

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

Course/Subject: Physical Education- 1 st Quarter		CURRICULUM MAP		Grade: 5 th Grade	
	structured group physical activity.				
2 nd Quarter (October-January)	<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 structured group physical activity.</p>	<p>Components of Fitness Strength Flexibility Endurance FIT</p> <p>Individual Jump Rope Safety Procedures Benefits Turning Jumping Coordination Rhythm Timing</p> <p>Long Jump Rope Safety Benefits Procedures Turning Jumping Coordination Rhythm Timing Teamwork Cooperation</p> <p>Bowling Safety Stance Form Footwork</p> <p>Basketball Safety Dribbling Shooting Passing Rebounding Offense Defense Rules Strategies Gameplay</p>	<p>Identify & Apply all Safety Rules</p> <p>Demonstrate & Perform Push up Sit up Sit & Reach Shuttle Run Endurance run Pacer run</p> <p>Demonstrate Turning Jumping</p> <p>Demonstrate Turning Jumping Teamwork Problem Solving Cooperation Decision Making</p> <p>Demonstrate Stance Form Footwork</p> <p>Demonstrate Ball Handling Passing Shooting Dribbling Rebounding Offense Defense</p>	<p>Teacher Directed</p> <p>Demonstration</p> <p>Explanation</p>	<p>PBA-Skills Assessment</p> <p>Teacher Observation</p> <p>Written Tests</p> <p>Fitness Tests</p> <p>Worksheets</p> <p>Active Participation & Assessment during gameplay</p>

Course/Subject: Physical Education- 1 st Quarter		CURRICULUM MAP		Grade: 5 th Grade	
3 rd Quarter (January-April)	<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 structured group physical activity.</p>	<p>Components of Fitness Strength Flexibility Endurance FIT</p> <p>Volleyball Safety Benefits Passing Serving Rotation Rules Offense Defense Strategies</p> <p>Teambuilding Safety Cooperation Communication Problem Solving Decision Making Listening Trust Risk Taking</p> <p>Health Self-Esteem Problem Solving Decision Making Drugs & Alcohol Steroids STDs' Aids</p>	<p>Identify & Follow all safety rules</p> <p>Demonstrate a wide variety of Fitness exercises Monitor Heart Rate during activity</p> <p>Demonstrate how to: Pass Serve Rotate Play offense Play defense Follow rules of game</p> <p>Demonstrate how to work together to accomplish a common goal</p> <p>Apply knowledge & Skills learned in Health to make good decisions in life</p>	<p>Teacher Directed</p> <p>Demonstration</p> <p>Explanation</p>	<p>PBA-Skill Assessment</p> <p>Teacher Observation</p> <p>Written Tests Fitness Tests</p> <p>Active Participation & Assessment during gameplay</p>

Course/Subject: Physical Education- 1 st Quarter		CURRICULUM MAP		Grade: 5 th Grade	
4 th Quarter (April-June)	<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 structured group physical activity.</p>	<p>Components of Fitness Strength Flexibility Endurance FIT</p> <p>Fitness Testing Sit-ups Pull-Ups Flexed arm hang Shuttle run Pacer 1 Mile walk-run Sit & Reach</p> <p>Dance Coordination Rhythm Timing Footwork Sequences</p> <p>Track & Field 50 yd dash 100 yd dash Relays Hurdles Long Jump</p> <p>Recreational Games Frisbee Bocce Ball Croquet Lawn darts 4 square</p>	<p>Identify & Follow all safety rules</p> <p>Demonstrate & Perform Sit-ups Pull-ups Flexed arm hang Shuttle Run Sit & Reach 1 Mile walk/run</p> <p>Apply all skills and steps necessary to successfully participate in a dance routine</p> <p>Apply all skills and rules necessary to successfully participate in Track & Field activities</p> <p>Apply all skills & rules necessary to successfully participate in recreational games</p>	<p>Teacher Directed</p> <p>Demonstration</p> <p>Explanation</p>	<p>PBA-Skill Assessment</p> <p>Written Tests</p> <p>Fitness Tests</p> <p>Teacher Observation</p> <p>Active participation And assessment during gameplay</p>