



Module Overview

The National Association for Sport and Physical Education defines the physically educated person according to six standards (NASPE, 2004):

Module A1: Locomotor Skills

Module A2: Object-Control Skills

NASPE STANDARD 1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Objectives:

- Gallop
- Hop
- Horizontal Jump
- Leap
- Run
- Skip
- Slide
- Vertical Jump
- Walk

Objectives:

- Batting
- Catch Fly Balls
- Catch Rolling Balls
- Foot Dribble
- Forehand Strike
- Hand Dribble
- Instep Kick
- Lift and Carry Posture
- Overhand Throw
- Underhand Strike
- Underhand Throw

Module B: Knowledge, Activity, Fitness

NASPE STANDARD 2

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Objectives:

- Beneficial Effects of Physical Activity
- Body Parts/Planes/Actions
- Use of Space

NASPE STANDARD 3

Participates regularly in physical activity.

Objectives:

- Aerobic Activity/Fitness

NASPE STANDARD 4

Achieves and maintains a health-enhancing level of physical fitness.

Objectives:

- Abdominal/Low Back Strength
- Arm/Shoulder Strength
- Hip/Low Back Flexibility

Module C: Personal/Social Skills

NASPE STANDARD 5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Objectives:

- Compassion for Others
- Cooperation
- Following Directions
- Respect for Others
- Responsibility
- Self-Control

NASPE STANDARD 6

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives:

