



ASCENT COLORADO CLASSICAL SCHOOLS

CURRICULUM MAP

Physical Education: Grades K-12



	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Grades K-2	Unit 1: Getting to Know Your Body; Spatial Awareness; Major Parts of the Body, Unit 2: Locomotor and Non-Locomotor Skills	Unit 2: Locomotor and Non-Locomotor Skills	Unit 3: Manipulative Skills Unit 4: Rhythm and Cross-Lateral Skills	Unit 5: Teamwork and Leadership Unit 6: Putting it All Together
Grades 3-6	Unit 1: Teamwork	Unit 2: Manipulative Skills – Throwing and Catching, Kicking, and Striking	Unit 3: Dance Unit 4: Fitness	Unit 5: Achieving Personal Goals and Game Strategy
Grades 7-8	Unit 1: Teamwork and Leadership Unit 2: Personal Accountability – Relationships; Physical, Mental, Social Health	Unit 3: Developing and Achieving Goals	Unit 1: Teamwork and Leadership Unit 2: Personal Accountability – Relationships; Physical, Mental, Social Health	Unit 3: Developing and Achieving Goals
Grades 9-12 (High School)	Unit 1: Teamwork and Leadership	Unit 2: Personal Accountability – Relationships; Physical, Mental, Social Health	Unit 3: Concepts of Fitness and Conditioning	Unit 4: Developing and Achieving Goals Unit 5: Incorporating Fitness for a Lifetime