

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

Course/Subject: Physical Education		CURRICULUM MAP			Grade: 4 <sup>th</sup> Grade
	structured group physical activity.				
2 <sup>nd</sup> Quarter (October-January)	<p><b>19A.</b> Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.</p> <p><b>19B.</b> Analyze various movement concepts and applications.</p> <p><b>19C.</b> Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>20A.</b> Know and apply the principles and components of health-related fitness.</p> <p><b>20B.</b> Assess individual fitness levels.</p> <p><b>20C.</b> Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p> <p><b>21A.</b> Demonstrate individual responsibility during group physical activities.</p> <p><b>21B.</b> Demonstrate cooperative skills during structured group physical activity.</p>	<p><b>Ball Skills</b>            -Eye/hand coordination            -R/L discrimination            -Bounce/catch            -Toss/catch            -Perceptual awareness            -Spatial awareness            -Safety in Movement</p> <p><b>Hula Hoops</b>            Balance            Spatial awareness            Safety in movement            Waist, arm, neck turns</p> <p><b>Overhand throw &amp; catch</b>            Side to target            Arm back &amp; up            Step, throw, follow-through            One hand, two hand catch            Fingers down below waist            Fingers up above waist</p> <p><b>Bowling</b>            Face target            Step and arm back at same time            Arm forward and bend at same time            Follow through            Scoring</p> <p><b>Basketball</b>            Dribbling            Passing            Shooting            Rules            Offense/Defense            Positioning</p>	<p>Bounce/catch Toss/catch</p> <p>Waist, arm, neck turns with hula hoop</p> <p>Proper overhand throw</p> <p>Proper catch with one hand and two hands</p> <p>Proper bowling form</p> <p>Proper scoring of bowling games</p> <p>Proper shooting, passing, and dribbling form</p> <p>Cooperation with classmates/teammates</p>	<p>Teacher directed</p> <p>Guided discovery</p> <p>Free exploration</p> <p>Demonstration</p> <p>Modeling</p>	<p>PBA-rubric</p> <p>Teacher observation</p> <p>Verbal questioning</p> <p>Active participation/assessment during game play</p> <p>Peer checklists</p>

Course/Subject: Physical Education		CURRICULUM MAP			Grade: 4 <sup>th</sup> Grade
3 <sup>rd</sup> Quarter  (January-April)	<p><b>19A.</b> Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.</p> <p><b>19B.</b> Analyze various movement concepts and applications.</p> <p><b>19C.</b> Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>20A.</b> Know and apply the principles and components of health-related fitness.</p> <p><b>20B.</b> Assess individual fitness levels.</p> <p><b>20C.</b> Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p> <p><b>21A.</b> Demonstrate individual responsibility during group physical activities.</p> <p><b>21B.</b> Demonstrate cooperative skills during structured group physical activity.</p>	<p><b>Stunts and Tumbling</b> Forward roll Backward roll Pencil Roll Log Roll Egg Roll Back-rock Movement/balance</p> <p><b>Apparatus</b> Rings Balance beams Climbing rope Climbing pole</p> <p><b>Dance</b> Rhythm Steps Partner cooperation</p> <p><b>Volleyball</b> Proper stance Ready position Forearm pass Overhead pass Serve Positioning/rotation</p> <p><b>Climbing wall/traversing</b> Grip Wall positioning Problem solving Safety Teamwork Proper use of equipment</p>	<p><b>Stunts and Tumbling</b> Forward roll Backward roll Pencil Roll Log Roll Egg Roll Back-rock</p> <p><b>Perform apparatus stations with proper form and safety</b></p> <p><b>Perform dance sequences correctly</b></p> <p><b>Volleyball</b> Proper stance Ready position Forearm pass Overhead pass Serve Positioning/rotation</p> <p><b>Climbing wall/traversing</b> Climb/traverse on climbing wall safely and efficiently</p>	<p>Teacher directed</p> <p>Guided discovery</p> <p>Free exploration</p> <p>Demonstration</p> <p>Modeling</p>	<p>PBA-rubric</p> <p>Teacher observation</p> <p>Verbal questioning</p> <p>Active participation/assessment during game play</p> <p>Peer checklists</p>

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