



Totowa Public Schools Unit Pacing Guide		
Physical Education		
Grade Level	Unit	Approximate Weeks of Instruction
K-2	Movement Skills & Concepts	12 Weeks
K-2	Lifelong Fitness	12 Weeks
K-2	Physical Fitness	12 Weeks
Grades 3 - 5	Movement Skills & Concepts	9 Weeks
Grades 3 - 5	Lifelong Fitness	9 Weeks
Grades 3 - 5	Physical Fitness	9 Weeks
Grades 6 - 8	Movement Skills & Concepts	9 Weeks
Grades 6 - 8	Lifelong Fitness	9 Weeks
Grades 6 - 8	Physical Fitness	9 Weeks

