

K-2 TABLE OF CONTENTS

BUILDING A FOUNDATION

Orientation and Personal Space	1
General Space and Creative Moves	5
Locomotor Skills, Levels, and Directions	9
Pathways and Creative Moves	13
Tempos and Creative Moves	17
Movement Concepts Using Hoops	21
Body Management and Balance	25
Pairing and Moving Together	29
Pairs Combining Movement Concepts	33
Grouping and Making Bridges	37
Grouping and Moving Together	41
Chasing and Fleeing	43
Fitness Introduction	47
Flexibility	51
Circuit Introduction	55

ASAP

I See, I See	1
Airplanes	3
Dead Bugs	5
I Want a Home	7

Roadway	9
The Good Ship SPARK	11
Toys Alive!	13
Frogs Across the Pond	15
Emotion Motion	17
Snakes and Lizards	19
4 Corners	21
Locomotor Grab Bag	23
Partner Tag	25
High-five Tag	27
Superhero Tag	29
The Freeze	31
The Chicken Dance	33
Alley Cat	35
The Bouncer	37
Knees Up Mother Brown	39
Monkey See, Monkey Do	41
Crabbing Around	43

PARACHUTE

Parachute Introduction	1
Chute Shapes	3
Move and Groove	7

Changing Places	9
Parachute Fitness	13
Popcorn	15
Space Mountain	17
Shark Attack	19
Super Hero's Cape	21
Parachute Switcheroo	23
Fly in the Web	25
The Great Race	27
Capture the Orb	29
Showtime	31

MANIPULATIVES

Scarf Exploration	1
Scarf Juggling Lead-up	3
Beanbag Exploration	5
Twist and Turn/Bend and Stretch	7
Line Boogie	9
Ribbon Wand Exploration	11
Chinese Ribbon Dance	13
Hoop Exploration	15
Hoop Spinning	17
Hoop Rolling	19

Partner Hoop Rolling	21
Manipulatives Circuit	23
Showtime	25

BALANCE, STUNTS, AND TUMBLING

Stunts Introduction	1
Animal Balancing Act	5
Basic Body Positions	7
Static Balances	9
Beanbag Balances	11
Dynamic Balances	15
Jumping and Landing	17
Partner Stunts	19
Weight Transfer and Rolls	21
Stunts Add-On	25
Stunts Circuit	27
Showtime	29

CATCHING AND THROWING

Rolling and Catching with a Partner	1
Throwing Underhand to Targets	5
Self-Toss and Catch	9
Bowlers Rollers	13
Partner Throw and Catch	15

Partner Throw and Catch Challenges	19
Overhand Throw for Distance	23
Clean Your Room	27
Switcheroo	29
Scoops and Balls Introduction	33
Scoops and Balls in Pairs	37
Scoops and Balls in Groups	41
Catching and Throwing Circuit	43
Showtime	45

JUMPING

Jumping and Landing Patterns	1
Jump for Distance	5
Hurdling Practice	7
Stationary Rope Jumping	9
Jumping Rhythmically	11
Long Rope Turning in Pairs	13
Long Rope Jumping I	15
Long Rope Jumping II	17
Individual Rope Jumping I	21
Individual Rope Jumping II	25
Jumping and Landing Circuit	29
Showtime	31

KICKING AND TRAPPING

Dribbling "Soccer-Style"	1
Control Dribble Around Obstacles	5
Partner Roll, Pass, and Trap	9
Shaddow Dribble	13
Tunnel Dribble	15
Kicking for Distance	19
Kicking for Accuracy	21
Soccer Golf	25
Passing in Pairs	27
Triangle Passing and 3-Player Kick and Score	31
Kicking and Trapping Circuit	35
Showtime	37

DANCE

The Bunny Hop	1
The Mexican Hat Dance	3
The Hokey Pokey	5
The Conga	7
Seven Jumps	9
The Muffin Man	11
The Shoemaker's Dance	13
Hawaiian Roller Coaster Ride	15

Tarantella	17
Mayonesa	19
Create a Dance	23
Showtime	25

DRIBBLING, VOLLEYING, AND STRIKING

Bounce and Catch Introduction	1
Dribbling Introduction	5
Squirrels and Acorns	9
Volleying and Striking Introduction	11
Keep It Up	15
Sheep Dogs	19
Straddleball	21
Striking with Paddles	23
Paddle Circuit	27
Batter Up!	29
Dribbling, Volleying, and Striking Circuit	31
Showtime	33

GAMES

Cookie Monster Tag	1
Crazy Cones	3
Color Tag	5

Squirrels in the Trees	7
Stuck-in-the-Mud	9
Catch and Chase	11
Sugar and Fat Tag	13
Houdini Hoops	15
Catch a Tail	17
Frog Crossing	19
The Dog Catcher	21
The Good Ship SPARK	23
It's in the Cards	27
Oxygen Boogie	29

RECESS

Corn Toss	1
Monkey in the Middle	3
SPUD	5
Hopscotch	7
2-Square	9
Wallball	11
Kickback	13
Shoot and Score	15
Marbles	17
Cat and Mice	19

Rock, Paper, Scissors Tag 21

Switcheroo! 23

LIMITED SPACE

Limited Space BINGO 1

Grab the Apple 2

Partner Challenges 3

Perfect Posture 5

Musical Hoops 6

Squirrels in the Trees 7

Non-Elimination Simon Says 8

Pass and Duck 9

All Hands on Deck 10

Leader of the Pack 11

Have You Ever? 12

Odd Hops and Even Jumps 13

Spelling Relay 14

Movement Spelling 15