

	K	1	2	3	4	5	6	7	8	9	10	11	12
walking	X												
running	X												
hopping	X												
skipping	X	X											
galloping	X	X											
leaping	X	X											
sliding	X	X											
chasing, fleeing, dodging		X	X										
jumping and landing		X	X										
balancing	X	X	X										
transferring weight	X	X											
rolling	X	X											
kicking		X	X	X	X	X							
punting				X	X	X							
throwing		X	X	X	X	X							
catching		X	X	X	X	X							
volleying				X	X	X							
hand dribbling			X	X	X	X							
foot dribbling			X	X	X	X							
striking with rackets				X	X	X							
striking with long handled implements				X	X	X							
swimming	B	B	I	I	I	A	A						
inline skating			B	I	A								
skiing-downhill			B	B		I	I		A				
snowboarding			B	B		I	I		A				
basketball				B	B	I	I	A					
soccer				B	B	I	I	A					
softball				B	B	I	I	A					
	K	1	2	3	4	5	6	7	8	9	10	11	12
flag football				B	B	I	I	A					
volleyball				B	B	I	I	A					

Key

x=will teach in class

B=beginner skills

I=intermediate skills and modified game play

A=advanced skills and unmodified game play

wall climbing				X	X		X	X				X	X
ice skating					B	I	A						
field hockey					B	B	I	I	A				
wrestling						B	I	A					
table tennis						B	I	A					
lacrosse							B	I	A				
bowling							B	I	A				
tennis							B	B	I	A			
skiing-XC							B	I	A				
water polo								B	I	A			
badminton								B	I	A			
team handball								B	I	A			
ultimate								B	I	A	A		
golf									B	I	I	A	
pickleball									B	I	A		
Frisbee Golf							X	X	X				
archery									X	X	X		
backpacking/camping											X	X	
canoeing											X	X	
kayaking											X	X	
snowshoeing											X	X	
fencing											B	I	A
taebo											B	I	A
step aerobics											B	I	A
cardio kickboxing											B	I	A
	K	1	2	3	4	5	6	7	8	9	10	11	12
square dancing											B	I	A
creative dance											B	I	A
ballroom dance											B	I	A
line dance											B	I	A
water aerobics											B	I	A
weight training											B	I	A
pilates											B	I	A