

## Physical Education Pacing Guide

Week	Unit	CORE #	Description
1	Orientation	ALCOS 6: 5) Demonstrates responsible personal and social behavior in physical activity settings. ALCOS 6: 7) Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	1. Policies/Procedures 2. Rules/Consequences 3. Pre- Assessment 4. Hand Signals
2-4	Badminton	ALCOS 6: 1) Demonstrates competency in many movement forms and proficiency in a few movement forms. ALCOS 6: 2) Applies movement concepts and principles to the learning and development of motor skills.	1. Demonstrate the skill to rally with a partner 2. Be able to hit the shuttle-cock over the net to an opponent using legal underhand, overhand and overhand strokes 3. Demonstrate sportsmanship and partnership during game play
5-7	Volleyball	ALCOS 6: 1) Demonstrates competency in many movement forms and proficiency in a few movement forms. ALCOS 6: 2) Applies movement concepts and principles to the learning and development of motor skills.	1. Demonstrate the ability to hit the volleyball with a partner using correct techniques on the set and the forearm pass. 2. Exhibit the ability to serve the volleyball over the net. 3. Show sportsmanship and teamwork during game play

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Week	Unit	CORE #	Description
3-5	Floor Hockey	ALCOS 6: 1) Demonstrates competency in many movement forms and proficiency in a few movement forms. ALCOS 6: 2) Applies movement concepts and principles to the learning and development of motor skills. ALCOS 6: 4) Achieves and maintains a health-enhancing level of physical fitness	1. Demonstrate proper stick handling and safety procedures 2. Demonstrate correct dribbling, shooting, and passing techniques 3. Show sportsmanship and teamwork during game play

# Pacing Guide Physical Education Elementry

**National Education Association of the  
United States. Research Division**

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