

Danvers Public Schools-Wellness Curriculum

K-5 Scope and Sequence

Kindergarten		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Locomotor • Directions • Effort- Speed & Force, Levels • Pathways • Relationships (body movements, body shapes) 	<ul style="list-style-type: none"> • Cooperative Games – personal & social • Manipulatives • Rhythmical • Yoga • Balance • Jumping & Landing • Weight Transfer • Rolling 	<ul style="list-style-type: none"> • Hand dribbling • Throwing & Catching • Volleying • Striking w/hands • Striking w/paddles • Kicking • Dribble with feet
Grade 1		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Locomotor • Directions • Effort- Speed & Force, Levels • Pathways • Relationships (body movements, body shapes) • Health Focus 	<ul style="list-style-type: none"> • Cooperative Games – personal & social • Manipulatives • Rhythmical • Yoga • Balance • Jumping & Landing • Weight Transfer • Rolling • Health Focus 	<ul style="list-style-type: none"> • Hand dribbling • Throwing & Catching • Volleying • Striking w/hands • Striking w/paddles • Kicking • Dribble with feet • Health Focus
Grade 2		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Locomotor • Directions • Effort- Speed & Force, Levels • Pathways • Relationships (body movements, body shapes) • Health Focus 	<ul style="list-style-type: none"> • Cooperative Games – personal & social • Manipulatives • Rhythmical • Yoga • Balance • Jumping & Landing • Weight Transfer • Rolling • Health Focus 	<ul style="list-style-type: none"> • Hand dribbling • Throwing & Catching • Volleying • Striking w/hands • Striking w/paddles • Kicking • Dribble with feet • Health Focus

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K-5 Scope and Sequence

Kindergarten		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Review of Movement Concepts • Locomotor • Chase, Flee, Dodge • Directions • Cooperative Games – personal & social • Effort- Speed & Force, Levels • Fitness • Pathways • Throwing & Catching • Relationships (body movements, body shapes) • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Rhythms/Dance – personal & social • Yoga • Manipulatives • Balance • Rhythmical • Weight Transfer • Yoga • Rolling • Balance • Hand Dribbling • Jumping & Landing • Fitness • Weight Transfer • Health Focus • Rolling 	<ul style="list-style-type: none"> • Hand dribbling • Volleying • Throwing & Catching • Jumping, Landing & Running techniques • Striking w/hands • Throwing & Catching • Striking w/long handled implements • Kicking • Dribble with feet • Fitness • Health Focus
Grade 1		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Locomotor • Directions • Establishing a learning environment • Effort, Speed & Force, Levels • Review of Movement Concepts • Chase, Flee, Dodge • Pathways • Relationships (body movements, body shapes) • Cooperative Games – personal & social • Fitness • Health Focus • Throwing & Catching • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Cooperative Games – personal & social • Manipulatives • Rhythmical • Yoga • Rhythms/Dance • Balance • Jumping & Landing • Weight Transfer • Rolling • Hand Dribbling • Health Focus • Fitness • Health Focus 	<ul style="list-style-type: none"> • Hand dribbling • Throwing & Catching • Volleying • Striking w/hands • Volleying • Striking w/paddles • Kicking • Jumping, Landing & Running Techniques • Dribble with feet • Throwing & Catching • Health Focus • Striking w/long/ and or short handled implements • Fitness • Health Focus
Grade 2		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Locomotor • Directions • Effort- Speed & Force, Levels • Review of Movement Concepts • Chase, Flee, Dodge • Pathways • Relationships (body movements, body shapes) • Cooperative Games – personal & social • Fitness • Health Focus • Throwing & Catching • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Cooperative Games – personal & social • Manipulatives • Rhythmical • Yoga • Rhythms/Dance • Balance • Jumping & Landing • Weight Transfer • Rolling • Hand Dribbling • Health Focus • Fitness • Health Focus 	<ul style="list-style-type: none"> • Hand dribbling • Throwing & Catching • Volleying • Striking w/hands • Striking w/paddles • Kicking • Jumping, Landing & Running Techniques • Dribble with feet • Throwing & Catching • Health Focus • Striking w/long/ and or short handled implements • Fitness • Health Focus
Grade 3		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Space Awareness • Locomotor • Directions • Effort- Speed & Force, Levels • Review of Movement Concepts • Chase, Flee, Dodge • Pathways • Relationships (body movements, body shapes) • Cooperative Games – personal & social • Fitness • Health Focus • Throwing & Catching • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Cooperative Games – personal & social • Manipulatives • Rhythmical • Yoga • Rhythms/Dance • Balance • Jumping & Landing • Weight Transfer • Rolling • Hand Dribbling • Health Focus • Fitness • Health Focus 	<ul style="list-style-type: none"> • Hand dribbling • Throwing & Catching • Volleying • Striking w/hands • Striking w/paddles • Kicking • Jumping, Landing & Running Techniques • Dribble with feet • Throwing & Catching • Health Focus • Striking w/long/ and or short handled implements • Fitness • Health Focus

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Grade 3		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Review of Movement Concepts • Chase, Flee, Dodge • Cooperative Games – personal & social • Fitness • Throwing & Catching • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Rhythms/Dance • Yoga • Balance • Weight Transfer • Rolling • Hand Dribbling • Fitness • Health Focus 	<ul style="list-style-type: none"> • Volleying • Jumping, Landing & Running techniques • Throwing & Catching • Striking w/long handled implements • Fitness • Health Focus
Grade 4		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Review of Movement Concepts • Chase, Flee, Dodge • Cooperative Games – personal & social • Fitness • Throwing & Catching • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Rhythms/Dance • Yoga • Balance • Weight transfer • Rolling • Hand dribbling • Fitness • Health Focus 	<ul style="list-style-type: none"> • Volleying • Jumping , Landing & Running Techniques • Throwing & Catching • Striking w/long/ and or short handled implements • Fitness • Health Focus
Grade 5		
First Term	Second Term	Third Term
<ul style="list-style-type: none"> • Establishing a learning environment • Review of Movement Concepts • Chase, Flee, Dodge • Cooperative Games – personal & social • Fitness • Throwing & Catching • Kicking & Punting • Dribble w/feet • Health Focus 	<ul style="list-style-type: none"> • Rhythms/Dance • Yoga • Balance • Weight transfer • Rolling • Hand dribbling • Fitness • Health Focus 	<ul style="list-style-type: none"> • Volleying • Jumping, Landing & Running Techniques • Throwing & Catching • Striking w/long/ and or short handled implements • Fitness • Health Focus