

### 3-6Grade Curriculum Map

TOPIC & MONTH	CONTENT	SKILLS	ASSESSMENT	ESSENTIAL QUESTIONS
<b>September</b> <i>Fitness Concepts</i>	<ul style="list-style-type: none"> <li>Assessment of skills and physical fitness.</li> </ul>	<ul style="list-style-type: none"> <li>sit and reach (flexibility)</li> <li>sit ups</li> <li>Push ups</li> <li>flexed arm hang</li> <li>one mile run</li> <li>Shuttle run</li> </ul>	<ul style="list-style-type: none"> <li>Rubric</li> <li>Teacher observation</li> <li>Self- analysis</li> <li>Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>How can an individual's fitness be determined?</li> </ul>
	<b>STANDARDS:</b> <ul style="list-style-type: none"> <li><b>Standard 1: Personal Health and Fitness</b> Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. <b>Standard 2: A Safe and Healthy Environment.</b> Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <b>Standard 3: Resource Management.</b> Students will understand and be able to manage their personal and community resources.</li> <li><b>1. A. Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities. B. Students will design personal fitness programs to improve cardio-respiratory endurance, flexibility, muscular strength, endurance, and body composition.</b></li> </ul>			
<b>September/October</b> <b>Soccer</b>	<ul style="list-style-type: none"> <li>Skill and drill games / activities</li> <li>Small modified field games</li> <li>Instep</li> <li>Goalie Circle</li> <li>Offsides</li> <li>Hand ball</li> </ul>	<ul style="list-style-type: none"> <li>dribble</li> <li>pass</li> <li>stop/trap</li> <li>defense marking</li> <li>peer cooperation</li> <li>decision making</li> <li>sportsmanship</li> <li>spacing</li> <li>movement w/ and w/o ball</li> <li>team concepts</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Self- analysis</li> <li>Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>What does it mean to be a good sport?</li> <li>What are some skills specific to soccer?</li> <li>Why is practicing important?</li> </ul>

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<b>November/ December Basketball</b>	<ul style="list-style-type: none"> <li>Skill and drill games / activities</li> <li>Small modified games</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Dribbling</li> <li>Passing</li> <li>Defense</li> <li>Lay ups</li> <li>Rebounding</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Self- analysis</li> <li>Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>What does it mean to be a good sport?</li> <li>What are some skills specific to basketball?</li> <li>Why is practicing important?</li> </ul>
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<p><b>January/February Volleyball</b></p>	<ul style="list-style-type: none"> <li>• Skill and drill games / activities</li> <li>• Small modified games</li> </ul>	<p>Forearm Hit (bump) Underhand Serve Intro Overhand Serve Set Intro to Spike</p>	<ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Self- analysis</li> <li>• Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>• What does it mean to be a good sport?</li> <li>• What are some skills specific to volleyball?</li> <li>• Why is practicing important?</li> </ul>
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<p><b>February/March Badminton Pickle Ball</b></p>	<ul style="list-style-type: none"> <li>• Skill and drill games / activities</li> <li>• Small modified games</li> </ul>	<ul style="list-style-type: none"> <li>• Agility</li> <li>• Hand/Eye coordination</li> <li>• Speed</li> <li>• Power</li> <li>• racket skills</li> <li>• serving</li> <li>• Birdie</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Smack back attack</li> <li>• Let</li> <li>• Serving line</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Self- analysis</li> <li>• Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>• How can you to score in badminton?</li> <li>• If the birdie hits the line, is it in or out of play? Why?</li> <li>• Can a player hit the net?</li> <li>• How many tries at a serve is the player allowed?</li> </ul>

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<b>March</b> <b>Cooperative Games /</b> <b>Problem Solving</b> <b>Activities</b>	<ul style="list-style-type: none"> <li>Team skills</li> <li>Cooperative strategies</li> <li>Roles</li> </ul>	<ul style="list-style-type: none"> <li>Debriefing</li> <li>Acceptance</li> <li>Challenges</li> <li>Risk Taking</li> <li>Self-control</li> <li>Sportsmanship</li> <li>Safety/Well-being</li> <li>Perseverance</li> <li>Coping skills</li> </ul>	<ul style="list-style-type: none"> <li>Working with peers to complete a task</li> <li>Look, listen and react</li> <li>Safety rule</li> <li>Participate in group challenge, problem-solving and risk-taking activities</li> <li>Demonstrate behaviors that communicate care, consideration and respect of self and others</li> <li>Debriefing</li> </ul>	<ul style="list-style-type: none"> <li>How did you get involved in helping another person and why?</li> <li>How do we demonstrate respect for individual similarities and differences?</li> <li>Why is important to accept individual differences during class activities?</li> <li>What do you learn from working with peers of different abilities?</li> </ul>
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<p><b>May</b> <b>Ultimate Frisbee</b></p>	<ul style="list-style-type: none"> <li>Modified small Frisbee game</li> <li>Throwing and catching lead up lessons</li> <li>Game play instructions</li> <li>Tactical concepts including different strategies to become more efficient in the game play</li> <li>Group/team activity</li> <li>Tournament Play</li> </ul>	<ul style="list-style-type: none"> <li>Throwing</li> <li>Catching/Receiving</li> <li>defense: one on one</li> <li>use safe game play</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Self-analysis</li> <li>Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>How are the different grips of a Frisbee effective or ineffective?</li> <li>Why is safety important in game play?</li> </ul>
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<p><b>May</b> <b>Leisure Sports</b></p>	<ul style="list-style-type: none"> <li>Frisbee - kan jam</li> <li>Ladder ball</li> <li>Wall/hand ball</li> <li>Horseshoes</li> <li>Corn hole</li> </ul>	<ul style="list-style-type: none"> <li>socialization</li> <li>cooperation</li> <li>communication</li> <li>fair play</li> <li>Students will know how to score and keep track of points in games/activity</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Self-analysis</li> <li>Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>Why are honesty, responsibility, sportsmanship, confidence, courtesy, respect, judgment, integrity, perseverance, and being a</li> </ul>

				good team mate important skills in P.E. and in life?
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<i>June Post-testing</i>	<ul style="list-style-type: none"> <li>Assessment of skills and physical fitness.</li> </ul>	<ul style="list-style-type: none"> <li>sit and reach (flexibility)</li> <li>sit ups</li> <li>Push ups</li> <li>flexed arm hang</li> <li>one mile run</li> <li>Shuttle run</li> </ul>	<ul style="list-style-type: none"> <li>Rubric</li> <li>Teacher observation</li> <li>Self- analysis</li> <li>Peer observation</li> </ul>	<ul style="list-style-type: none"> <li>How can an individual's fitness be determined?</li> </ul>
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