

Sauganash Elementary School  
 2022-2023 P.E (3rd-8th Grade) Curriculum Map  
 Dan Lopez & Carl Zumbahlen, Physical Education/Health Teachers

	September	October	November	December	January	February	March	April	May	June
3	Introduction to P.E Ice Breakers W/ Football Skills  Virtual: Fitness	Soccer Skills  Virtual: Fitness	Fitness Testing  + Throw & Catch  Virtual: Fitness	Volleyball Skills  + Beach Volleyball	Volleyball Skills  + Beach Volleyball	Basketball Skills	Hockey Skills	Speedball/M atball	Frisbee Skills	Kickball/Bat-ball  Bike Safety
4	Introduction to P.E Ice Breakers W/ Football Skills + Some FlickerBall  Virtual: Fitness	Soccer Skills  Virtual: Fitness	Fitness Testing  + Throw & Catch  Virtual: Fitness	Volleyball Skills  + Beach Volleyball	Volleyball Skills  + Beach Volleyball	Basketball Skills	Hockey Skills	Speedball/M atball	Frisbee Skills	Kickball/Bat-ball  Bike Safety
5	Flickerball Football  Virtual: Fitness	Soccer  Virtual: Fitness	Fitness Testing + Spikeball  Virtual: Fitness	Volleyball	Volleyball	Basketball	Hockey	Speedball/M atball	Ultimate Frisbee	Softball  Bike Safety
6	Flicker Football  Virtual:	Soccer  Virtual:	Fitness Testing + Spikeball	Volleyball	Volleyball	Basketball	Hockey	Speedball/M atball	Ultimate Frisbee	Softball  Bike Safety

\*Students grades are based on participation in PE, Recess Game Days, & PE Uniform

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	Fitness	Fitness	Virtual: Fitness							
7	Flicker Football  Virtual: Fitness	Soccer  Virtual: Fitness	Fitness Testing + Spikeball  Virtual: Fitness	Volleyball	Volleyball  + Health	Basketball  + Health	Hockey  + Health	Speedball/ Matball	Ultimate Frisbee	Softball  Bike Safety
8	Flicker Football  Virtual: Fitness	Soccer  Virtual: Fitness	Fitness Testing + Spikeball  Virtual: Fitness	Volleyball	Volleyball	Basketball	Hockey	Speedball/ Matball	Ultimate Frisbee	Softball  Bike Safety

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