- Best Effort
- Constructive Competition

TERM 1

Kindergarten	Step	Grade 1	Step	Grade 2	Step	Grade 3	Step	Grade 4	Step	Grade 5	Step
Lesson K-1		Lesson 1-1		Lesson 2-1		Lesson 3-1		Lesson 4-1		Lesson 5-1	
O & A		O & A		O & A		O & A		O & A		O & A	
Follow Directions	1	Follow Directions	1	Follow Directions	1	Self-Control	1	Self-Control	1	Self-Control	1
Lesson K-2		Lesson 1-2		Lesson 2-2		Lesson 3-2		Lesson 4-2		Lesson 5-2	
Follow Directions	2	Follow Directions	2	Follow Directions	2, 3	Leap	1-4	Leap	4-6	Leap	6-8
Use of Space	1	Use of Space	2	Leap	1	Self-Control	2	Self-Control	2	Self-Control	2, 3
Lesson K-3		Lesson 1-3		Lesson 2-3		Lesson 3-3		Lesson 4-3		Lesson 5-3	
Follow Directions	3	Follow Directions	3	Follow Directions	4	Self-Control	3	Self-Control	3	Self-Control	4
Use of Space	2	Use of Space	3	Leap	1, 2	Leap	4, 5	Leap	6, 7	Leap	7, 8
Lesson K-4		Lesson 1-4		Lesson 2-4		Lesson 3-4		Lesson 4-4		Lesson 5-4	
Use of Space	3	Use of Space	4, 5	Leap	2, 3	Leap	4, 5, 6	Leap	6, 7, 8	Leap	8, 9
Body P/A/P	1	Body P/A/P	2	Body P/A/P	3	Aerobic Fitness	4	Aerobic Fitness	4	Aerobic Fitness	4
Lesson K-5		Lesson 1-5		Lesson 2-5		Lesson 3-5		Lesson 4-5		Lesson 5-5	
Body P/A/P	2	Body P/A/P	3	Body P/A/P	4	Aerobic Fitness	4-9	Aerobic Fitness	4-10	Aerobic Fitness	4-11
Aerobic Fitness	1	Hip Flexibility	1-3	Hip Flexibility	1-3						
Lesson K-6		Lesson 1-6		Lesson 2-6		Lesson 3-6		Lesson 4-6		Lesson 5-6	
Body P/A/P	3	Body P/A/P	4	Leap	3, 4	Instep Kick	1-6	Instep Kick	6-8	Instep Kick	8-10
Instep Kick	1	Instep Kick	1, 2	Instep Kick	2, 3						
Lesson K-7		Lesson 1-7		Lesson 2-7		Lesson 3-7		Lesson 4-7		Lesson 5-7	
Instep Kick	1, 2	Instep Kick	2, 3	Instep Kick	3, 4	Instep Kick	5, 6	Instep Kick	7, 8	Instep Kick	9, 10
Hip Flexibility	1, 2	Aerobic Fitness	2	Aerobic Fitness	2	Hip Flexibility	1-4	Hip Flexibility	4	Hip Flexibility	4
		Hip Flexibility	4	Hip Flexibility	4						
Lesson K-8		Lesson 1-8		Lesson 2-8		Lesson 3-8		Lesson 4-8		Lesson 5-8	
Instep Kick	2, 3	Instep Kick	3, 4	Instep Kick	4, 5	Posture	1-3	Posture	3, 4	Posture	4, 5
Walk	1	Walk	3	Posture	1	Instep Kick	6-7	Instep Kick	8, 9	Instep Kick	10, 11
Lesson K-9		Lesson 1-9		Lesson 2-9		Lesson 3-9		Lesson 4-9		Lesson 5-9	
Instep Kick	3, 4	Instep Kick	4, 5	Instep Kick	5, 6	Instep Kick	7, 8	Instep Kick	9, 10	Instep Kick	11
Walk	1, 2	Walk	3, 4	Posture	1, 2	Posture	3, 4	Posture	4, 5	Posture	5, 6
Lesson K-10		Lesson 1-10		Lesson 2-10		Lesson 3-10		Lesson 4-10		Lesson 5-10	
Foot Dribble	1	Instep Kick	1, 2	Foot Dribble	2	Foot Dribble	2-4	Foot Dribble	4-6	Foot Dribble	6, 7
Aerobic Fitness	2	Walk	3	Aerobic Fitness	3						
		Hip Flexibility	4	Hip Flexibility	4						
Lesson K-11		Lesson 1-11		Lesson 2-11		Lesson 3-11		Lesson 4-11		Lesson 5-11	
Walk	3	Walk	5	Posture	2, 3	Ab/Low Back Str.	1-3	Ab/Low Back Str.	4	Ab/Low Back Str.	4
Foot Dribble	1	Foot Dribble	2	Foot Dribble	2, 3	Foot Dribble	3, 4	Foot Dribble	4, 5	Foot Dribble	6, 7
Lesson K-12		Lesson 1-12		Lesson 2-12		Lesson 3-12		Lesson 4-12		Lesson 5-12	
Walk	3, 4	Walk	5, 6	Posture	3	Ab/Low Back Str.	1-3	Ab/Low Back Str.	5-7	Ab/Low Back Str.	5, 8, 9
Foot Dribble	1, 2	Foot Dribble	2, 3	Foot Dribble	3	Foot Dribble	4, 5	Foot Dribble	5, 6	Foot Dribble	7, 8
Lesson K-13		Lesson 1-13		Lesson 2-13		Lesson 3-13		Lesson 4-13		Lesson 5-13	
Foot Dribble	2	Foot Dribble	3	Foot Dribble	4	Hip Flexibility	5-7	Hip Flexibility	8-10	Hip Flexibility	5-7
Hip Flexibility	1-3	Aerobic Fitness	3	Aerobic Fitness	4	Foot Dribble	5, 6	Foot Dribble	6, 7	Foot Dribble	8
		Hip Flexibility	4	Hip Flexibility	4						

Table 2: EPEC Curricular Scope and Sequence Matrix—Term 1

TERM 2

Kindergarten	Step	Grade 1	Step	Grade 2	Step	Grade 3	Step	Grade 4	Step	Grade 5	Step
Lesson K-14		Lesson 1-14		Lesson 2-14		Lesson 3-14		Lesson 4-14		Lesson 5-14	
Best Effort	1	Best Effort	1	Best Effort	1	Responsibility	1	Responsibility	1	Responsibility	1
Aerobic Fitness	3	Aerobic Fitness	4	Aerobic Fitness	5	Aerobic Fitness	7	Aerobic Fitness	7	Aerobic Fitness	8
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4						
Lesson K-15		Lesson 1-15		Lesson 2-15		Lesson 3-15		Lesson 4-15		Lesson 5-15	
Best Effort	2	Best Effort	2	Best Effort	2	Vertical Jump	1-5	Vertical Jump	4-6	Vertical Jump	6-8
Vertical Jump	1	Vertical Jump	1, 2	Vertical Jump	1, 3, 4	Responsibility	2	Responsibility	2	Responsibility	2, 3
Lesson K-16		Lesson 1-16		Lesson 2-16		Lesson 3-16		Lesson 4-16		Lesson 5-16	
Best Effort	3	Best Effort	3	Best Effort	4	Responsibility	3	Responsibility	3	Responsibility	4
Vertical Jump	1, 2	Vertical Jump	2, 3	Vertical Jump	4, 5	Vertical Jump	4-6	Vertical Jump	5-7	Vertical Jump	7, 8
Lesson K-17		Lesson 1-17		Lesson 2-17		Lesson 3-17		Lesson 4-17		Lesson 5-17	
Vertical Jump	2, 3	Vertical Jump	4	Vertical Jump	5, 6	Vertical Jump	5, 6, 7	Vertical Jump	6, 7, 8	Vertical Jump	8, 9
Aerobic Fitness	3	Aerobic Fitness	4	Aerobic Fitness	6	Hip Flexibility	5, 6	Hip Flexibility	8, 9	Hip Flexibility	9, 10
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4	Ab/Low Back Str.	1, 2	Ab/Low Back Str.	5, 7	Ab/Low Back Str.	8, 9
Lesson K-18		Lesson 1-18		Lesson 2-18		Lesson 3-18		Lesson 4-18		Lesson 5-18	
Vertical Jump	2, 3	Vertical Jump	4, 5	Vertical Jump	5, 6	Underhand Throw	1-5	Underhand Throw	5-7	Underhand Throw	7-8
Underhand Throw	1	Underhand Throw	1, 2	Underhand Throw	5						
Lesson K-19		Lesson 1-19		Lesson 2-19		Lesson 3-19		Lesson 4-19		Lesson 5-19	
Underhand Throw	1, 2	Underhand Throw	2, 3	Underhand Throw	5, 6	Hop	4, 5	Hop	5, 6	Hop	7, 8
Hop	1, 2	Hop	2	Hop	4	Underhand Throw	5-7	Underhand Throw	6, 7, 8	Underhand Throw	7, 8
