

CURRICULUM MAP

Subject: Physical Education

Grade Level: 5-6

rev 11/12

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>RULES, PROCEDURES, EXPECTATIONS, SAFETY</p> <ul style="list-style-type: none"> Class rules, dress, participation (#2, #3) <p>PRESIDENTIAL CHALLENGE FITNESS TEST - PRETEST</p> <ul style="list-style-type: none"> Cardiovascular endurance: mile run/jog/walk (#1) Muscular strength: pushups (#1) Muscular endurance: sit-ups (#1) Flexibility: sit and reach (#1) Speed/Agility: shuttle run (#1) <p>COOPERATIVE GAMES</p> <ul style="list-style-type: none"> Teamwork/Sportsmanship/Problem Solving /Communication(#1,#2) Variation cooperative games (#1,#2) <p>CARDIOVASCULAR FITNESS</p> <ul style="list-style-type: none"> Skills: walk, run, jog, sprint, form, pacing, breathing, target heart rate, racing (#1,#2) Cross-Country Race (#1) Community Race/Walk Opportunities (#3) <p>FOOTBALL -2 HAND TOUCH*</p> <ul style="list-style-type: none"> Rules/Positions/Safety (#2) Skills: throwing, catching, punt, kickoff, 2-hand touch (#1) Creating offensive plays (#1) Variation football games (#1,#2) Community FB Opportunities (#3) 	<p>BASKETBALL*</p> <ul style="list-style-type: none"> Rules/Positions/Safety (#2) Skills: dribbling, passing, shooting, rebounding, defensive stance (#1) Variation basketball games (#1, #2) Community Basketball Opportunities (#3) <p>VOLLEYBALL*</p> <ul style="list-style-type: none"> Rules/Positions/Safety (#2) Skills : passing, setting, serving (#1) Variation volleyball games (#1,#2) Community Volleyball Opportunities(#3) <p>FLOOR HOCKEY*</p> <ul style="list-style-type: none"> Rules/Positions/Safety (#2) Skills: stick handling, passing, shooting, goalkeeping (#1) Game Play (#1,#2) Community Ice Hockey Opportunities (#3) <hr/> <p>PHYSICAL EDUCATION STANDARDS</p> <p>#1: Personal Health and Fitness #2: A Safe and Healthy Environment #3: Resource Management</p>	<p>FLOOR HOCKEY CONTINUED</p> <p>TENNIS*</p> <ul style="list-style-type: none"> Rules/Safety (#2) Skills: forehand/backhand/serve/ rally (#1) Variation Tennis Games (#2) Community Tennis Opportunities (#3) <p>SOCCER – INDOOR/OUTDOOR*</p> <ul style="list-style-type: none"> Rules/Positions/Safety (#2) Skills: dribbling, passing, trapping, shots on goal (#1) Variation soccer games (#1, #2) Community Soccer Opportunities (#3) <hr/> <p>All units include:</p> <ul style="list-style-type: none"> Cardiovascular warm-ups (#1) Stretching (#1) Exercises (#1) 	<p>TRACK & FIELD*</p> <ul style="list-style-type: none"> Running Events: Sprints/Distance (#1) Field Events: Jumps/Throws (#1, #2) Relay: 4 x 100 (#1,#2) Community Track & Field Opportunities (#3) <p>BASE GAMES*</p> <ul style="list-style-type: none"> Rules/Positions/Safety (#2) Skills: throwing, catching, batting, kicking, fielding, tagging (#1) Variation base games: whiffleball, kickball, softball (#1,#2) Community Softball/Baseball Opportunities (#3) <p>PRESIDENTIAL CHALLENGE FITNESS TEST - POSTTEST</p> <ul style="list-style-type: none"> Cardiovascular endurance: mile run/jog/walk (#1) Muscular strength: pushups (#1) Muscular endurance: sit-ups (#1) Flexibility: sit and reach (#1) Speed/Agility: shuttle run (#1) Pretest/Posttest comparison: focus on personal improvement (#1) <hr/> <p>Starred (*) units may include:</p> <p>Computerized unit quiz – an assessment for basic knowledge of the unit (#1,#3)</p>