

CURRICULUM MAP

Subject: Physical Education

Grade Level: 5-6

rev 9/24

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>RULES, PROCEDURES, EXPECTATIONS, SAFETY</p> <ul style="list-style-type: none"> Class rules, dress, participation <p>PHYSICAL EDUCATION STAFFS OWN FITNESS TEST - PRETEST</p> <ul style="list-style-type: none"> Cardiovascular endurance: mile run/jog/walk Muscular strength: pushups Flexibility: sit and reach <p>COOPERATIVE GAMES</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication Variation cooperative games <p>CARDIOVASCULAR FITNESS</p> <ul style="list-style-type: none"> Skills: walk, run, jog, sprint, form, pacing, breathing, pacing Cross-Country Race Community Race/Walk Opportunities <p>FOOTBALL -2 HAND TOUCH*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: throwing, catching, punt, kickoff, 2-hand touch Creating offensive plays Variation football games Community FB Opportunities <p>All units include:</p> <ul style="list-style-type: none"> Cardiovascular warm-ups Stretching Exercises 	<p>SOCCER – INDOOR/OUTDOOR*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: dribbling, passing, trapping, shots on goal Variation soccer games Community Soccer Opportunities <p>BASKETBALL*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: dribbling, passing, shooting, rebounding, defensive stance Variation basketball games Community Basketball Opportunities <p>VOLLEYBALL*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills : passing, setting, serving Variation volleyball games Community Volleyball Opportunities <p>COOPERATIVE GAMES SESSION #2</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication Variation cooperative games 	<p>FLOOR HOCKEY*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: stick handling, passing, shooting, goalkeeping Game Play Community Ice Hockey Opportunities <p>HAND STRIKING GAMES*</p> <ul style="list-style-type: none"> Rules/Safety Skills: forehand/backhand/serve/ rally Variation Tennis/Pickleball/Wall Ball Games Community Tennis Opportunities <p>COOPERATIVE GAMES SESSION #3</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication(Variation cooperative games 	<p>TRACK & FIELD*</p> <ul style="list-style-type: none"> Running Events: Sprints/Distance Relay: 4 x 100 Community Track & Field Opportunities <p>BASE GAMES*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: throwing, catching, batting, kicking, fielding, tagging Variation base games: wiffle ball, kickball, softball Community Softball/Baseball Opportunities <p>PHYSICAL EDUCATION STAFF OWN FITNESS TEST - POSTTEST</p> <ul style="list-style-type: none"> Cardiovascular endurance: mile run/jog/walk Muscular strength: pushups Muscular endurance: sit-ups Flexibility: sit and reach Speed/Agility: shuttle run Pretest/Posttest comparison: focus on personal improvement <p>Starred (*) units may include: Computerized unit quiz – an assessment for basic knowledge of the unit</p>

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

Standard 6: Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

CURRICULUM MAP

Subject: Physical Education

Grade Level: 7-8

rev 9/24

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>RULES, PROCEDURES, EXPECTATIONS, SAFETY</p> <ul style="list-style-type: none"> Class rules, expectations, dress, participation, GRADING PROCEDURES, safety while movement, GOALS <p>PHYSICAL EDUCATION STAFFS OWN FITNESS TEST - PRETEST</p> <ul style="list-style-type: none"> Cardiovascular endurance: mile run/jog/walk Muscular strength: pushups Abdominal Strength: Plank Test 30 - 60- 90-120-150-180 Flexibility: sit and reach <p>COOPERATIVE GAMES</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication Variation cooperative games <p>FOOTBALL -2 HAND TOUCH*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: throwing, catching, punt, kickoff, 2-hand touch Creating offensive plays Variation football games ROUND ROBIN TOURNAMENT <p>FITNESS- INTERVAL TRAINING AND TARGET HEART RATE</p> <ul style="list-style-type: none"> Skills: walk, run, jog, sprint, form, pacing, breathing, pacing 30 SECS / ½ LAP/1 LAP/ 2 LAP/ PACING MILE Community Race/Walk Opportunities <p>30 SECOND PLANK TEST</p> <p>All units include:</p> <ul style="list-style-type: none"> Cardiovascular warm-ups Stretching Exercises 	<p>SOCCER – INDOOR/OUTDOOR*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: dribbling, passing, trapping, shots on goal Variation soccer games Community Soccer Opportunities <p>BASKETBALL*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: dribbling, passing, shooting, rebounding, defensive stance Group skill games - ex Duke Series Variation basketball games Community Basketball Opportunities <p>VOLLEYBALL*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills : passing, setting, serving Variation volleyball games Community Volleyball Opportunities <p>COOPERATIVE GAMES SESSION #2</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication Variation cooperative games <p>60 SECOND AND 90 SECOND PLANK TEST</p>	<p>FLOOR HOCKEY*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: stick handling, passing, shooting, goalkeeping Game Play Community Ice Hockey Opportunities <p>HAND STRIKING GAMES</p> <ul style="list-style-type: none"> Rules/Safety Skills: forehand/backhand/serve/ rally Variation Tennis/Pickleball/Wall Ball Games Community Tennis Opportunities <p>COOPERATIVE GAMES SESSION #3</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication Variation cooperative games <p>120 AND 180 SECOND PLANK TEST</p>	<p>FITNESS- INTERVAL TRAINING AND TARGET HEART RATE</p> <ul style="list-style-type: none"> Skills: walk, run, jog, sprint, form, pacing, breathing, pacing 30 SECS / ½ LAP/1 LAP/ 2 LAP/ PACING MILE Community Race/Walk Opportunities <p>BASE GAMES*</p> <ul style="list-style-type: none"> Rules/Positions/Safety Skills: throwing, catching, batting, kicking, fielding, tagging Variation base games: wiffle ball, kickball, softball Community Softball/Baseball Opportunities <p>PHYSICAL EDUCATION STAFF OWN FITNESS TEST - POSTTEST</p> <ul style="list-style-type: none"> Cardiovascular endurance: mile run/jog/walk Muscular strength: pushups Muscular endurance: sit-ups Flexibility: sit and reach Speed/Agility: shuttle run Pretest/Posttest comparison: focus on personal improvement

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

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