

Sample Physical Education Content/Time Matrix

Curriculum content, priorities, grade placements and estimated minutes of instruction needed to achieve permanent change in student outcomes

Goals, Content Standards & Program Objectives		Curriculum Level						
		K	1	2	3	4	5	6
Goal 1: To demonstrate competence in selected motor skills								
Fundamental motor skills								
6	run	15	20	25	25			
18	walk	40	30					
19	skip	40	30	30				
38	hop	20	10	10				
46	jump: vertical	20	40					
55	leap		30	20				
65	gallop		40	40				
68	jump: horizontal							
72	slide	40	30	30				
Object control skills								
26	catch: fly balls	15	20	20	45	20	20	
29	throw: overhand			20	45	20	20	
45	jump rope							
47	dribble: with hands		20	20	60	60		
53	throw: underhand		30	20	20	20		
60	roll a ball	25	20	20	20	20		
67	catch: rolling balls	25	30	45	45	45		
70	kick: instep	40	40	40	40	40	40	
77	pass: chest							
78	dribble: with feet		40	40	40	40	40	
79	strike: underhand			40	40	40	40	
80	bat		80	80	40	40	40	
81	strike: backhand							