	CURRICULUM End Product of Learning, "What" You Teach			INSTRUCTION Means to the End Product, "How" You Teach	ASSESSMENT Validation to Revise Curriculum & Instruction
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.	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 CURRICULUM MAP				M MAP Grade: 4 th Grade	IAP Grade: 4 th 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.	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	
	21B. Demonstrate cooperative skills during structured group physical activity.					

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

19A. Demonstrate physical competency in individual and team sports, creative movement and leisure 19A. Demonstrate physical competency in individual and team sports, creative movement and leisure 19A. Demonstrate physical competency in individual and team sports, creative movement and leisure 19A. Demonstrate physical competency in individual and team sports, creative Complex patterns and steps Increase speed and combinations 19A. Demonstrate physical competency in individual and team sports, creative movement and leisure 19A. Demonstrate physical competency in individual and team sports, creative movement and leisure 19A. Demonstrate physical competency in individual and team sports, creative movement and leisure 19BA-rubric	Course/Subject: Physical Education	ical Education	CURRICULUM MAP	Grade: 4 th Grade	
and work-related activities. 195. Analyze various movement concepts and applications. 196. Demonstrate knowledge of rules, safety and strategies during physical activity. 206. Know and apply the principles and components of health-related fitness. 206. Sassess individual fitness levels. 206. Assess individual fitness improvement plan. 216. Demonstrate individual fitness improvement plan. 217. Demonstrate individual fitness improvement plan. 218. Demonstrate individual fitness improvement plan. 219. Demonstrate individual fitness improvement plan. 210. Demonstrate individual fitness improvement plan. 211. Demonstrate individual fitness improvement plan. 212. Demonstrate individual fitness improvement plan. 213. Demonstrate individual fitness improvement plan. 214. Demonstrate cooperative skills during structured group physical activity.	19A. Demonstrate physical competency individual and team sports, creative movement and leisur and work-related activities. 19B. Analyze various movement concepts and applications. 19C. Demonstrate knowledge of rules, safety and strategies during physical activities and components of health related fitness. 20B. Assess individual fitness levels. 20C. Set goals based on fitness data and develop, implement a monitor an individual fitness improvement plan. 21A. Demonstrate individual responsibiliduring group physical activities. 21B. Demonstrate cooperative skills dur structured group	monstrate competency in al and team reative nt and leisure k-related . alyze various nt concepts ications. monstrate ge of rules, nd strategies nysical activity. bw and apply iples and ents of health- tness. sess individual evels. a goals based s data and implement and an individual nprovement monstrate al responsibility roup physical . monstrate al responsibility roup physical .	Teacher directed Guided discovery Free exploration Demonstration	PBA-rubric Teacher observation Verbal questioning Active participation/ assessment during game play	