

	<u>CURRICULUM</u> <i>End Product of Learning, “What” You Teach</i>			<u>INSTRUCTION</u> <i>Means to the End Product, “How” You Teach</i>	<u>ASSESSMENT</u> <i>Validation to Revise Curriculum & Instruction</i>
TIME FRAME [By Date/Week/ Month]	STANDARD OR BENCHMARK	CONTENT: What we want students to “KNOW”.	SKILL: What we want students to “DO”.	Varied Teaching/Learning Strategies Resources/Comments	Varied Classroom Assessment Strategies
1 st Quarter (August-October)	19A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities. 19B. Analyze various movement concepts and applications. 19C. Demonstrate knowledge of rules, safety and strategies during physical activity. 20A. Know and apply the principles and components of health-related fitness. 20B. Assess individual fitness levels. 20C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan. 21A. Demonstrate individual responsibility during group physical activities. 21B. Demonstrate cooperative skills during	Soccer Dribbling Passing Trapping Positions Rules Teamwork Offense/ Defense Handball Positioning Rules Offense Defense Goaltending Individual Jump-Rope Safety Turning Rope Forward Backward Appropriate jumping height Rhythm Long Jump Ropes Safety Teamwork in turning One jumper Multiple jumpers Entering different ways (front door, back door) Fitness Intro to fitness Finding a pace Finding a heart rate	Soccer Dribbling Passing Trapping Offense/Defense Handball Proper Positioning Overhand throw to score Shooting Passing (bounce & overhead) Jump Rope Proper jumping Proper turning Useful teamwork Fitness Use of fitness to perform tasks Set individual short/long-term fitness goals	Teacher directed Teacher/ student demo Modeling Visual diagrams	PBA- rubric Teacher observation Verbal questioning by teacher Soccer skill checklist Peer jump-rope checklist Game-play observation

Course/Subject: Physical Education- 1 st Quarter		CURRICULUM MAP			Grade: 3 rd Grade
	structured group physical activity.				
2 nd Quarter (October-January)	19A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities. 19B. Analyze various movement concepts and applications. 19C. Demonstrate knowledge of rules, safety and strategies during physical activity. 20A. Know and apply the principles and components of health-related fitness. 20B. Assess individual fitness levels. 20C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan. 21A. Demonstrate individual responsibility during group physical activities. 21B. Demonstrate cooperative skills during structured group	Ball Skills -Eye/hand coordination -R/L discrimination -Bounce/catch -Toss/catch -Perceptual awareness -Spatial awareness -Safety in Movement Hula Hoops Balance Spatial awareness Safety in movement Waist, arm, neck turns Overhand throw & catch Side to target Arm back & up Step, throw, follow-through One hand, two hand catch Fingers down below waist Fingers up above waist Bowling Face target Step and arm back at same time Arm forward and bend at same time Follow through Scoring Basketball Dribbling Passing Shooting Rules Offense/Defense Positioning	Bounce/catch Toss/catch Waist, arm, neck turns with hula hoop Proper overhand throw Proper catch with one hand and two hands Proper bowling form Proper scoring of bowling games Proper shooting, passing, and dribbling form Cooperation with classmates/teammates	Teacher directed Guided discovery Free exploration Demonstration Modeling	PBA-rubric Teacher observation Verbal questioning Active participation/assessment during game play Peer checklists

Course/Subject: Physical Education- 1 st Quarter		CURRICULUM MAP			Grade: 3 rd Grade
	physical activity.				
3 rd Quarter (January-April)	19A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities. 19B. Analyze various movement concepts and applications. 19C. Demonstrate knowledge of rules, safety and strategies during physical activity. 20A. Know and apply the principles and components of health-related fitness. 20B. Assess individual fitness levels. 20C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan. 21A. Demonstrate individual responsibility during group physical activities. 21B. Demonstrate cooperative skills during structured group physical activity.	Stunts and Tumbling Forward roll Backward roll Pencil Roll Log Roll Egg Roll Back-rock Movement/balance Apparatus Rings Balance beams Climbing rope Climbing pole Dance Rhythm Steps Partner cooperation Volleyball Proper stance Ready position Forearm pass Overhead pass Serve Positioning/rotation Climbing wall/traversing Grip Wall positioning Problem solving Safety Teamwork Proper use of equipment	Stunts and Tumbling Forward roll Backward roll Pencil Roll Log Roll Egg Roll Back-rock Perform apparatus stations with proper form and safety Perform dance sequences correctly Volleyball Proper stance Ready position Forearm pass Overhead pass Serve Positioning/rotation Climbing wall/traversing Climb/traverse on climbing wall safely and efficiently	Teacher directed Guided discovery Free exploration Demonstration Modeling	PBA-rubric Teacher observation Verbal questioning Active participation/assessment during game play Peer checklists

Course/Subject: Physical Education- 1 st Quarter		CURRICULUM MAP			Grade: 3 rd Grade
4 th Quarter (April-June)	19A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities. 19B. Analyze various movement concepts and applications. 19C. Demonstrate knowledge of rules, safety and strategies during physical activity. 20A. Know and apply the principles and components of health-related fitness. 20B. Assess individual fitness levels. 20C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan. 21A. Demonstrate individual responsibility during group physical activities. 21B. Demonstrate cooperative skills during structured group physical activity.	Cooperative dance Folk dance Square dance Complex patterns and steps Increase speed and combinations Fitness/ Locomotor Track & Field Recreational Games Kicking/Kickball/Teeball		Teacher directed Guided discovery Free exploration Demonstration Modeling	PBA-rubric Teacher observation Verbal questioning Active participation/ assessment during game play Peer checklists