

SEDOL CURRICULUM FRAMEWORK – PHYSICAL HEALTH AND DEVELOPMENT

Scope and Sequence				
	Stage B	Stage D	Stage G	Stage I/J
Quarter 1	Fitness	Fitness	Fitness	Fitness
	Swimming (as available)	Swimming (as available)	Swimming (as available)	Flag Football
	Team Building	Team Building	Team Building	Team Building/High Ropes Course/ Rock Wall
	Soccer (Manipulative Skills)	Soccer (Manipulative Skills)	Soccer (Manipulative Skills)	Throwing/Ultimate Frisbee(Object Control)
	Throwing (Object Control)	Throwing (Object Control)	Throwing (Object Control)	Soccer (Manipulative Skills)
Quarter 2	Fitness	Fitness	Fitness	Fitness
	Basketball (Object Control and Manipulative Skills)	Basketball (Object Control and Manipulative Skills)	Basketball (Object Control and Manipulative Skills)	Basketball (Object Control and Manipulative Skills)
	Roller Skating (as available)	Roller Skating (as available)	Roller Skating (as available)	Volleyball (Object Control and Manipulative Skills)
	Swimming (as available)	Swimming (as available)	Swimming (as available)	Pickle-ball (Manipulative Skills)
	Bowling (Object Control)	Bowling (Object Control)	Bowling (Object Control)	Bowling (Object Control)
Quarter 3	Fitness	Fitness	Fitness	Fitness
	Floor Hockey (Manipulative Skills)	Floor Hockey (Manipulative Skills)	Floor Hockey (Manipulative Skills)	Floor Hockey (Manipulative Skills)
	Racquet Skills (Manipulative Skills)	Racquet Skills (Manipulative Skills)	Racquet Skills (Manipulative Skills)	Racquet Skills (Manipulative Skills)
	Swimming (as available)	Swimming (as available)	Swimming (as available)	High Ropes Course/ Rock Wall
	Aerobics/Dance	Aerobics/Dance	Aerobics/Dance	Ultimate Frisbee (Object Control)
Quarter 4	Fitness	Fitness	Fitness	Fitness
	Baseball/Softball/T-ball (Object Control and Manipulative Skills)	Baseball/Softball/T-ball (Object Control and Manipulative Skills)	Baseball/Softball/T-ball (Object Control and Manipulative Skills)	Baseball/Softball/T-ball (Object Control and Manipulative Skills)
	Kickball (Object Control and Manipulative Skills)	Kickball (Object Control and Manipulative Skills)	Kickball (Object Control and Manipulative Skills)	Lacrosse (Object Control)
	Track and Field	Track and Field	Track and Field	Team handball (Object Control)
	Fishing (Manipulative Skills)	Fishing (Manipulative Skills)	Fishing (Manipulative Skills)	Fishing (Manipulative Skills)
	Bicycling	Bicycling	Bicycling	Bocce Ball (Object Control)
	Golf (Manipulative Skills)	Golf (Manipulative Skills)	Golf (Manipulative Skills)	Golf (Manipulative Skills)
	Swimming (as available)	Swimming (as available)	Swimming (as available)	Orienteering
	Hippo-therapy (as available)	Hippo-therapy (as available)	Hippo-therapy (as available)	Swimming (all year as available)
Various Times	Health	Health	Health	Health

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	Swimming (as available)	Swimming (as available)	Swimming (as available)	Flag Football
	Team Building	Team Building	Team Building	Team Building/High Ropes Course/ Rock Wall
	Soccer (Manipulative Skills)	Soccer (Manipulative Skills)	Soccer (Manipulative Skills)	Throwing/Ultimate Frisbee(Object Control)
	Throwing (Object Control)	Throwing (Object Control)	Throwing (Object Control)	Soccer (Manipulative Skills)
Quarter 2	Fitness	Fitness	Fitness	Fitness
	Basketball (Object Control and Manipulative Skills)	Basketball (Object Control and Manipulative Skills)	Basketball (Object Control and Manipulative Skills)	Basketball (Object Control and Manipulative Skills)
	Roller Skating (as available)	Roller Skating (as available)	Roller Skating (as available)	Volleyball (Object Control and Manipulative Skills)
	Swimming (as available)	Swimming (as available)	Swimming (as available)	Pickle-ball (Manipulative Skills)
	Bowling (Object Control)	Bowling (Object Control)	Bowling (Object Control)	Bowling (Object Control)
Quarter 3	Fitness	Fitness	Fitness	Fitness
	Floor Hockey (Manipulative Skills)	Floor Hockey (Manipulative Skills)	Floor Hockey (Manipulative Skills)	Floor Hockey (Manipulative Skills)
	Racquet Skills (Manipulative Skills)	Racquet Skills (Manipulative Skills)	Racquet Skills (Manipulative Skills)	Racquet Skills (Manipulative Skills)
	Swimming (as available)	Swimming (as available)	Swimming (as available)	High Ropes Course/ Rock Wall
	Aerobics/Dance	Aerobics/Dance	Aerobics/Dance	Ultimate Frisbee (Object Control)
Quarter 4	Fitness	Fitness	Fitness	Fitness
	Baseball/Softball/T-ball (Object Control and Manipulative Skills)	Baseball/Softball/T-ball (Object Control and Manipulative Skills)	Baseball/Softball/T-ball (Object Control and Manipulative Skills)	Baseball/Softball/T-ball (Object Control and Manipulative Skills)
	Kickball (Object Control and Manipulative Skills)	Kickball (Object Control and Manipulative Skills)	Kickball (Object Control and Manipulative Skills)	Lacrosse (Object Control)
	Track and Field	Track and Field	Track and Field	Team handball (Object Control)
	Fishing (Manipulative Skills)	Fishing (Manipulative Skills)	Fishing (Manipulative Skills)	Fishing (Manipulative Skills)
	Bicycling	Bicycling	Bicycling	Bocce Ball (Object Control)
	Golf (Manipulative Skills)	Golf (Manipulative Skills)	Golf (Manipulative Skills)	Golf (Manipulative Skills)
	Swimming (as available)	Swimming (as available)	Swimming (as available)	Orienteering
	Hippo-therapy (as available)	Hippo-therapy (as available)	Hippo-therapy (as available)	Swimming (all year as available)
Various Times	Health	Health	Health	Health