

K-2 Curriculum Map



Week	Coordination Kit	Health Ed Journeys	PE Journeys	SEL Journeys
1	See CATCH	Let's GO CATCH! (Foundational Health Literacy)	Welcome to Physical Education	Self-Awareness Anchor
2			Environmental Awareness & Safety Practices	Self-Awareness: Emotions
3				Self-Awareness: Knowing Myself
4				Self-Awareness: My Strengths
5				Self-Awareness: Self-Confidence
6			Movement Patterns & Movement Skills Locomotor Movements & Traveling Activities	Self-Awareness: Growth Mindset
7		My Health Journey #1	My PE Journey #1	My SEL Journey #1
8	Hear CATCH	Nutrition & Physical Activity	Movement Patterns & Movement Skills Non-locomotor	Relationship Skills Anchor
9				Relationship Skills: Being Friendly
10			Health Physical Activity & Fitness GO & WHOA Nutrition Games	Relationship Skills: Communication
11				Relationship Skills: Making Friends
12		Relationship Skills: Teamwork		
13		My PE Journey #2	Relationship Skills: Group Dynamics	
14		My Health Journey #2		My SEL Journey #2
15	Do CATCH	Physical Health & Hygiene	Movement Patterns & Skills Manipulative Skills Underhand Throwing & Catching	Self-Management Anchor
16				Self-Management: What is Stress?
17			Movement Patterns & Skills Manipulative Skills Jump Rope	Self-Management: Impulse Control
18				Self-Management: Effort
19		Movement Patterns & Skills Manipulative Skills Dribbling & Passing (Hands)	Self-Management: Setting Goals	
20	Self-Management: Organization			
21		My Health Journey #3		My SEL Journey #3
22	Engage with CATCH	Mental Health & Wellness	My PE Journey #3	Social Awareness Anchor
23			Social & Emotional Health Parachute & Cooperative Activities	Social Awareness: Empathy
24		Social Awareness: Thinking About Others		
25		Substance Misuse Prevention	Social Awareness: Diversity & Differences	
26			Social Awareness: Respect for Others	
27		My Health Journey #4	Movement Patterns & Skills Manipulative Skills Foot Dribbling	Social Awareness: Appreciating Cultures
28			My PE Journey #4	My SEL Journey #4
29	Celebrate & Sustain	Staying Safe	Movement Patterns & Skills Manipulative Skills Kicking	Responsible Decision-Making Anchor
30				Responsible Decision-Making: Identifying Problems
31			Movement Patterns & Skills Manipulative Skills Striking & Volleying	Responsible Decision-Making: Noticing Details
32				Responsible Decision-Making: Solving Problems
33		Movement Patterns & Skills Rhythmic Activities Rhythm Activities	Responsible Decision-Making: Reflecting	
34			Responsible Decision-Making: Healthy Choices	
35		My Health Journey #5	My PE Journey #5	My SEL Journey #5
36		Let's Go CATCH! Celebrate Success	Let's Go CATCH! Celebrate Success	Let's Go CATCH! Celebrate Success

