

PHYSICAL EDUCATION CURRICULUM MAP FOR GRADES 4-5

(Suggested timeline for introducing content and process standards – some overlap all three trimesters)

Physical Education Standards	1 st Trimester	2 nd Trimester	3 rd Trimester
<p>1. Students will demonstrate competency in many movement forms and proficiency in a few movement forms.</p>	<ul style="list-style-type: none"> • Gross locomotor, combination patterns 1.1.1-1.1.2 • Warm-up and cool-down activities 1.1.3 • Specific games and sports skills 1.2.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Fitness • Manipulative Skills 1.3.1 • Movement skills 1.4.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Fitness • Strategies 1.5.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Fitness • Transfer 161-16.2 <ul style="list-style-type: none"> ○ Territory/field sports ○ Fitness • Skill competence 1.7.1 	<ul style="list-style-type: none"> • Gross locomotor, combination patterns 1.1.1-1.1.2 • Warm-up and cool-down activities 1.1.3 • Specific games and sports skills 1.2.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Striking ○ Dance/rhythm ○ Cooperative • Manipulative Skills 1.3.1 • Movement skills 1.4.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Striking ○ Dance/rhythm ○ Cooperative • Strategies 1.5.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Striking ○ Dance/rhythm ○ Cooperative • Transfer 161-16.2 <ul style="list-style-type: none"> ○ Territory/field sports ○ Striking ○ Dance/rhythm ○ Cooperative • Skill competence 1.7.1 	<ul style="list-style-type: none"> • Gross locomotor, combination patterns 1.1.1-1.1.2 • Warm-up and cool-down activities 1.1.3 • Specific games and sports skills 1.2.1 <ul style="list-style-type: none"> ○ Net ○ Territory/field sports ○ Striking ○ Fitness ○ Cooperative ○ Recreational • Manipulative Skills 1.3.1 • Movement skills 1.4.1 <ul style="list-style-type: none"> ○ Net ○ Territory/field sports ○ Striking ○ Fitness ○ Cooperative ○ Recreational • Strategies 1.5.1 <ul style="list-style-type: none"> ○ Net ○ Territory/field sports ○ Striking ○ Fitness ○ Cooperative ○ Recreational • Transfer 161-16.2 <ul style="list-style-type: none"> ○ Net ○ Territory/field sports ○ Striking ○ Fitness ○ Cooperative ○ Recreational • Skill competence 1.7.1
<p>2. Students will apply movement concepts and principles to the learning and development of motor skills.</p>	<ul style="list-style-type: none"> • Biomechanical Principles 2.1.1 2.1.2 • Critical Elements 2.2.1-2.2.2 • Strategies /Concepts 2.3.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Fitness 	<ul style="list-style-type: none"> • Biomechanical Principles 2.1.1 2.1.2 • Critical Elements 2.2.1-2.2.2 • Strategies /Concepts 2.3.1 <ul style="list-style-type: none"> ○ Territory/field sports ○ Striking ○ Dance/rhythm ○ Cooperative 	<ul style="list-style-type: none"> • Biomechanical Principles 2.1.1 2.1.2 • Critical Elements 2.2.1-2.2.2 • Strategies /Concepts 2.3.1 <ul style="list-style-type: none"> ○ Net ○ Territory/field sports ○ Striking ○ Fitness ○ Cooperative

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(Suggested timeline for introducing content and process standards – some overlap all three trimesters)

