

Bedford County - Curriculum Map for Elementary PE

Activity	Time	Skills	Equipment	SOL's
Football		Passing Catching Hiking Punting Offense/defense Game	Footballs Flags Field	K.1 c, K.1 d 1.1 b, 1.1 c 2.1a, 2.2 b 3.1 a, 3.1 b, 3.2 a, 3.2 b 4.1 a, 4.2 a, 4.2 b, 4.2 c 5.2 a, 5.2 b, 5.2 c, 5.2 d, 5.2 e
Basketball		Dribbling Shooting Passing/Receiving Offense/Defense Game	Basketballs Cones Pinnies Goals	K.1 c, K.1 d 1.1 b, 1.1 c 2.1 a, 2.2 b 3.1 a, 3.1 b, 3.2 a, 3.2 b 4.1 a, 4.2 a, 4.2 b, 4.2 c 5.2 a, 5.2 b, 5.2 c, 5.2 d, 5.2 e
Volleyball		Bump Set Serve Spike/Block Rotation Game	Volleyballs Nets Standards Soft balls	K.1 c 1.1 b, 1.1 c 2.1 a, 2.2 b 3.1 a, 3.1 b, 3.2 a, 3.2 b 4.1 a, 4.2 a, 4.2 b, 4.2 c 5.2 a, 5.2 b, 5.2 c, 5.2 d, 5.2 e
Dance		Partner Dance Line Dance Scattered Dance	Music CD Player	K.1 e 1.1 e 2.1 b, 2.1 c 3.1 c 4.1 b 5.1 b
Jump Rope		Single Double	Short Ropes Long Ropes	K.1 a, K.1 d, K.1 e 1.1c, 1.1 e 2.2 a 3.1 b 4.1 b 5.1 a, 5.1 b

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Fitness		Flexibility Aerobic Muscular Strength Muscular Endurance Agility	Sit N Reach Box Open Area Pull Up Bar Mats Shuttle Run Blocks	3.3 4.3 a, 4.3 b, 4.3 c 5.3 5.4 a 5.4 b
Stunts & Tumbling		Basic Tumbling Balancing Rolling Transferring Weight Flight	Mats Balance Beam	K.1 a, K.1 b 1.1 d, 1.2 2.1 b 3.1 b, 3.1 d, 3.2 a 4.1 c, 4.2 a, 4.2 c 5.1 a, 5.2 a, 5.2 d, 5.2 e
Soccer		Dribbling Passing Trapping Shooting Goalkeeping Throw Ins Game	Soccer Balls Cones Goals Field Pinnies	K.1 a, K.1 c, K.1 d, K.2 1.1 a, 1.1 b, 1.1 c, 1.1 d, 1.2 2.1 a, 2.1 b, 2.2 a, 2.2 b 3.1 a, 3.1 b, 3.2 a, 3.2 b 4.1 a, 4.1 c, 4.2 a, 4.2 b, 4.2 c, 4.3 a 5.2 a, 5.2 b, 5.2 c, 5.2 d, 5.2 e
Softball/T-Ball		Throwing Catching Striking Base Running Game	Soft Balls Bat Tee Bases Field	K.1 a, K.1 c, K.1 d, K.2 1.1 a, 1.1 b, 1.1 c, 1.1 d, 1.2 2.1 a, 2.1 b, 2.2 a, 2.2 b 3.1 a, 3.1 b, 3.2 a, 3.2 b 4.1 a, 4.1 c, 4.2 a, 4.2 b, 4.2 c, 4.3 a 5.2 a, 5.2 b, 5.2 c, 5.2 d, 5.2 e

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Racket/Paddle		Forehand Backhand Serve	Rackets/Paddle Balls, Birdies, Bean Bags, Balloons, Noodles	K.1 c, K. 1 d 1.1 b, 1.1 c 2.1 a, 2.2 b 3.1 a, 3.1 b, 3.2 b 4.1 a, 4.2 c 5.2 a, 5.2 b, 5.2 d. 5.2 e
Hockey or Lacrosse		Passing Dribbling Receiving/Catching Cradling (lacrosse) Shooting Goalkeeping Game	Hockey Sticks Pucks Goals Lacrosse Sticks Balls Goals Field	K. 1 c, K.1 d 1.1 b, 1.1c, 1.2 2.1 a, 2.2 a, 2.2 b 3.1 a, 3.1 b, 3.2 a, 3.2 b 4.1 a, 4.2 a, 4.2 b, 4.2 c 5.2 a, 5.2 b, 5.2 c 5.2 d, 5.2 e
Manipulatives		Rolling Tossing Catching Spinning Juggling	Hoops Bean Bags Parachute Scooters Scoops Frisbees Balls Scarves Bowling Pins Rings	K.1 c, K.1 d 1.1 b, 1.1 c 2. 1 a, 2.1 b 3.1 b, 3.2 b 4.1 a, 4.2 a, 4.2 c 5.2 b, 5.2 d, 5.2 e
Non-Manipulatives		Locomotor Changing Direction Chasing, Fleeing, Dodging Sequencing Different Levels	Gym	K.1 a, K.1 b, K.2 1.1 a, 1.2 2.2 a, 2.2 b 3.2 a 4.2 a 5.2 a

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Activity	Time	Skills	Equipment	SOL's
Other				

The following SOL's are used on a daily basis:

K.3, K.4 a, K.4 b, K.5, K.6

1.3, 1.4, 1.5 a, 1.5 b, 1.6

2.3, 2.4, 2.5

3.3, 3.4 a, 3.4 b, 3.4 c, 3.5 a, 3.5 b

4.3 a, 4.3 b, 4.3 c, 4.4 a, 4.4 b, 4.4 c, 4.4 d, 4.5

5.3, 5.4 a, 5.4 b, 5.5 a, 5.5 b, 5.6