

Curriculum Map Physical Education Grades 3-5

MONTH	ESSENTIAL QUESTION	CONTENT (CHAPTER/UNIT DESCRIPTION/ACTIVITIES)	SKILLS (STANDARDS/LEARNING OUTCOMES)	MATERIALS/ RESOURCES	ASSESSMENT (Objective/Subjective)
Sept.	Why is teamwork and cooperation important for the rest of our lives?	*Introduction to physical education -personal and social conduct -cooperative activities -safety	2.1 Apply movement concepts including direction, balance, level, pathway, range, and force absorption to extend versatility and improve physical performance. 2.7	-hoops -balls-ropes -bean bags -poly spots -lines -cones	Students will behave pro-socially while active in P.E. Students will participate safely in P.E. class. Students will demonstrate different roles in cooperative problem solving.
Oct.	How do we use motor skills to stay active?	*Locomotor skills -movement concepts reinforced through games and activities	Demonstrate responsible personal and social conduct used in physical activity settings. 2.2 Use a variety of manipulative, locomotor, and non-locomotor skills as individuals and in teams.		Students will demonstrate the ability to move on their feet in a variety of ways, which is critical to everyday living. (Teacher Observation)
Nov.	How can we use physical education skills for recreation and wellness?	*Tracking, sending and receiving, and striking	2.1 Apply movement concepts including direction, balance, level, pathway, range, and force absorption to extend versatility and improve physical performance. 2.7	-balls -cones -Frisbees -goals -lines -flags	Students will demonstrate the skills of tracking, sending, and receiving, which are the foundation of many lifetime activities. (Skills Test)
Dec.		*Reinforce social and cooperative skills	Demonstrate responsible personal and social conduct used in physical activity settings. 2.2 Use a variety of manipulative, locomotor, and non-locomotor skills as individuals and in teams.	-sticks(hockey, pillow-polo) -pucks -volleyballs -beach balls -balloons	
Jan.					
Feb.					

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March	Why is it important to maintain balance and control while moving your body through space?	*Gymnastics	2.1 Apply movement concepts including direction, balance, level, pathway, range, and force absorption to extend versatility and improve physical performance. 2.2 Use a variety of manipulative, locomotor, and non-locomotor skills as individuals and in teams. 2.3 Perform rhythm routines, including dancing, to demonstrate fundamental movement skills. 2.5 Explain the benefits of physical fitness to good health and increased active lifestyle.	-springboard -beam -climbing wall -climbing net -mats -vault -trampoline -music -lines -steps -resistance bands -spots -ropes	Students will perform rhythmic movement to music. (Dance)
April		*Dance			Students will perform gymnastics skills. (Routine)
		*Physical Fitness			Students will complete fitness activities logging their work. (Fitness log)
May	How will you use the knowledge and skills developed in physical education class to improve and maintain your health and fitness?	Review of: -movement concepts -tracking -sending -receiving -striking -locomotor skills -personal and social conduct	2.1 Apply movement concepts including direction, balance, level, pathway, range, and force absorption to extend versatility and improve physical performance. 2.2 Use a variety of manipulative, locomotor, and non-locomotor skills as individuals and in teams. 2.3 Perform rhythm routines, including dancing, to demonstrate fundamental movement skills. 2.4 Identify physical and psychological changes that result from participation in a variety of physical activities. 2.5 Explain the benefits of physical fitness to good health and increased active lifestyle. 2.6 Identify the major behaviors that contribute to wellness. 2.7 Demonstrate responsible personal and social conduct used in physical activity settings.	-balls -bats -bases -lines -cones -Field Day Equipment	(Fitness plan)
June					Students will demonstrate their knowledge of physical education skills to improve their health and fitness and maintain their quality of life. (Open response discussion)