

TCAPS Elementary Physical Education Curriculum Map

Object Control Skills	Locomotors Skills	Cognitive Skills	Personal/Social Skills
First Twelve Weeks			
Foot Dribble	Leap/Walk	Use of Space	Following Directions (K-2)
Instep Kick	Gallop	Body Parts & Planes	Self Control (3-6)
Hand Dribble			Responsibility (3-6)
Second Twelve Weeks			
Underhand Throw	Slide		Best Effort (K-6)
Underhand Strike	Vertical Jump	Lift & Carry Posture	Cooperation (K-2)
Forehand Strike	Hop		Respect (3-6)
			Compassion (K-2)
Third Twelve Weeks			
Catch a Rolling Ball	Skip		
Catch a Fly Ball	Horizontal Jump		
Batting	Run		Constructive Competition (3-6)
Overhand Throw			
Fitness Skills	Worked on All Year Long		
	Aerobic Fitness (emphasize all year)		
	Hip/Low Back Flexibility (emphasize 1 st trimester)		
	Abdominal/Low Back Strength (emphasize 3 rd trimester)		
	Arm/Shoulder Strength (emphasize 3 rd trimester)		
	Beneficial Effects of Activity (teach with fitness skills all year)		

