



Bellevue Children's Academy 1

P.E. Yearly Specialist Curriculum Map, 2023-2024

	September – December	January – March	April - June
Kindergarten	<p><i>P.E U.O.I. MOVEMENTS & SPACIAL AWARENESS.</i></p> <ul style="list-style-type: none"> - Practice balance & coordination. Manipulate their bodies to change directions. Different forms of movement varying spaces and speeds. <p><i>P.E. U.O.I. LOCOMOTOR SKILL.</i></p> <ul style="list-style-type: none"> - Focus and practice on movement skill running, jumping, skipping, hopping and balance. <p><i>P.E. U.O.I. FITNESS COMPONENTS</i></p> <ul style="list-style-type: none"> - Practice different components of fitness such as cardio, strength, speed-reaction, and physical activity levels. 	<p><i>P.E. U.O.I. FITNESS COMPONENTS.</i></p> <ul style="list-style-type: none"> - Develop cardiovascular & muscular endurance. Improve flexibility and muscular strength using yoga routine. <p><i>P.E. U.O.I. HAND – EYE COORDINATION.</i></p> <ul style="list-style-type: none"> - Develop and practice different types of throwing, catching and passing. Practice throwing – target skill. Develop control of space, time and force in the throw, as well as measure the distances to catch moving objects. <p><i>P.E. U.O.I. FOOT – EYE COORDINATION.</i></p> <ul style="list-style-type: none"> - Practice kicking-catching skill, Develop their dribbling with feet skill. Practice kicking – target skill. 	<p><i>P.E. U.O.I. BALANCE.</i></p> <ul style="list-style-type: none"> - Activities are carried out that develop their balance by varying their point of gravity, surface and height, for which we will use different modes of locomotion, turns, jumps, among others. <p><i>P.E. U.O.I RACKETS GAMES.</i></p> <ul style="list-style-type: none"> - Work will be done with different types of rackets, it will be sought that children can control distance from the balls, strength and control of their body at the time of hitting them. as well as different basic types of racquet control. <p><i>P.E. U.O.I. RHYTHM & DANCE</i></p> <ul style="list-style-type: none"> - Improve cardiovascular endurance with a fun activity combining exercises and dance. Improve cardio fitness component doing latin Zumba.



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First Grade	<p><i>P.E. U.O.I. MOVEMENTS & SPATIAL AWARENESS.</i></p> <ul style="list-style-type: none"> - Practice balance & coordination. Manipulate their bodies to change directions. Different forms of movement varying spaces and speeds. <p><i>P.E. U.O.I. LOCOMOTOR SKILL.</i></p> <ul style="list-style-type: none"> - Focus and practice on movement skill running, jumping, skipping, hopping and balance. <p><i>P.E. U.O.I. FITNESS COMPONENTS</i></p> <ul style="list-style-type: none"> - Practice different components of fitness such as cardio, strength, speed-reaction, and physical activity levels. 	<p><i>P.E. U.O.I. FITNESS COMPONENTS.</i></p> <ul style="list-style-type: none"> - Develop cardiovascular & muscular endurance. Improve flexibility and muscular strength using yoga routine. <p><i>P.E. U.O.I. HAND – EYE COORDINATION.</i></p> <ul style="list-style-type: none"> - Develop and practice different types of throwing, catching and passing. Practice throwing – target skill. Develop control of space, time and force in the throw, as well as measure the distances to catch moving objects. <p><i>P.E. U.O.I. FOOT – EYE COORDINATION.</i></p> <ul style="list-style-type: none"> - Practice kicking-catching skill, Develop their dribbling with feet skill. Practice kicking – target skill. 	<p><i>P.E. U.O.I. BALANCE.</i></p> <ul style="list-style-type: none"> - Activities are carried out that develop their balance by varying their point of gravity, surface and height, for which we will use different modes of locomotion, turns, jumps, among others. <p><i>P.E. U.O.I. RACKETS GAMES.</i></p> <ul style="list-style-type: none"> - Work will be done with different types of rackets, it will be sought that children can control distance from the balls, strength and control of their body at the time of hitting them. as well as different basic types of racket control. <p><i>P.E. U.O.I. RHYTHM & DANCE</i></p> <ul style="list-style-type: none"> - Improve cardiovascular endurance with a fun activity combining exercises and dance. Improve cardio fitness component doing latin Zumba.