

Activity	Standards/GLOs
<b>K-2</b>	
<b>ME: INSIDE</b>	
<b>SKILL: STRIKING BALLOONS</b>	
Balloon Exploration and Challenges	S1.E16, S1.E22, S4.E3, S4.E6, S5.E1
Balloon Striking Challenges	S1.E16, S1.E22, S4.E3, S4.E6, S5.E1, S5.E2
<b>SKILL: BALANCE, TOSS AND CATCH WITH SCARVES</b>	
Scarf Introduction and Exploration	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Silly Scarves I	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Toss and Catch	S1.E1, S1.E2, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
<b>SKILL: TOSS AND CATCH BEANBAGS</b>	
Beanbag Exploration I	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Hokey Pokey Beanbag Routine	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Self-Toss and Catch Challenges	S1.E1, S1.E2, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E2, S5.E3
<b>SKILL: ROLL, BOUNCE AND CATCH BALLS</b>	
Ball Exploration I	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Head, Shoulders, Knees and Toes	S1.E13, S1.E16, S2.E, S3.E2, S4.E3, S4.E6, S5.E3
Ball Handling	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Ball Rolling	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Ball Bounce and Catch	S1.E13, S1.E16, S1.E17, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
<b>SKILL: TOSS AND CATCH BALLS</b>	
Ball Exploration II	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Ball Challenges	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E2, S5.E3
Ball Toss and Catch	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Ball Routine	S1.E13, S1.E16, S2.E, S3.E2, S4.E3, S4.E6, S5.E3
<b>ME: OUTSIDE</b>	

<b>SKILL: TOSS AND THROW BEANBAGS TO TARGETS</b>	
Beanbag Exploration II	S1.E13, S1.E16, S2.E1, S3.E2, S4.E3, S4.E6, S5.E3
Oliver Twist Beanbag Routine	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Target Beanbag - Underhand Toss	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Target Beanbag - Overhand Throw	S1.E1, S1.E2, S1.E5, S1.E14, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
<b>SKILL: BOUNCE AND CATCH BALLS</b>	
Ball Exploration III	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Ball Challenges: Catching After a Bounce	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Ball Wall Challenges - Catching After A Bounce	S1.E1, S1.E2, S1.E5, S1.E13, S1.E14, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Bridges and Ball Challenges	S1.E7, S2.E1, S3.E2, S4.E6, S5.E1
<b>SKILL: TOSS AND CATCH BALLS</b>	
Ball Exploration IV	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Ball Challenges - Catching Without a Bounce	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Ball Challenges - Turning And Catching Without A Bounce	S1.E1, S1.E2, S1.E5, S1.E13, S1.E14, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Ball Wall Challenges - Catching Without A Bounce	S1.E1, S1.E2, S1.E5, S1.E13, S1.E14, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
<b>SKILL: DRIBBLING BALLS</b>	
Ball Exploration V	S1.E1, S1.E2, S1.E5, S1.E17, S1.E18, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Soccer Dribble Walk and Jog	S1.E1, S1.E2, S1.E5, S1.E18, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Basketball Dribble Walk and Jog	S1.E1, S1.E2, S1.E5, S1.E17, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Dash and Dribble - Basketball	S1.E1, S1.E2, S1.E5, S1.E17, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Dash and Dribble - Soccer	S1.E1, S1.E2, S1.E5, S1.E18, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
<b>SKILL: TOSS AND CATCH WITH SCOOPS</b>	