3-5 Curriculum Map



Week	Coordination Kit	Health Ed Journeys	PE Journeys	SEL Journeys
1	See CATCH	Let's GO CATCH! (Foundational Health Literacy)	Welcome to Physical Education	Self-Awareness Anchor
2			Environmental Awareness & Safety Practices	Self-Awareness: Emotions
3				Self-Awareness: Knowing Myself
4		My Health Journey #1	Movement Patterns & Movement Skills Locomotor Movements & Traveling Activities	Self-Awareness: My Strengths
5				Self-Awareness: Self-Confidence
6			Self-Awareness: Growth Mindset	
7			My PE Journey #1	My SEL Journey #1
8	Hear CATCH	Nutrition & Physical Activity	Movement Patterns & Movement Skills Non-locomotor	Relationship Skills Anchor
9				Relationship Skills: Being Friendly
10			Relationship Skills: Communication	
11		Health Physical Activity & Fitness GO & WHOA Nutrition Games	Relationship Skills: Making Friends	
12			Relationship Skills: Teamwork	
13		My PE Journey #2	Relationship Skills: Group Dynamics	
14	My Health Journey #2	My SEL Journey #2		
15	Do CATCH	Physical Health & Hygiene	Movement Patterns & Skills Manipulative Skills Underhand Throwing & Catching	Self-Management Anchor
16				Self-Management: What is Stress?
17		Mental Health & Wellness	Movement Patterns & Skills Manipulative Skills Jump Rope	Self-Management: Impulse Control
18				Self-Management: Effort
19		Movement Patterns & Skills Manipulative Skills Dribbling & Passing (Hands)	Self-Management: Setting Goals	
20			Self-Management: Organization	
21	My Health Journey #3	My SEL Journey #3		
22	Engage with CATCH	Substance Misuse Prevention	My PE Journey #3	Social Awareness Anchor
23			Social & Emotional Health Parachute & Cooperative Activities	Social Awareness: Empathy
24				Social Awareness: Thinking About Others
25		Movement Patterns & Skills Manipulative Skills Foot Dribbling	Social Awareness: Diversity & Differences	
26			Social Awareness: Respect for Others	
27	My Health Journey #4	Social Awareness: Appreciating Cultures		
28	My PE Journey #4	My SEL Journey #4		
29	Celebrate & Sustain	Staying Safe	Movement Patterns & Skills Manipulative Skills Kicking	Responsible Decision-Making Anchor
30				Responsible Decision-Making: Identifying Problems
31			Movement Patterns & Skills Manipulative Skills Striking & Volleying	Responsible Decision-Making: Noticing Details
32		Responsible Decision-Making: Solving Problems		
33		Movement Patterns & Skills Rhythmic Activities Rhythm Activities	Responsible Decision-Making: Reflecting	
34			Responsible Decision-Making: Healthy Choices	
35	My Health Journey #5	My PE Journey #5	My SEL Journey #5	
36	Let's Go CATCH! Celebrate Success	Let's Go CATCH! Celebrate Success	Let's Go CATCH! Celebrate Success	

6-8 Curriculum Map



Week	Coordination Kit	Health Ed Journeys	PE Journeys	SEL Journeys
1	See CATCH	Let's GO CATCH! (Foundational Health Literacy)	Welcome to Physical Education	Self-Awareness Anchor
2			Movement Patterns & Movement Skills Locomotor Movements	Self-Awareness: Emotions
3				Self-Awareness: Knowing Myself
4		Self-Awareness: My Strengths		
5		Self-Awareness: Self-Confidence		
6		My Health Journey #1	Self-Awareness: Growth Mindset	
7			My PE Journey #1	My SEL Journey #1
8	Hear CATCH	Nutrition & Physical Activity	Health Physical Activity & Fitness Fitness Principles Assessment & Program Planning	Relationship Skills Anchor
9				Relationship Skills: Being Friendly
10				Relationship Skills: Communication
11				Relationship Skills: Making Friends
12		Relationship Skills: Teamwork		
13		My PE Journey #2	Relationship Skills: Group Dynamics	
14		My Health Journey #2	My SEL Journey #2	
15	Do CATCH	Mental Health & Wellness	Movement Patterns & Skills Manipulative Skills	Self-Management Anchor
16				Self-Management: What is Stress?
17		Self-Management: Impulse Control		
18		My Health Journey #3	Self-Management: Effort	
19			My PE Journey #3	Self-Management: Setting Goals
20			Self-Management: Organization	
21			My SEL Journey #3	
22	Engage with CATCH	Substance Misuse Prevention	Performance Strategies Strategies, Tactics, Practice & Performance	Social Awareness Anchor
23				Social Awareness: Empathy
24				Social Awareness: Thinking About Others
25				Social Awareness: Diversity & Differences
26		My PE Journey #4	Social Awareness: Respect for Others	
27	My Health Journey #4	Social Awareness: Appreciating Cultures		
28		Cooperative Activities	My SEL Journey #4	
29	Celebrate & Sustain	Staying Safe	Environmental Awareness & Safety Practices	Responsible Decision-Making Anchor
30				Responsible Decision-Making: Identifying Problems
31			Responsible Decision-Making: Noticing Details	
32		Outdoor & Recreational Pursuits	Responsible Decision-Making: Solving Problems	
33			Responsible Decision-Making: Reflecting	
34			Responsible Decision-Making: Healthy Choices	
35			My Health Journey #5	My PE Journey #5
36		Let's Go CATCH! Celebrate Success	Let's Go CATCH! Celebrate Success	