness Tests second round (practice) SOL 2.3 Jumping skills, Fitness: Manipulative Skills Throwing- Underhand and Overhand, Hand-eye Coordination SOLs 2.1,2.4	Virginia Wellness Tests second round (practice) SOL 3.3 Jumping Skills, striking with implements, Throwing and catching (football) Team Sport Skills SOL 3.1, 3.2, 3.4	Virginia Wellness Tests second round SOL 4.3 Jumping Skills, striking with implements, Throwing and catching (football) Team Sport Skills SOL 4.1, 4.2, 4.4	Virginia Wellness Tests second round SOL 5.3 Jumping Skills, striking with implements, Throwing and catching (football) Team Sport Skills SOL 5.1, 5.2, 5.4
4th Quarter April-June	Rolling, tossing underhand, throwing to a target, bounce and catch, toss and catch k.1c, k.1j Parachute, Chasing, Fleeing and Dodging SOLs K.2, K.5, Catch up activities, Tag games, Nutrition (energy balance) SOL K.5,	Throwing-Underhand and Overhand SOL 1.1 Parachute, Chasing, Fleeing and Dodging SOLs 1.1, Catch up activities, Tag games, Nutrition (energy balance) SOL 1.5	Virginia Wellness Tests Final Round (practice) SOL 2.1 Parachute, Rhythm SOLs 2.1, 2.5 Catch up activities, Tag games 2.3f, 2.4b, 2.5d	Virginia Wellness Tests Final Round SOL 3.3a, b, c, d Parachute, Rhythm SOL 3.1, 3.2, Catch up activities, Tag games SOL 3.1, 3.2, 3.5, 3.4a, 3.4b, 3.4c	Virginia Wellness Tests Final Round SOL 4.3a, b, c, 4.5g Parachute, Rhythm SOL 4.1b Catch up activities, Tag games SOL 4.3d, 4.3e, 4.4b, c, d	Virginia Wellness Tests Final Round SOL 5.3 Parachute, Rhythm SOL 5.1c Catch up activities, Tag games SOL 5.3b, 5.3c, 5.4a, b, c, e

