

**Calendar-Based Curriculum Map:
Pleasant Hope Ranch School Grade / Subject: 6th - Physical Education**

| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-------|---|--|--|--|--|
| Aug | How are rules and etiquette important concepts in a physical activity setting? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 5 | Quizzes Teacher Observations | Ranch School PE Rules and Expectations Daily classroom participation |
| | How do you interpret personal health-related fitness assessments and determine which components need improvement? | Health-related fitness assessments Personal Fitness and Healthy Active Living | Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4 | Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups | President's Challenge FitnessGram Manuals FitnessGram audio CD Globe Fearon Fitness for Life 4th edition Chapter 1, Ranch PE Book Personal Fitness Testing Record |
| | What are the reasons for using proper warm-up, cool-down, stretching, and appropriate attire in a physical activity settings? | Injury prevention | Physical Activity and Lifetime Wellness (PA3A) HPE 4, NPE 2 | Quiz Skill Performance | Globe Fearon Fitness for Life, 4th edition Chapter 2, 4 Ranch PE Book |
| Aug | How do the muscular system and skeletal system work together to move the body? | Personal Fitness and Healthy Active Living | Physical Activity and Lifetime Wellness (PA1D) HPE 1, NPE 1 | Quiz Skill Performance | Weight Room Instruction Maximum Bench Press Globe Fearon - Fitness for Life, 4th edition |
| | How is safety an important concept in a physical activity setting? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5 | Quiz Teacher Observation Individual Behavior | Gym Weight Room |
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| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|------------|---|---|---|--|---|
| Aug / Sept | What is the terminology, history of, and rules for outdoor pursuits and recreational activities? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2C) HPE 4, NPE 2, NPE 5 | Quiz, Wordsearch | Ranch PE Book Disc Golf Textbook Disc Golf Instructional Videos Instruction Presentation |
| | What critical elements are needed to improve performance in selected skills? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1E) HPE 4, NPE 1 | Teacher Observations Skill Performance | Disc Golf Equipment Ranch Disc Golf Course |
| | Does the student demonstrate basic competence in a variety of individual, dual, and team sports? | Sports Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Teacher Observations Skill Performance | Disc Golf Equipment Ranch Disc Golf Course |
| | Does the student demonstrate basic competence in a variety of outdoor pursuits and recreational activities? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2C) HPE 4, NPE 1, NPE 5 | Teacher Observations Skill Performance | Disc Golf Equipment Ranch Disc Golf Course |
| | Does the student apply fundamental and sequential skills in game situations with increased proficiency? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1F) HPE 4, NPE 1 | Teacher Observations Skill Performance Disc Golf Scorecard | Disc Golf Equipment Ranch Disc Golf Course |
| | What are appropriate and inappropriate behaviors in physical activity settings? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 4, NPE 5 | Teacher Observations | Ranch Disc Golf Course |
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| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-----------|---|---|---|--|---|
| Oct / Nov | What is the terminology, history of, and rules for specific individual, dual, and team sports? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Quiz, Wordsearch | Ranch PE Book Baseball Instructional Videos Instruction Presentation |
| | What critical elements are needed to improve performance in selected skills? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1E) HPE 4, NPE 1 | Teacher Observations Skill Performance | Baseball Instructional Videos Whiffle Ball and Plastic Bat Gym |
| | Does the student demonstrate basic competence in a variety of individual, dual, and team sports? | Sports Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Teacher Observations Skill Performance | Whiffle Ball and Plastic Bat Indoor Bases, Gym |
| | Does the student apply fundamental and sequential skills in game situations with increased proficiency? | Fundamental Movement Skills and Games | Human Movement and Performance (HM2B) HPE 4, NPE 1 | Teacher Observations Skill Performance | Whiffle Ball and Plastic Bat Indoor Bases, Gym Whiffle Ball Game |
| | Does the student demonstrate skills successfully in modified games of increased complexity? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2A) HPE 4, NPE 2 | Teacher Observations Skill Performance Homerun Derby score | Whiffle Ball and Plastic Bat Indoor Bases, Gym Whiffle Ball Game Homerun Derby |
| | What are appropriate and inappropriate behaviors in physical activity settings? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 4, NPE 5 | Teacher Observations | Gym |
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| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-----------|---|--|---|---|---|
| Nov | Does the student demonstrate basic competence in a variety of individual, dual, and team sports? | Sports Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Teacher Observations Skill Performance | Shuffleboard Equipment Shuffleboard Game Gym |
| | What critical elements are needed to improve performance in selected skills? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1E) HPE 4, NPE 1 | Teacher Observations Skill Performance | Shuffleboard Equipment Shuffleboard Game Gym |
| | Does the student apply fundamental and sequential skills in game situations with increased Proficiency? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1F) HPE 4, NPE 1 | Teacher Observations Skill Performance Team Win / Loss Record | Shuffleboard Equipment Shuffleboard Game Gym |
| | What are appropriate and innappropriate behaviors in physical activity settings? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 4, NPE 5 | Teacher Observations | Gym |
| Nov / Dec | How do you interpret personal health-related fitness assesements and determine which components need improvement? | Health-related fitness assessments Personal Fitness and Healthy Active Living | Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4 | Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press | President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record |
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| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-----------|--|--|---|--|---|
| Dec | Can the student evaluate decision-making behaviors as they affect wellness | Personal Fitness and Healthy Active Living | Physical Activity and Lifetime Wellness (PA1B) HPE 2, NPE 3 | Quizzes Worksheets Chapter Reviews Chapter Tests | Globe Fearon Fitness for Life, 4th edition Chapter 17 Video Globe Fearon Fitness for Life, 4th edition Chapter 18 |
| Jan | How does the heart rate relate to cardio respiratory endurance? How does the circulatory and respiratory systems respond to physical activity? | Personal Fitness and Healthy Active Living Conditioning Personal Fitness and Healthy Active Living | Physical Activity and Lifetime Wellness (PA1C) HPE 4, NPE 4 Physical Activity and Lifetime Wellness (PA1D) HPE 1, HPE 4, NH 1 | Worksheet Teacher Observation Individual Performance Teacher Observation Individual Performance | Gym Orange Cones Stopwatch Conditioning |
| Jan / Feb | What is the terminology, history of, and rules for specific individual, dual, and team sports? What critical elements are needed to improve performance in selected skills? Does the student demonstrate basic competence in a variety of individual, dual, and team sports? | Sport Skills and Lifetime Activities Fundamental Movement Skills and Games Sports Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 Human Movement and Performance (HM1E) HPE 4, NPE 1 Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Quiz, Wordsearch Teacher Observations Skill Performance Teacher Observations Skill Performance | Ranch PE Book Basketball Instructional Videos Instruction Presentation Basketball Instructional Videos Basketballs Gym Basketballs Gym |

| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-------------|---|---|---|--|---|
| Jan / Feb | How do you apply mechanical principals of stability, motion, and direction? | Fundamental Movement Skills and Games Drills and Skills Practice | Human Movement and Performance (HM1B) HPE 4, NPE 1 | Teacher Observations Skill Performance | Basketballs Gym |
| | Does the student apply fundamental and sequential skills in game situations with increased proficiency? | Fundamental Movement Skills and Games | Human Movement and Performance (HM2B) HPE 4, NPE 1 | Teacher Observations Skill Performance | Basketballs Basketball Skill Competition Gym |
| | Does the student demonstrate skills successfully in modified games of increased complexity? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2A) HPE 4, NPE 2 | Teacher Observations Skill Performance Homerun Derby score | Basketballs Gym |
| | What are appropriate and innappropriate behaviors in physical activity settings? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 4, NPE 5 | Teacher Observations | Gym |
| Feb / March | What is the terminology, history of, and rules for specific individual, dual, and team sports? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Quiz, Wordsearch | Ranch PE Book Bowling Instructional Videos Instruction Presentation |
| | What critical elements are needed to improve performance in selected skills? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1E) HPE 4, NPE 1 | Teacher Observations Skill Performance | Bowling Instructional Videos Bowling Ball Gym |

| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-------------|---|---|---|--|--|
| