

## Elementary Wellness Curriculum At-A-Glance

### Kindergarten

#### 1st Trimester

**Exploratory fundamental movements:** kindergarten students are not assessed in special subjects during the first trimester.

#### 2nd Trimester

**Fundamental movement concepts:** *Space awareness:* personal space vs. general space

#### 3rd Trimester

**Locomotor movement skills:** walking, jogging, hopping, jumping

### Grade 1

#### 1st Trimester

**Fundamental movement concepts:** *Space awareness:* Levels (low, medium, high); directions (forward, backward, sideways, up, down)

#### 2nd Trimester

**Locomotor movement skills:** skipping, galloping, leaping, and sliding

#### 3rd Trimester

**Manipulative skills:** rolling, bouncing, underhand throw, overhand throw

### Grade 2

#### 1st Trimester

**Locomotor movement patterns:** walking, jogging, hopping, jumping, galloping, skipping, sliding, leaping

#### 2nd Trimester

**Manipulative skills:** refine overhand and underhand throw, catch, kick, strike

#### 3rd Trimester

**Primary health-related fitness:** heart rate, breathing rate, warm-up activities (why is it important to warm up?)

### Grade 3

#### 1st Trimester

**Intermediate health-related fitness concepts:** cardiovascular endurance, strength, flexibility

#### 2nd Trimester

**Hand-eye coordination:** catch, throw, strike, dribble, pass, shoot

#### 3rd Trimester

**Locomotor movement:** identify and proficiently perform all targeted locomotor movement skills

#### Year-End Standard

Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

### Grade 4

#### 1st Trimester

**Health-related fitness components:** cardiovascular endurance, muscular strength, muscular endurance, flexibility

#### 2nd Trimester

**Hand-eye coordination:** catch, throw, strike, dribble, pass, and shoot *in lead up games and activities*

#### 3rd Trimester

**Cooperative learning skills:** teamwork, individual accountability, collaborative skills, leadership

#### Year-End Standard

Exhibits responsible personal and social behavior that respects self and others in cooperative game settings specifically related to roles, sharing, and on-task participation.

### Grade 5

#### 1st Trimester

**Health-related fitness components:** cardiovascular endurance, muscular strength, muscular endurance, flexibility

#### 2nd Trimester

**Game concepts:** offense, defense

#### 3rd Trimester

**Cooperative learning:** leadership skills: positive role model, acceptance of team members (ideas and skill level), willingness to work for the good of the group

#### Year-End Standard

Demonstrates understanding of movement concepts and principles by evaluating personal physical fitness profiles.