Scoop and Ball Introduction and Exploration	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Scoop and Ball Challenges 1	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Scoop and Ball Challenges 2	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Scoop and Ball Challenges 3	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Scoop Em' Up	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
<b>WE: INSIDE</b>	
<b>SKILL: STRIKING BALLOONS</b>	
Balloon Exploration in Pairs	S1.E1, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
Balloon Challenges	S1.E1, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
Keep It Up	S1.E1, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
Keep It Up and Over	S1.E1, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
<b>SKILL: BALANCE, TOSS AND CATCH WITH SCARVES</b>	
Scarf Introduction and Exploration	S1.E1, S1.E7, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
Silly Scarves II	S1.E1, S1.E7, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
Kuma San	S1.E1, S1.E7, S1.E16, S1.E22, S2.E1, S4.E3, S4.E4, S4.E6, S5.E1, S5.E2, S5.E3
<b>SKILL: UPPER BODY STRENGTH USING BEANBAGS</b>	
Beanbag Hockey	S3.E2, S3.E3, S4.E3, S4.E6, S5.E1, S5.E2, S5.E3
Beanbag Parade	S1.E7, S2.E1, S3.E2, S3.E3, S4.E3, S4.E6, S5.E1, S5.E2, S5.E3
Crabbing Around	S1.E7, S2.E1, S3.E2, S3.E3, S4.E3, S4.E6, S5.E1, S5.E2, S5.E3
Grab the Apple	S3.E2, S3.E3, S4.E3, S4.E6, S5.E1, S5.E2, S5.E3
<b>WE: OUTSIDE</b>	
<b>SKILL: ROLL AND CATCH HOOPS</b>	

Hoop Exploration	S1.E1, S2.E2, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
Chariot Drivers	S1.E1, S1.E2, S2.E2, S2.E3, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
Partner Roll and Catch	S1.E1, S1.E2, S1.E16, S2.E2, S2.E3, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
Boomerang	S1.E1, S1.E2, S1.E13, S1.E16, S2.E2, S2.E3, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
<b>SKILL: THROW AND CATCH BEANBAGS AND BALLS</b>	
Ball Selection and Exploration	S1.E1, S2.E2, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
Partner Throw and Catch - Underhand	S1.E1, S1.E2, S1.E13, S1.E16, S2.E2, S2.E3, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
Partner Throw and Catch - Overhand	S1.E1, S1.E2, S1.E14, S1.E16, S2.E2, S2.E3, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
Partner Throw and Catch Challenges	S1.E1, S1.E2, S1.E14, S1.E16, S2.E2, S2.E3, S3.E2, S4.E1, S4.E4, S4.E6, S5.E3
<b>SKILL: ROLL, TOSS AND CATCH BALLS AND SCOOPS</b>	
Scoop and Ball Selection and Exploration	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Partner Scoop and Ball Challenges 1	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Partner Scoop and Ball Challenges 2	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E4, S4.E6, S5.E3
Partner Scoop Em' Up - Cannon Ball	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E4, S4.E6, S5.E3
<b>3: INSIDE</b>	
<b>SKILL: DANCE AND RHYTHMS</b>	
Who's Ready?	S1.E1, S1.E5, S1.E6, S2.E2, S3.E2, S5.E2
The Chicken Dance	S1.E1, S1.E5, S1.E6, S2.E2, S3.E2, S5.E2
<b>SKILL: STRENGTH AND SKILL CIRCUITS</b>	
Fun and Fitness Stations	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S5.E6
<b>3: OUTSIDE</b>	
<b>SKILL: TOSS AND CATCH WITH BALLS AND SCOOPS</b>	
Scoop and Ball Selection and Exploration	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3
Group Scoop Challenges 1	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E6, S5.E3

Group Scoop Challenges 2	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E4, S4.E6, S5.E3
2 Catches Up	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E4, S4.E6, S5.E3
Group Scoop Em' Up	S1.E1, S1.E2, S1.E5, S1.E13, S1.E16, S2.E1, S2.E2, S3.E2, S4.E3, S4.E4, S4.E6, S5.E3
<b>SKILL: DRIBBLE, ROLL AND RUN GAMES</b>	
Dribble Keep Away	S1.E1, S1.E6, S2.E5, S3.E2, S4.E1, S4.E5, S5.E4
Aerobic Bowling	S1.E1, S2.E2, S3.E2, S4.E2, S4.E4