Lesson K-20		Lesson 1-20		Lesson 2-20		Lesson 3-20		Lesson 4-20		Lesson 5-20	
Underhand Throw	2	Underhand Throw	3, 4	Underhand Throw	6, 7	Underhand Throw	6, 7, 8	Underhand Throw	7, 8	Underhand Throw	8, 9
Hop	1, 2	Hop	2-4	Hop	4-6	Hop	5, 6	Hop	7, 8	Hop	8
Lesson K-21		Lesson 1-21		Lesson 2-21		Lesson 3-21		Lesson 4-21		Lesson 5-21	
Underhand Throw	2, 3	Underhand Throw	5	Underhand Throw	6, 7	Arm/Shoulder Str.	1-3	Arm/Shoulder Str.	4	Arm/Shoulder Str.	4
Hop	2, 3	Hop	4, 5	Hop	5, 6	Hop	6, 7	Hop	7, 8	Hop	8, 9
Lesson K-22		Lesson 1-22		Lesson 2-22		Lesson 3-22		Lesson 4-22		Lesson 5-22	
Hop	2, 3, 4	Hop	4, 5	Hop	6, 7	Aerobic Fitness	5-11	Aerobic Fitness	13	Aerobic Fitness	13
Aerobic Fitness	4	Aerobic Fitness	5	Aerobic Fitness	6	Hip Flexibility	7	Hip Flexibility	10	Hip Flexibility	10
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4	Ab/Low Back Str.	3	Ab/Low Back Str.	6	Ab/Low Back Str.	6
Lesson K-23		Lesson 1-23		Lesson 2-23		Lesson 3-23		Lesson 4-23		Lesson 5-23	
Catch Rolling Balls	1	Catch Rolling Balls	1, 2	Catch Rolling Balls	4	Catch Rolling Balls	1-4	Catch Rolling Balls	4-7	Catch Rolling Balls	7, 8
Run	1	Run	1, 2	Run	3, 4						
Lesson K-24		Lesson 1-24		Lesson 2-24		Lesson 3-24		Lesson 4-24		Lesson 5-24	
Catch Rolling Balls	1, 2	Catch Rolling Balls	2, 3	Catch Rolling Balls	4, 5	Catch Rolling Balls	5, 6	Catch Rolling Balls	6, 7	Catch Rolling Balls	8
Run	1, 2	Run	2, 3	Run	5	Arm/Shoulder Str.	1, 2, 3	Arm/Shoulder Str.	5-7	Arm/Shoulder Str.	5, 7, 8
Lesson K-25		Lesson 1-25		Lesson 2-25		Lesson 3-25		Lesson 4-25		Lesson 5-25	
Catch Rolling Balls	2, 3	Catch Rolling Balls	3, 4	Catch Rolling Balls	5	Run	5, 6	Run	6, 7	Run	7, 8
Run	2, 3	Run	3, 4	Run	5	Catch Rolling Balls	6, 7	Catch Rolling Balls	7, 8	Catch Rolling Balls	8, 9
Lesson K-26		Lesson 1-26		Lesson 2-26		Lesson 3-26		Lesson 4-26		Lesson 5-26	
Catch Rolling Balls	2, 3	Catch Rolling Balls	4, 5	Catch Rolling Balls	6	Arm/Shoulder Str.	4	Arm/Shoulder Str.	5-7	Arm/Shoulder Str.	5, 7, 8
Run	3, 4	Run	4	Run	6	Run	6, 7	Run	7, 8	Run	8, 9