Physical Education Standards	1 st Trimester	2 nd Trimester	3 rd Trimester
	<ul style="list-style-type: none"> • Movements, concepts and principles 2.4.1-2.4.2 <ul style="list-style-type: none"> ○ Territory/field sports ○ Fitness 	<ul style="list-style-type: none"> • Movements, concepts and principles 2.4.1-2.4.2 <ul style="list-style-type: none"> ○ Territory/field sports ○ Striking ○ Dance/rhythm ○ Cooperative 	<ul style="list-style-type: none"> ○ Recreational • Movements, concepts and principles 2.4.1-2.4.2 <ul style="list-style-type: none"> ○ Net ○ Territory/field sports ○ Striking ○ Fitness ○ Cooperative ○ Recreational
3. Students will understand the implications of and the benefits derived from involvement in physical activity.	<ul style="list-style-type: none"> • Physical Activity Benefits 3.1.1 • Emotional Benefits 3.2.1-3.2.2 • Social Benefits 3.3.1- 3.3.3 • Cognitive Benefits 3.4.1-3.4.2 • Self-Expression 3.5.1 	<ul style="list-style-type: none"> • Physical Activity Benefits 3.1.1 • Emotional Benefits 3.2.1-3.2.2 • Social Benefits 3.3.1- 3.3.3 • Cognitive Benefits 3.4.1-3.4.2 • Self-Expression 3.5.1 	<ul style="list-style-type: none"> • Physical Activity Benefits 3.1.1 • Emotional Benefits 3.2.1-3.2.2 • Social Benefits 3.3.1- 3.3.3 • Cognitive Benefits 3.4.1-3.4.2 • Self-Expression 3.5.1
4. Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.	<ul style="list-style-type: none"> • Fitness Assessment Pre-Test 4.1.1 • Improve scores 4.1.2 – 4.1.3 • Progress on Fitnessgram™ 4.2.1-4.2.3 • Fitness testing results 4.3.1 • Aerobic capacity • Muscular strength and endurance, flexibility 4.6.1- • Active lifestyle 4.7.1-4.7.2 • Structure and non-structure setting 4.8.1 -4.8.2 • Settings 4.8.1 • Technology 4.9.1-4.9.2 (3) 	<ul style="list-style-type: none"> • Fitness Assessment Pre-Test 4.1.1 • Improve scores 4.1.2 – 4.1.3 • Progress on Fitnessgram™ 4.2.1-4.2.3 • Fitness testing results 4.3.1 • Fitnessgram™ progress 4.4.1 • Aerobic capacity • Muscular strength and endurance, flexibility 4.6.1- • Active lifestyle 4.7.1-4.7.2 • Structure and non-structure setting 4.8.1 -4.8.2 • Settings 4.8.1 	<ul style="list-style-type: none"> • Fitness Assessment Pre-Test 4.1.1 • Improve scores 4.1.2 – 4.1.3 • Progress on Fitnessgram™ 4.2.1-4.2.3 • Fitness testing results 4.3.1 • Aerobic capacity/cardiovascular endurance 4.5.1 • Aerobic capacity • Muscular strength and endurance, flexibility 4.6.1- • Active lifestyle 4.7.1-4.7.2 • Structure and non-structure setting 4.8.1 -4.8.2 • Settings 4.8.1 • Technology 4.9.1-4.9.2 (3)
5. Students will demonstrate responsible personal and social behavior in physical activity settings.	<ul style="list-style-type: none"> • Self-Control and Rules 5.1.1-5.2.1 • Safety/ Decision Making 5.3.1 • Cooperatively and productively 5.4.1-5.4.2 • Respectful behavior 5.4.3 • Performance, recognition 5.4.4 • Safety choices 5.4.5 • Verbal and non-verbal communication 5.4.6 • Independent and on-task behavior 5.5.1 • Respect and Conflict Resolution 5.6.1-5.6.4 • Social Interaction 5.6.5, 5.7.1, 5.7.2 	<ul style="list-style-type: none"> • Self-Control and Rules 5.1.1-5.2.1 • Safety/ Decision Making 5.3.1 • Cooperatively and productively 5.4.1-5.4.2 • Respectful behavior 5.4.3 • Performance, recognition 5.4.4 • Safety choices 5.4.5 • Verbal and non-verbal communication 5.4.6 • Independent and on-task behavior 5.5.1 • Respect and Conflict Resolution 5.6.1-5.6.4 • Social Interaction 5.6.5, 5.7.1, 5.7.2 	<ul style="list-style-type: none"> • Self-Control and Rules 5.1.1-5.2.1 • Safety/ Decision Making 5.3.1 • Cooperatively and productively 5.4.1-5.4.2 • Respectful behavior 5.4.3 • Performance, recognition 5.4.4 • Safety choices 5.4.5 • Verbal and non-verbal communication 5.4.6 • Independent and on-task behavior 5.5.1 • Respect and Conflict Resolution 5.6.1-5.6.4 • Social Interaction 5.6.5, 5.7.1, 5.7.2

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(Suggested timeline for introducing content and process standards – some overlap all three trimesters)

Physical Education Standards	1 st Trimester	2 nd Trimester	3 rd Trimester
6. Students will understand that internal and external environments influence physical activity.	<ul style="list-style-type: none"> • Safe physical activity locations 6.1.1-6.1.2, 6.2.1 • Media/ Technology 6.3.1- 6.3.2 • Peers 6.4.1 • Community 6.5.1 • Resources 6.6.1-6.6.2 • Emotions that can impact physical activity 6.7.1, 6.8.1 • Negative 	<ul style="list-style-type: none"> • Safe physical activity locations 6.1.1-6.1.2, 6.2.1 • Media/ Technology 6.3.1- 6.3.2 • Peers 6.4.1 • Community 6.5.1 • Resources 6.6.1-6.6.2 • Emotions that can impact physical activity 6.7.1, 6.8.1 • Negative 	<ul style="list-style-type: none"> • Safe physical activity locations 6.1.1-6.1.2, 6.2.1 • Media/ Technology 6.3.1- 6.3.2 • Peers 6.4.1 • Community 6.5.1 • Resources 6.6.1-6.6.2 • Emotions that can impact physical activity 6.7.1, 6.8.1 • Negative