Activity	Standards/GLOs
<b>3-5</b>	
<b>ME: INSIDE</b>	
<b>SKILL: JUMPING ROPE 1</b>	
Free Jumping I	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Flat Rope Jumping	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6, S5.E2, S5.E6
Single Side Swing and Jump	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6 2, S5.E6
Double Side Swing and Jump	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Challenge Trick Review I	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
<b>SKILL: JUMPING ROPE 2</b>	
Free Jumping II	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Single Bounce Forward	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Hot Peppers	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Single Bounce Right Foot and Left Foot	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Slow Jog With Rope	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Skier and Bell	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
Challenge Trick Review II	S1.E1, S1.E27, S2.E3, S3.E2, S3.E5, S5.E2, S5.E6
<b>SKILL: BALL HANDLING AND DRIBBLING</b>	
Ball Exploration	S1.E., S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
Ball Handling Drills	S1.E., S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
Ball Handling Tricks	S1.E., S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
Pivoting	S1.E., S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
Free Dribbling	S1.E., S1.E17, S1.E26, S2.E1, S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
<b>SKILL: SHOOTING A BASKETBALL</b>	
One-Handed Shot - Shadow	S1.E20, S3.E2, S4.E1

One-Handed Shot - With The Ball	S1.E20, S3.E2, S4.E1
Bucketball I	S1.E20, S3.E2, S4.E1
Bucketball II	S1.E20, S3.E2, S4.E1
<b>SKILL: JUGGLING SCARVES AND BALLS</b>	
Juggling Lead Ups	S1.E1, S1.E16, S2.E3, S3.E2, S4.E2, S5.E2, S5.E3
Juggling Practice	S1.E1, S1.E16, S2.E3, S3.E2, S4.E2, S5.E2, S5.E3
Juggling Performance	S1.E1, S1.E16, S2.E3, S3.E2, S4.E2, S5.E2, S5.E3
<b>ME: OUTSIDE</b>	
<b>SKILL: TOSS AND THROW FOR ACCURACY / DISTANCE</b>	
Bulls-Eye	S1.E13, S2.E5, S3.E2, S5.E3
Throw For Distance	S1.E14, S2.E5, S3.E2, S5.E3
<b>SKILL: SPRINTING</b>	
Stretch and Sprint Practice	S1.E1, S1.E2, S2.E3, S3.E2, S3.E3, S3.E5, S5.E6
Sprints	S1.E1, S1.E2, S2.E3, S3.E2, S3.E3, S3.E5, S5.E6
<b>SKILL: STANDING AND RUNNING LONG JUMPS</b>	
Stretch and Standing Long Jump	S1.E1, S1.E3, S2.E3, S3.E2, S3.E3, S3.E5, S5.E6
Standing Long Jump Challenges	S1.E1, S1.E3, S2.E3, S3.E2, S3.E3, S3.E5, S5.E6
Running Long Jump Challenges	S1.E1, S1.E3, S2.E3, S3.E2, S3.E3, S3.E5, S5.E6
<b>SKILL: DRIBBLING AND SHOOTING</b>	
Around The World - Basketball Style	S1.E., S1.E17, S1.E20, S1.E26, S2.E1, S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
Around The World - Soccer Style	S1.E1, S1.E18, S1.E20, S1.E21, S1.E26, S2.E1, S3.E2, S4.E6
Speed Shooter - Basketball Style	S1.E., S1.E17, S1.E20, S1.E26, S2.E1, S2.E3, S3.E2, S4.E1, S4.E3, S4.E6, S5.E2
Speed Shooter - Soccer Style	S1.E1, S1.E18, S1.E20, S1.E21, S1.E26, S2.E1, S3.E2, S4.E6
<b>SKILL: WALLBALL</b>	
Shadow Striking	S1.E24, S2.E3, S3.E2, S4.E5
Strike To Wall	S1.E24, S2.E3, S3.E2, S4.E5
Strike Step Back	S1.E24, S2.E3, S3.E2, S4.E5
<b>WE: INSIDE</b>	
<b>SKILL: STUNTS IN PAIRS</b>	

