

# CURRICULUM MAP

Subject: Physical Education

Grade Level: 5-8

rev 11/07

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p><b>PHYSICAL EDUCATION STANDARDS</b>                      #1. Personal Health and Fitness                      #2 A Safe and Healthy Environment                      #3 Resource Management</p> <p><b>RULES, PROCEDURES, EXPECTATIONS, SAFETY</b></p> <ul style="list-style-type: none"> <li>Class rules, dress, participation (#2)</li> </ul> <p><b>PRESIDENTIAL CHALLENGE FITNESS TEST - PRETEST</b></p> <ul style="list-style-type: none"> <li>Cardiovascular endurance: mile run/jog/walk (#1)</li> <li>Muscular strength: pushups or pull-ups (#1)</li> <li>Muscular endurance: situps (#1)</li> <li>Flexibility: sit and reach (#1)</li> <li>Speed/Agility – shuttle run (#1)</li> </ul> <p><b>CARDIOVASCULAR FITNESS</b></p> <ul style="list-style-type: none"> <li>5/6 Grade- Cross-Country</li> <li>7/8 Grade – Interval Training</li> <li>Skills – form, pacing, breathing, target heart rate, racing (#1,#2)</li> <li>Community Race/Walk Opportunities (#3)</li> </ul> <p><b>FOOTBALL -2 HAND TOUCH (*)</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – throwing, catching, punt, kickoff (#1)</li> <li>Creating offensive plays (#1)</li> <li>Game Play (#1,#2)</li> <li>Community Football Opportunities (#3)</li> </ul> <p><b>START SOCCER UNIT....</b></p>	<p><b>SOCCER – INDOOR/OUTDOOR CONTINUED (*)</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – dribbling, passing, trapping, shots on goal (#1)</li> <li>Game Play (#1, #2)</li> <li>Community Soccer Opportunities (#3)</li> </ul> <p><b>BASKETBALL(*)</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – dribbling, passing, shooting, rebounding, defensive stance (#1)</li> <li>Lead-up Games – knockout, sideline basketball (#1, #2)</li> <li>Game Play (#1,#2)</li> <li>Community Basketball Opportunities (#3)</li> </ul> <p><b>EUROPEAN HANDBALL</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – dribbling, passing, kicking, goalkeeping(#1)</li> <li>Game Play (#1,#2)</li> </ul> <p><b>WEIGHT TRAINING</b></p> <ul style="list-style-type: none"> <li>Weight Room Rules/ Posture/Safety (#2)</li> <li>Spotting (#2)</li> <li>Muscle groups – chest, triceps, biceps, shoulders, back, legs, abdominal muscles (#1)</li> <li>Exercises that target muscle groups (#2)</li> <li>Lifting for power vs. endurance (#1, #2)</li> <li>Community Weight Lifting/Gym Opportunities(#3)</li> </ul>	<p><b>VOLLEYBALL (*)</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – passing, setting, spiking, serving (#1)</li> <li>Lead-up Games – country club, elimination, wallyball (#1,#2)</li> <li>Game Play (#1,#2)</li> <li>Community Volleyball Opportunities(#3)</li> </ul> <p><b>FLOOR HOCKEY (*)</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – stick handling, passing, shooting, goalkeeping (#1)</li> <li>Game Play (#1,#2)</li> <li>Community Ice Hockey Opportunities (#3)</li> </ul> <p><b>COOPERATIVE GAMES</b></p> <ul style="list-style-type: none"> <li>Teamwork (#2)</li> <li>Sportsmanship (#2)</li> <li>Strategy (#2)</li> <li>Spatial awareness (#1,#2)</li> <li>Hand-Eye Coordination (#1)</li> <li>Game Play – group juggle, group dance, all aboard, cat and mouse giants/wizards/elves, freedomball, farm animals, all my friends who..., hackey sack (#1,#2)</li> </ul> <p><b>All units include:</b></p> <ul style="list-style-type: none"> <li>Cardiovascular warm-ups (#1)</li> <li>Stretching (#1)</li> <li>Exercises (#1)</li> </ul> <p><b>Starred (*) units include:</b></p> <ul style="list-style-type: none"> <li>Computerized unit quiz – an assessment for basic knowledge of the unit (#1,#3)</li> </ul>	<p><b>TRACK &amp; FIELD</b></p> <ul style="list-style-type: none"> <li>Running Events – sprints (55m, (100m, 200m), distance (800m, 1500m) (#1)</li> <li>Hurdles (#1, #2)</li> <li>Field Events – high jump, long jump, triple jump (#1, #2)</li> <li>Relay(s) – 4 x 100, 4 x 200 (#1,#2)</li> <li>Community Track &amp; Field Opportunities (#3)</li> </ul> <p><b>SOFTBALL (*)</b></p> <ul style="list-style-type: none"> <li>Rules/Positions/Safety (#2)</li> <li>Skills – throwing, catching, batting, fielding (#1)</li> <li>Lead-up Games – whiffleball, kickball (#1,#2)</li> <li>Game Play (#1,#2)</li> <li>Community Softball Opportunities (#3)</li> </ul> <p><b>PRESIDENTIAL CHALLENGE FITNESS TEST - POSTTEST</b></p> <ul style="list-style-type: none"> <li>Cardiovascular endurance – mile run/jog/walk (#1)</li> <li>Muscular strength – pushups or pull-ups (#1)</li> <li>Muscular endurance – situps (#1)</li> <li>Flexibility – sit and reach (#1)</li> <li>Speed/Agility – shuttle run (#1)</li> <li>Pretest/Posttest comparison – focus on personal improvement (#1)</li> </ul>