	<u>CURRICULUM</u> End Product of Learning, "What" You Teach			<u>INSTRUCTION</u> 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. 21B. Demonstrate cooperative skills during	Introduction & Organization Rules Safety Uniforms Procedures Locks Locker rooms Squads Components of Fitness Strength Flexibility Endurance Frequency/Intensit/Training Softball Throwing Catching Hitting Pitching Fielding Positions Strategies Rules Gameplay	Apply good listening skills Identify & follow all safety rules Demonstate how to perform: Push-up Sit-up Sit & reach Endurance run Pacer run Shuttle run Demonstrate how to find: Pulse Resting Heart Rate Target Heart Rate FIT Demonstrate how to: Catch Throw Pitch Hit Field Play positions	Teacher Directed Demonstration Explanation	PBA-Skill Test Teacher Observation Written Test Fitness Test Active participation& assessment during gameplay

Course/Su	bject: Physical Education- 1st	Quarter	CURRICULUM M	AP	Grade: 5 th Grade	
	structured group physical activity.					
2 nd Quarter	19A. Demonstrate physical competency in	Components of Fitness Strength	Identify & Apply all Safety Rules	Teacher Directed		PBA-Skills Assessment
(0 . 1	individual and team	Flexibility	Carety Hands	Demonstration		Teacher Observation
(October- January)	sports, creative	Endurane	Demonstrate &			
, , , , , ,	movement and leisure and work-related	FIT	Perform Push up	Explanation		Written Tests
	activities.	Individual Jump Rope	Sit up			Fitness Tests
	donvinos.	Safety	Sit & Reach			1 111000 1 0010
	19B. Analyze various	Procedures	Shuttle Run			Worksheets
	movement concepts	Benefits	Endurance run			
	and applications.	Turning	Pacer run			Active Participation & Assessment during
	19C. Demonstrate	Jumping Coordination	Demonstrate			gameplay
	knowledge of rules,	Rhythm	Turning			gameriay
	safety and strategies	Timing	Jumping			
	during physical activity.		Daman at not a			
	20A. Know and apply	Long Jump Rope	Demonstrate Turning			
	the principles and	Safety Benefits	Jumping			
	components of health-	Procedures	Teamwork			
	related fitness.	Turning	Problem Solving			
	OOD Assess in distributed	Jumping	Cooperation			
	20B. Assess individual fitness levels.	Coordination Rhythm	Decision Making			
	initiess levels.	Timing	Demonstrate			
	20C. Set goals based	Teamwork	Stance			
	on fitness data and	Cooperation	Form			
	develop, implement and monitor an individual	5	Footwork			
	fitness improvement	Bowling Safety	Demonstrate			
	plan.	Stance	Ball Handling			
		Form	Passing			
	21A. Demonstrate	Footwork	Shooting			
	individual responsibility during group physical	Basketball	Dribbling Rebounding			
	activities.	Safety	Offense			
		Dribbling	Defense			
	21B. Demonstrate	Shooting				
	cooperative skills during	Passing				
	structured group physical activity.	Rebounding Offense				
	priyologi activity.	Defense				
		Rules				
		Strategies				
		Gameplay				

Course/Su	bject: Physical Education- 1st	Quarter	CURRICULUM M	AP Grad	de: 5 th Grade
	19A. Demonstrate	Components of Fitness	Identify & Follow all	Teacher Directed	PBA-Skill Assessmen
Quarter	physical competency in individual and team	Strength Flexibility	safety rules	Demonstration	Teacher Observation
nuary-	sports, creative	Endurance	Demonstrate a wide		
pril)	movement and leisure	FIT	variety of Fitness	Explanation	Written Tests
	and work-related		exercises		Fitness Tests
	activities.	Volleyball	Monitor Heart Rate		
		Safety	during activity		Active Participation &
	19B. Analyze various	Benefits			Assessment during
	movement concepts	Passing	Demonstrate how to:		gameplay
	and applications.	Serving	Pass		
		Rotation	Serve		
	19C. Demonstrate	Rules	Rotate		
	knowledge of rules,	Offense	Play offense		
	safety and strategies	Defense	Play defense		
	during physical activity.	Stategies	Follow rules of game		
	20A. Know and apply	Teambuilding	Demonstrate how to		
	the principles and	Safety	work together to		
	components of health-	Cooperation	accomplish a common		
	related fitness.	Communication Problem Solving	goal		
	20B. Assess individual	Decision Making			
	fitness levels.	Listening	Apply knowledge &		
		Trust	Skills learned in Health		
	20C. Set goals based	Risk Taking	to make good decisions		
	on fitness data and		in life		
	develop, implement and	Health			
	monitor an individual	Self-Esteem			
	fitness improvement	Problem Solving			
	plan.	Decision Making			
		Drugs & Alcohol			
	21A. Demonstrate	Steroids			
	individual responsibility	STDs'			
	during group physical activities.	Aids			
	activities.				
	21B. Demonstrate				
	cooperative skills during				
	structured group				
	structured group physical activity.				
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Course/Su	bject: Physical Education- 1 st	Quarter		AF Grade: 5" Gra	ade
4 th Quarter (April-	19A. Demonstrate physical competency in individual and team	Components of Fitness Strength Flexibility	Identify & Follow all safety rules Demonstrate &	Teacher Directed Demonstration	PBA-Skill Assessment Written Tests
June)	sports, creative movement and leisure and work-related activities. 19B. Analyze various	Endurance FIT Fitness Testing Sit-ups	Perform Sit-ups Pull-ups Flexed arm hang Shuttle Run	Explanation	Fitness Tests Teacher Observation
	movement concepts and applications. 19C. Demonstrate	Pull-Ups Flexed arm hang Shuttle run Pacer 1 Mile walk-run	Sit & Reach 1 Mile walk/run Apply all skills and		Active participation And assessment during gameplay
	knowledge of rules, safety and strategies during physical activity.	Sit & Reach Dance Coordination	steps necessary to successfully participate in a dance routine		
	20A. Know and apply the principles and components of health-related fitness.	Rhythm Timing Footwork Sequences	Apply all skills and rules necessary to successfully participate in Track & Field activities		
	20B. Assess individual fitness levels.20C. Set goals based	Track & Field 50 yd dash 100 yd dash Relays	Apply all skills & rules necessary to successfully participate		
	on fitness data and develop, implement and monitor an individual	Hurdles Long Jump	in recreational games		
	fitness improvement plan. 21A. Demonstrate	Recreational Games Frisbee Bocce Ball Croquet			
	individual responsibility during group physical activities.	Lawn darts 4 square			
	21B. Demonstrate cooperative skills during structured group physical activity.				