Partner Stunts	S1.E1, S1.E3, S1.E7, S1.E8, S2.E1, S2.E2, S3.E2, S3.E3, S3.E4, S4.E1, S4.E5, S5.E2
Partner Simon Says	S1.E1, S1.E3, S1.E7, S1.E8, S2.E1, S2.E2, S3.E2, S3.E3, S3.E4, S4.E1, S4.E5, S5.E2
Snakes and Lizards	S1.E1, S1.E3, S1.E7, S1.E8, S2.E1, S2.E2, S3.E2, S3.E3, S3.E4, S4.E1, S4.E5, S5.E2
<b>SKILL: COOPERATIVE FITNESS</b>	
Twist and Turn	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Bend-n-Stretch	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Give And Take	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Partner Pinball	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Mirror, Mirror	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
<b>SKILL: LOW COMPETITION FITNESS</b>	
Take 8	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Traveling Tag Team	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Marbles	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
<b>WE: OUTSIDE</b>	
<b>SKILL: THROWING AND CATCHING</b>	
Underhand Throw and Catch	S1.E13, S1.E16, S2.E5, S3.E2, S4.E1, S4.E6, S5.E4
Throw and Catch Challenges	S1.E13, S1.E16, S2.E5, S3.E2, S4.E1, S4.E6, S5.E4, S5.E5
Hiking	S1.E13, S1.E16, S2.E5, S3.E2, S4.E1, S4.E6, S5.E4, S5.E5
Overhand Throw and Catch	S1.E14, S1.E16, S2.E5, S3.E2, S4.E1, S4.E6, S5.E4
<b>SKILL: BASKETBALL PASSING AND DEFENSE</b>	
Basketball Passes	S1.E15, S1.E16, S3.E2, S4.E1, S5.E4
Give And Go	S1.E1, S1.E6, S1.E15, S1.E16, S3.E2, S4.E1, S5.E4
Offense - Defense	S1.E1, S1.E16, S2.E1, S2.E5, S3.E2, S4.E2, S5.E4, S5.E5
<b>SKILL: WALLBALL</b>	



Hand Striking	S1.E24, S2.E3, S3.E2, S4.E2, S4.E5, S5.E5
Wallball 1 on 1	S1.E24, S2.E3, S3.E2, S4.E2, S4.E5, S5.E5
<b>3: INSIDE</b>	
<b>SKILL: BINGO AND DANCE JIGSAW</b>	
Healthy BINGO	S1.E1, S2.E3, S3.E2, S3.E5, S3.E6, S4.E2, S4.E4, S5.E5
Pata Pata Jigsaw	S1.E1, S1.E5, S1.E6, S2.E2, S3.E2, S4.E1, S5.E2
<b>SKILL: FOOTWORK</b>	
Tinikling	S1.E3, S2.E2, S3.E2, S3.E3, S3.E5, S4.E2, S5.E1
Touch 10	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S5.E6
<b>SKILL: STRENGTH AND SKILL CIRCUITS</b>	
Fun and Fitness Stations	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Body Composition Circuit	S1.E1, S2.E3, S3.E2, S3.E5, S3.E6, S4.E2, S5.E6
<b>3: OUTSIDE</b>	
<b>SKILL: THROW, STRIKE AND RUN GAMES</b>	
3-Person Throw And Run	S1.E1, S1.E16, S1.E21, S2.E1, S2.E5, S3.E2, S4.E2, S5.E4, S5.E5
3-Person Strike And Run	S1.E1, S1.E16, S1.E21, S1.E25, S2.E1, S2.E5, S3.E2, S4.E2, S5.E4, S5.E5
Straddleball	S1.E1, S1.E22, S3.E1, S3.E2, S4.E1, S4.E4, S4.E5, S4.E6, S5.E3, S5.E4
Fitness Grab Bag	S1.E1, S2.E3, S3.E2, S3.E5, S4.E2, S4.E4, S5.E5
Balanced Breakfast	S1.E1, S2.E3, S3.E2, S3.E5, S3.E6, S4.E2, S5.E6
<b>SKILL: CATCH GAMES</b>	
Keep Away 2 on 1	S1.E1, S1.E14, S1.E16, S2.E3, S2.E5, S3.E2, S4.E1, S4.E6, S5.E4
3 Catch Lead-Up	S1.E1, S1.E14, S1.E16, S2.E3, S2.E5, S3.E2, S4.E1, S4.E6, S5.E4
Triangle Fielding	S1.E14, S1.E15, S1.E16, S2.E3, S3.E2, S4.E1, S4.E6, S5.E4