



# Grades 1-2 Master Schedule

Wk #	Unit	Lesson 1	Wk #	Unit	Lesson 2
1 2 3 4	<b>Rhythm &amp; Dance</b>	Simon Says, Partner Says . . . . 6 Rhythmic Ribbons . . . . . 10 Popcorn Dance . . . . . 14 Bunny Hop . . . . . 18	1 2 3 4	<b>Fitness</b>	Muscle Mix Up . . . . . 8 Amoeba Relay Race . . . . . 12 Bar and Ladder Moves . . . . . 16 Beat It! . . . . . 20
5 6 7 8 9 10	<b>Traveling</b>	Follow You, Follow Me . . . . 22 Travel Up, Under, in Front of, and Behind . . . . 26 Partner Tag . . . . . 30 Think and Travel . . . . . 33 Mirror, Mirror . . . . . 36 Traveling Obstacle Course . 40	5 6 7 8 9 10	<b>Fitness</b>	You Gussed It . . . . . 24 Pump It Up . . . . . 28 MyPlate . . . . . 31 Oxygen In, Oxygen Out . . . . . 35 Muscle Stretch Mix Up . . . . . 38 Beating Heart Disease . . . . . 42
11 12 13 14	<b>Jumping &amp; Landing</b>	Jumping the Distance . . . . 44 Cross the River . . . . . 48 Jump Around . . . . . 52 Jump for Joy . . . . . 56	11 12 13 14	<b>Fitness</b>	Muscle Ball Stretch . . . . . 46 Yoga Animal Flexibility Poses . . 50 Parachute Muscle Mania . . . . . 54 Seven Days of P.E. . . . . 58
15 16 17 18	<b>Balancing, Weight Transfer, &amp; Rolling</b>	Balance Transformations . . . 61 Balancing Act . . . . . 65 Roll with It . . . . . 68 Donkey and Cartwheel Kicks . . 72	15 16 17 18	<b>Fitness</b>	60 Minutes a Day . . . . . 63 Paper Clip Jog . . . . . 67 Courtesy Tag . . . . . 70 Fitness Cones . . . . . 74
19 20 21 22 23 24	<b>Throwing &amp; Catching</b>	Partner Bridge . . . . . 76 Toss and Catch . . . . . 80 Going the Distance . . . . . 84 Find Your Target . . . . . 88 Soccer Throw-In . . . . . 92 Group Pass 'n Catch . . . . . 96	19 20 21 22 23 24	<b>Fitness</b>	Boot Camp . . . . . 78 Fit-Abulous 1 . . . . . 82 Fit-Abulous 2 . . . . . 86 Circuits of Fun 1 . . . . . 90 Circuits of Fun 2 . . . . . 94 Circuits of Fun 3 . . . . . 98
25 26 27 28	<b>Striking with Implements</b>	Strike and Travel . . . . . 100 Keep It Up . . . . . 104 Batter Up . . . . . 108 Batter's Choice . . . . . 112	25 26 27 28	<b>Fitness</b>	Muscle Mix Up . . . . . 102 Bar and Ladder Moves . . . . . 106 Beat It! . . . . . 110 You Gussed It . . . . . 114
29 30 31 32	<b>Kicking/Dribbling with Feet</b>	Infinity and Beyond . . . . . 116 Bombs Away . . . . . 120 Dribble, Shoot, Score . . . . . 123 Circle Pass . . . . . 127	29 30 31 32	<b>Fitness</b>	Pump It Up . . . . . 118 Oxygen In, Oxygen Out . . . . . 122 Muscle Stretch Mix Up . . . . . 125 Muscle Ball Stretch . . . . . 129
33 34 35 36 37	<b>Dribbling with Hands</b>	Alphabet Soup . . . . . 131 Basketball Guessing Game 135 Red Light, Green Light . . . . 139 Follow the Leader . . . . . 142 Traveling Obstacle Course 146	33 34 35 36 37	<b>Fitness</b>	Seven Days of P.E. . . . . 133 60 Minutes a Day . . . . . 137 Paper Clip Jog . . . . . 141 Fitness Cones . . . . . 144 Boot Camp . . . . . 148