

Health and Physical Education Pacing Guide

Kindergarten

<u>Kindergarten - Health</u>		
<u>Unit/Topic</u>	<u>Amount of time</u>	<u>Approximate Dates</u>
Unit 1 - Personal Safety and Wellness	7-8 Lessons	September-November
Unit 2 - Health Habits	4 Lessons	November-January
Unit 3 - Social Emotional (Family Life)	8 Lessons	January-March
Unit 4 - Advocacy	5 Lessons	April-June

<u>Kindergarten Physical Education</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Routines and Locomotor Skills	10 Lessons	September-December
Cooperation and Collaboration	8 Lessons	January-March
Manipulative Skills	14 Lessons	March-June

1st Grade

<u>First Grade - Health</u>		
<u>Topic</u>	<u>Amount of time</u>	<u>Approximate Dates</u>
Unit 1 - My Body and Mind	8 Lessons	September-November
Unit 2 - Social Health (Family Life)	3 Lessons	December-January
Unit 3 - Nutrition	4 Lessons	January-February
Unit 4 - Safety	4 Lessons	March-April
Unit 5 - Substances, Health, and Wellness	5 Lessons	April-June

<u>First Grade - Physical Education</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Routines and Locomotor Skills	8 Lessons	September-November
Cooperation and collaboration	9 Lessons	November-February
Manipulative Skills	10 Lessons	March-June

2nd Grade

<u>Second Grade - Health</u>		
<u>Topic</u>	<u>Amount of time</u>	<u>Approximate Dates</u>
Unit 1 - Healthy Habits	6 Lessons	September-October
Unit 2 - Body Systems	5 lessons	November-January
Unit 3 - Social Emotional	6 Lessons	January-April
Unit 4 - Substances and Abuse	3 Lessons	April-May
Unit 5 - Personal Health (Family Life)	3 Lessons	May-June

<u>Second Grade - Physical Education</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Routines and Locomotor Skills	6 Lessons	September-October
Cooperation and collaboration	10 Lessons	November-February
Manipulative Skills	10 Lessons	March-June

3rd Grade

<u>Third Grade - Health</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Unit 1 - Wellness and Disease Prevention	5 Lessons	September-November
Unit 2 - Personal safety	5 Lessons	November-January
Unit 3 - Nutrition	5 Lessons	February-March
Unit 4 - Social and Sexual Health	2 Lessons	April
Unit 5 - Health Resources	5 Lessons	May-June

<u>Third Grade - Physical Education</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Routines and Cooperative games	4 Lessons	September-October
Locomotor/Movement Concepts	8 Lessons	October-December
Physical Activity/ Fitness Knowledge	5 Lessons	January- March
Manipulative Skills	9 Lessons	March-June

4th Grade

Fourth Grade - Health		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Unit 1 - Mental/Emotional Health	9 Lessons	September-December
Unit 2 - Alcohol, Tobacco, and Other Drugs	9 Lessons	January-March
Unit 3 - Social and Sexual Health	4 Lessons	March-June

Fourth Grade - Physical Education		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Routines and Cooperative games	4 Lessons	September-October
Locomotor/Movement Concepts	8 Lessons	October-December
Physical Activity/ Fitness Knowledge	5 Lessons	January-March
Manipulative Skills	9 Lessons	March-June

5th Grade

<u>Fifth Grade - Health</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Unit 1 - Safe Internet Communications	5 Lessons	September-October
Unit 2 - Setting Boundaries	10 Lessons	November-March
Unit 3 - Gender Stereotypes	4 Lessons	March-April
Unit 4 - Social Sexual Health	6 Lessons	April-June

<u>Fifth Grade - Physical Education</u>		
<u>Topic</u>	<u>Amount of Time</u>	<u>Approximate Dates</u>
Routines and Cooperative games	4 Lessons	September-October
Locomotor/Movement Concepts	8 Lessons	October-December
Physical Activity/ Fitness Knowledge	5 Lessons	January-March
Manipulative Skills	9 Lessons	March-June

6th Grade

<u>Sixth Grade - Health</u>		
Unit/Topic	Amount of Time	Approximate Dates
Unit 1- Nutrition, Body Image, & Goal Setting	9-10 Lessons	October- December
Unit 2- Emotional Health	3-4 Lessons	December- January
Unit 3-Community Health Services & Support	2 Lessons	January-February
Unit 4- Personal Safety	2 Lessons	February
Unit 5- Alcohol, Tobacco, & Other Drugs	3 Lessons	March
Unit 6- Dependency, Substance Disorder, & Treatment	3 Lessons	March-April
Unit 7- Health Conditions, Diseases, and Medicines	4 Lessons	April-May
Unit 8- Social & Sexual Health	3 Lessons	May-June

<u>Sixth Grade- Physical Education</u>		
Unit/Topic	Amount of Time	Approximate Dates
Unit 1- Routines, Sportsmanship, and Cooperative game	6 Lessons	September-October
Unit 2- Movements Skills, Concepts, and Team Sports	12 Lessons	November-February
Unit 3- Individual and Dual Sports, Physical, & Lifelong fitness	12 Lessons	March-June