



KAMEHAMEHA SCHOOLS HAWAII
 SCHOOL YEAR 2015-2016
 SCOPE AND SEQUENCE
 Specials- P.E./Health

*scope/sequence subject to change

SUBJECT	FIRST TRIMESTER	SECOND TRIMESTER	THIRD TRIMESTER
KINDER GARTEN	Classroom rules/routines/expectations Simple Games/Movement Concepts Safety: Bus Fitness Testing/Stations Intro: Locomotor Skills Manipulatives-Bean Bags/Yarn Dance	Nutrition Jump Rope Physical Activ Fitness Maintenance Balance Mat Skills	Personal Health Swimming Your Growing Body: Body Parts Fitness Testing Ball Skills
FIRST	Classroom rules/routines/expectations SimpleGames/Movement Concepts Safety: School Fitness Testing/Stations Locomotor Skills Manipulatives- Parachute Dance	Nutrition Jump Rope Physical Activity Fitness Maintenance Balance Mat Skills	Personal Health Fitness Testing Swimming Your Growing Body: Grow/Measure Ball Skills
SECOND	Classroom rules/routines/expectations Group Games/Relays/Hoops Safety: Personal Fitness Testing/Stations Locomotor/Non Locomotor Skills Manipulatuves-Hoops/Scarves Dance	Nutrition Jump Rope Physical Activity Fitness Maintenance Balance Mat Skills	Personal Health Fitness Testing Swimming Growth and Development: Muscles/Bone Kicking Skills- Soccer Lead-up
THIRD	Classroom routines/expectations Cooperative Games/Relays Safety:Auto,Bike,Skateboard/Personal Health Fitness Testing/Maintenance Dance-Movement Concepts	Nutrition Jump Rope Physical Activity Balance Bench Fitness Maintenance Makahiki	Drug: Tobacco Your Growing Body: Digestive Fitness Testing Striking: Paddle/Scoop Basketball Lead-up
FOURTH	Classroom routines/expectations Cooperative Games /Relays Safety: Indoor/Personal Health Fitness Testing/Maintenance Dance-Movement Concepts Striking-Raquet	Nutrition Jump Rope Physical Activity Balance Bench Fitness Maintenance Makahiki	Drug: Alcohol Growth and Development: Heart/Lungs Fitness Testing Striking: Hand/ Volleyball Lead-up Volleyball Lead-up
FIFTH	Classroom routines/expectations Cooperative Games/Relays Safety: Outdoor/Personal Health Fitness Testing/Maintenance Dance-Movement Concepts Striking -Bat	Nutrition Jump Rope Physical Activity Balance Bench Fitness Maintenance Makahiki	Drug: Other drugs Growth and Development: Nervous/Endo Fitness Testing Striking: Racquet/Tennis/Badminton Overhand Throw-Football Lead-up