Table 3: EPEC Curricular Scope and Sequence Matrix—Term 2

TERM 3

Kindergarten	Step	Grade 1	Step	Grade 2	Step	Grade 3	Step	Grade 4	Step	Grade 5	Step
Lesson K-27		Lesson 1-27		Lesson 2-27		Lesson 3-27		Lesson 4-27		Lesson 5-27	
Cooperation	1	Cooperation	1	Cooperation	1	Respect Others	1	Respect Others	1	Respect Others	1
Aerobic Fitness	4	Aerobic Fitness	5	Aerobic Fitness	7	Aerobic Fitness	9	Aerobic Fitness	10	Aerobic Fitness	11
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4						
Lesson K-28		Lesson 1-28		Lesson 2-28		Lesson 3-28		Lesson 4-28		Lesson 5-28	
Cooperation	2	Cooperation	2	Cooperation	2, 3	Forehand Strike	1, 2	Forehand Strike	1-5	Forehand Strike	6-8
Gallop	1	Gallop	2, 3	Gallop	5	Ab/Low Back Str.	1, 2				
Lesson K-29		Lesson 1-29		Lesson 2-29		Lesson 3-29		Lesson 4-29		Lesson 5-29	
Cooperation	3	Cooperation	3	Cooperation	4	Respect Others	2	Respect Others	2	Respect Others	2, 3
Gallop	1, 2	Gallop	4	Gallop	5, 6	Forehand Strike	1-3	Forehand Strike	3, 4	Forehand Strike	7, 8
Lesson K-30		Lesson 1-30		Lesson 2-30		Lesson 3-30		Lesson 4-30		Lesson 5-30	
Gallop	2, 3	Gallop	4, 5	Gallop	6	Respect Others	3	Respect Others	3	Respect Others	4
Hand Dribble	1	Hand Dribble	1, 2	Hand Dribble	3	Forehand Strike	3, 4	Forehand Strike	4, 5	Forehand Strike	8, 9
Lesson K-31		Lesson 1-31		Lesson 2-31		Lesson 3-31		Lesson 4-31		Lesson 5-31	
Gallop	3, 4	Gallop	5	Gallop	6	Hand Dribble	1-4	Hand Dribble	4-6	Hand Dribble	6, 7
Hand Dribble	1, 2	Hand Dribble	1-3	Hand Dribble	3						
Lesson K-32		Lesson 1-32		Lesson 2-32		Lesson 3-32		Lesson 4-32		Lesson 5-32	
Hand Dribble	1-3	Hand Dribble	3	Hand Dribble	3, 4	Benefits of PA	1-5	Benefits of PA	6, 7	Benefits of PA	6-9
Aerobic Fitness	4	Benefits of PA	1	Benefits of PA	1-4	Hand Dribble	3, 4	Hand Dribble	5, 6	Hand Dribble	6, 7
Hip Flexibility	4										
Lesson K-33		Lesson 1-33		Lesson 2-33		Lesson 3-33		Lesson 4-33		Lesson 5-33	
Hand Dribble	1, 2, 3	Hand Dribble	3	Hand Dribble	4	Hand Dribble	4, 5	Hand Dribble	6, 7	Hand Dribble	7
Slide	1	Slide	3	Slide	4	Forehand Strike	4	Forehand Strike	6, 7	Forehand Strike	9
Lesson K-34		Lesson 1-34		Lesson 2-34		Lesson 3-34		Lesson 4-34		Lesson 5-34	
OPEN		Benefits of PA	1, 2	Benefits of PA	5	Benefits of PA	6, 7	Benefits of PA	8, 9	Benefits of PA	10, 11
		Slide	3, 4	Slide	5	Forehand Strike	4, 5	Forehand Strike	7, 8	Forehand Strike	9
Lesson K-35		Lesson 1-35		Lesson 2-35		Lesson 3-35		Lesson 4-35		Lesson 5-35	
Slide	1, 2	Benefits of PA	2, 3	Benefits of PA	5, 6	Underhand Strike	1-3	Underhand Strike	3, 4	Underhand Strike	4, 5
Underhand Strike	1	Underhand Strike	1	Underhand Strike	1-3						
Lesson K-36		Lesson 1-36		Lesson 2-36		Lesson 3-36		Lesson 4-36		Lesson 5-36	
Slide	3	Slide	4	Slide	5	Hand Dribble	5, 6	Hand Dribble	7, 8	Hand Dribble	8
Underhand Strike	1	Underhand Strike	1, 2	Underhand Strike	3, 4	Underhand Strike	3, 4	Underhand Strike	4, 5	Underhand Strike	5, 6
Lesson K-37		Lesson 1-37		Lesson 2-37		Lesson 3-37		Lesson 4-37		Lesson 5-37	
Slide	3	Slide	5	Slide	6	Forehand Strike	5, 6	Forehand Strike	8	Forehand Strike	10
Underhand Strike	1, 2	Underhand Strike	2, 3	Underhand Strike	3, 4	Arm/Shoulder Str.	1, 2	Arm/Shoulder Str.	1, 2	Arm/Shoulder Str.	2
						Ab/Low Back Str.	3	Ab/Low Back Str.	4	Ab/Low Back Str.	6
Lesson K-38		Lesson 1-38		Lesson 2-38		Lesson 3-38		Lesson 4-38		Lesson 5-38	
Underhand Strike	2	Benefits of PA	3, 4	Benefits of PA	6, 7	Benefits of PA	6, 7	Benefits of PA	8, 9	Benefits of PA	10, 11
Aerobic Fitness	5	Underhand Strike	3, 4	Underhand Strike	4	Underhand Strike	4	Underhand Strike	5	Underhand Strike	6
Hip Flexibility	4										

