

Marshfield School District Scope & Sequence Pacing Guide

Grade Level: **Grade 1st & 2nd** **Content Areas:** **Physical Education**

Quarter: 1

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Classroom Management	Classroom Management	<ul style="list-style-type: none"> • Listens and follows directions • Is willing to participate • travels safely in self space, general space, and group space • Works cooperatively with others • Rides a 2 wheel bicycle forward and demonstrates a controlled stop within 10 feet then gets pedal in ready position 	<p>Appropriate physical education equipment needed for each Unit</p>	<p>4</p>
Spatial Awareness Warm-up	Spatial Awareness Warm-up			
Movement Games	Movement Games			
May have Bicycle Unit depending on shared equipment	May have Bicycle depending on shared equipment			
Kicking	Kicking	<ul style="list-style-type: none"> • Kicks a rolled playground ball forward (Grade 1) • Kicks a rolled 		<p>2</p>

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		playground ball using 3-step approach (Grade 2)	
Locomotor Games Chase, Flee, Dodge	Locomotor Games Chase, Flee, Dodge	<ul style="list-style-type: none"> • Travels safely in self space, general space, and group space • All heart related fitness targets 	1
Throwing & Catching	Throwing & Catching	<ul style="list-style-type: none"> • Throws a ball overhand while stepping with opposite foot 	2

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Grade Level: Grades 1st & 2nd

Content Areas: Physical Education

Quarter 2

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Fitness Testing	Fitness Testing	<ul style="list-style-type: none"> • Jogs at a constant pace for 2 minutes 80% of attempts, increases to 3 minutes by last quarter (Grade 1) • Jogs at a constant pace for 3 minute 80% of attempts, increases to 4 minutes by last quarter (Grade 2) • Performs 5 curl-ups with feet held, arms across chest, lifting elbows to thighs (Grade 1) • Performs 5 curl-ups without feet being held (Grade 2) 	Appropriate physical education equipment needed for each Unit	3

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		<ul style="list-style-type: none"> • Performs one complete push-up (Grade 1) • Performs two pushups with proper alignment (Grade 2) • Performs sit and reach with both hands keeping both legs straight • Performs trunk lift to the height of 6-12 inches 		
Basketball Skills	Basketball Skills	<ul style="list-style-type: none"> • Dribbles with dominant hand, using finger pads, while moving the length of the gym 		3
Enrichment Games Locomotor Games	Traverse Wall	<ul style="list-style-type: none"> • Uses correct climbing commands and safe mount/dismount procedures • All heart related fitness targets 		3

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Content Areas: Physical Education

Quarter: 3

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Traverse Wall	Jump Roping	<ul style="list-style-type: none"> • Uses correct climbing commands and safe mount/dismount procedures * • Jumps over self-turned rope 5 times (Grade 1) • Jumps over self-turned rope 10 times consecutively (Grade 2) 	Appropriate physical education equipment needed for each Unit	3
Juggling	Throwing & Catching	<ul style="list-style-type: none"> • Performs juggling waterfall 5 consecutive times with 2 scarves (Grade 1) • Performs juggling waterfall five consecutive times with 2 inch bean bags (Grade 2) 		2

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		<ul style="list-style-type: none"> • Throws a ball overhand while stepping with opposite foot 		
Dance	Tumbling	<ul style="list-style-type: none"> • Gallops in time to Music (Grade 1) • Skips in time to Music (Grade 2) • Performs an upside-down 5 point balance for 5 seconds-head,2hands,2 feet (Grade 1) • Performs a tripod balance for 5 seconds-head, 2 hands, knees on elbows (Grade 2) 		3
Ball Exploration	Enrichment Activities	<ul style="list-style-type: none"> • Encompasses all Kindergarten Learning Targets 		1

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Grade Level: **Grades 1st & 2nd**
Arts

Content Areas: **Communication**

Quarter: 4

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Track & Field	Enrichment Activities	<ul style="list-style-type: none"> • Encompasses all 1st and 2nd Grade Learning Targets 	Appropriate physical education equipment needed for each Unit	2
Kicking (Kickball)	Locomotor Games	<ul style="list-style-type: none"> • Kicks a rolled playground ball forward (Grade 1) • Kicks a rolled playground ball using 3-step approach (Grade 2) • All heart related fitness targets (Locomotor Games) 		1
T-Ball and/or Softball	Soccer	<ul style="list-style-type: none"> • Throws a ball overhand while stepping with opposite foot • Kicks a rolled 		2

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		<p>playground ball forward (Grade 1)</p> <ul style="list-style-type: none"> • Kicks a rolled playground ball using 3-step approach (Grade 2) 		
Locomotor Games	Track and Field	<ul style="list-style-type: none"> • All heart related fitness targets 		1
Biking/ Team Building Challenges	Biking/ Team Building Challenges	<ul style="list-style-type: none"> • Rides a 2 wheel bicycle forward and demonstrates a controlled stop within 10 feet then gets pedal in ready position • Participates in challenges, team building, adventure, and cooperative activities that encourage working together to solve problems in game or activity 		3

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- **Note: Team Building Challenge Unit–alternate every other year-opposite of biking**
- **Madison/ Nasonville/ Washington–Biking (Odd Years)**
- **Grant/ Lincoln–Biking (Even Years)**