

A sample
year-long PE
plan that
teachers
could follow

Your School Elementary
Long Range Planning Template

Teacher Name Ben Landers

Grade Level PE – K-5th

Month	August/ September	October	November	December	January	February	March	April	May
Kindergarten	Locomotors	Locomotors Throwing Catching	Body Management Kicking	Kicking Cooperative Games	Dance & Jumprope	Striking w/body & Implements	Basketball Ball Handling Field Day	Cooperative Games Fitnessgram	Content Review Stations
1 st Grade	Locomotors	Locomotors Throwing Catching	Body Management Kicking	Kicking Cooperative Games	Dance & Jumprope	Striking w/body & Implements	Basketball Ball Handling Field Day	Cooperative Games Fitnessgram	Content Review Stations
2 nd Grade	Fitnessgram Cooperative Games	Throwing & Catching	Body Management Soccer	Soccer Cooperative Games	Dance & Jumprope	(Striking) Baseball Hockey or Tennis	Basketball Ball Handling Field Day	Cooperative Games Fitnessgram	Content Review Stations
3 rd Grade	Fitnessgram Cooperative Games	Throwing & Catching	Body Management Soccer	Soccer Cooperative Games	Dance & Jumprope	(Striking) Baseball Hockey or Tennis	Basketball Ball Handling Field Day	Cooperative Games Fitnessgram	Content Review Stations
4 th Grade	Fitnessgram Cooperative Games	Throwing & Catching	Body Management Soccer	Soccer Cooperative Games	Dance & Jumprope	(Striking) Baseball Hockey or Tennis	Basketball Ball Handling Field Day	Cooperative Games Fitnessgram	Content Review Stations
5 th Grade	Fitnessgram Cooperative Games	Throwing & Catching	Body Management Soccer	Soccer Cooperative Games	Dance & Jumprope	(Striking) Baseball Hockey or Tennis	Basketball Ball Handling Field Day	Cooperative Games Fitnessgram	Content Review Stations