Table 4: EPEC Curricular Scope and Sequence Matrix—Term 3

TERM 4

Kindergarten	Step	Grade 1	Step	Grade 2	Step	Grade 3	Step	Grade 4	Step	Grade 5	Step
Lesson K-39		Lesson 1-39		Lesson 2-39		Lesson 3-39		Lesson 4-39		Lesson 5-39	
Compassion	1	Compassion	1	Compassion	1	Competition	1	Competition	1	Competition	1
Aerobic Fitness	5	Aerobic Fitness	6	Aerobic Fitness	8	Aerobic Fitness	10	Aerobic Fitness	11	Aerobic Fitness	13
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4						
Lesson K-40		Lesson 1-40		Lesson 2-40		Lesson 3-40		Lesson 4-40		Lesson 5-40	
Compassion	2	Compassion	2	Compassion	2, 3	Catch Fly Balls	1-5	Catch Fly Balls	5-7	Catch Fly Balls	7, 8
Catch Fly Balls	1, 2	Catch Fly Balls	2, 3	Catch Fly Balls	2, 3						
Lesson K-41		Lesson 1-41		Lesson 2-41		Lesson 3-41		Lesson 4-41		Lesson 5-41	
Compassion	3	Compassion	3	Compassion	4	Competition	2	Competition	2	Competition	2, 3
Catch Fly Balls	1-3	Catch Fly Balls	2, 3	Catch Fly Balls	3, 4	Catch Fly Balls	4, 5	Catch Fly Balls	5-7	Catch Fly Balls	7, 8
Lesson K-42		Lesson 1-42		Lesson 2-42		Lesson 3-42		Lesson 4-42		Lesson 5-42	
Catch Fly Balls	2, 3	Catch Fly Balls	3	Catch Fly Balls	4	Competition	3	Competition	3	Competition	4
Skip	1	Skip	1, 2	Skip	4	Catch Fly Balls	5, 6	Catch Fly Balls	7, 8	Catch Fly Balls	8, 9
Lesson K-43		Lesson 1-43		Lesson 2-43		Lesson 3-43		Lesson 4-43		Lesson 5-43	
Catch Fly Balls	3	Catch Fly Balls	4	Catch Fly Balls	4	Skip	4-7	Arm/Shoulder Str.	4	Arm/Shoulder Str.	4
Skip	1, 2	Skip	2, 3	Skip	4, 5	Catch Fly Balls	5, 6, 7	Catch Fly Balls	7, 8	Catch Fly Balls	9
Lesson K-44		Lesson 1-44		Lesson 2-44		Lesson 3-44		Lesson 4-44		Lesson 5-44	
Skip	2, 3	Skip	4, 5	Skip	5, 6	Overhand Throw	1-5	Overhand Throw	5-7	Overhand Throw	7, 8
Overhand Throw	1	Overhand Throw	2	Overhand Throw	2						
Lesson K-45		Lesson 1-45		Lesson 2-45		Lesson 3-45		Lesson 4-45		Lesson 5-45	
Skip	3, 4	Skip	4, 5	Skip	7	Skip	7, 8	Hip Flexibility	4	Hip Flexibility	4
Overhand Throw	1, 2	Overhand Throw	2, 3	Overhand Throw	2, 3	Overhand Throw	4, 5	Overhand Throw	6, 7	Overhand Throw	7, 8
Lesson K-46		Lesson 1-46		Lesson 2-46		Lesson 3-46		Lesson 4-46		Lesson 5-46	
Overhand Throw	2	Overhand Throw	3	Overhand Throw	3, 4	Overhand Throw	5, 6	Overhand Throw	7, 8	Overhand Throw	8, 9
Aerobic Fitness	6	Aerobic Fitness	7	Aerobic Fitness	9	Hip Flexibility	6, 7	Ab/Low Back Str.	4	Ab/Low Back Str.	4
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4	Ab/Low Back Str.	1				
Lesson K-47		Lesson 1-47		Lesson 2-47		Lesson 3-47		Lesson 4-47		Lesson 5-47	
Overhand Throw	2, 3	Overhand Throw	3, 4	Overhand Throw	4	Batting	1-5	Batting	6-8	Batting	8, 9
Batting	1	Batting	1, 2	Batting	2, 3						
Lesson K-48		Lesson 1-48		Lesson 2-48		Lesson 3-48		Lesson 4-48		Lesson 5-48	
Batting	1, 2	Batting	2, 3	Batting	3, 4	Batting	5, 6	Batting	6, 7	Batting	8, 9
Horizontal Jump	1	Horizontal Jump	2, 3	Horizontal Jump	4, 5	Overhand Throw	6, 7	Overhand Throw	8	Overhand Throw	9
Lesson K-49		Lesson 1-49		Lesson 2-49		Lesson 3-49		Lesson 4-49		Lesson 5-49	
Batting	2, 3	Batting	3, 4	Batting	4, 5	Horizontal Jump	3-5	Horizontal Jump	4, 5	Horizontal Jump	5, 6
Horizontal Jump	1, 2	Horizontal Jump	3, 4, 5	Horizontal Jump	4-6	Batting	6, 7	Batting	7, 8	Batting	9
Lesson K-50		Lesson 1-50		Lesson 2-50		Lesson 3-50		Lesson 4-50		Lesson 5-50	
Batting	2, 3	Batting	3, 4	Batting	4, 5	Batting	7, 8	Batting	8, 9	Batting	10
Horizontal Jump	2, 3	Horizontal Jump	4, 5	Horizontal Jump	5, 6, 7	Horizontal Jump	5, 6	Horizontal Jump	5, 6	Horizontal Jump	6, 7
Lesson K-51		Lesson 1-51		Lesson 2-51		Lesson 3-51		Lesson 4-51		Lesson 5-51	
Horizontal Jump	2, 3, 4	Horizontal Jump	5, 6	Horizontal Jump	7	Aerobic Fitness	12	Aerobic Fitness	14	Aerobic Fitness	14
Aerobic Fitness	6	Aerobic Fitness	7	Aerobic Fitness	9						
Hip Flexibility	4	Hip Flexibility	4								

Table 5: EPEC Curricular Scope and Sequence Matrix—Term 4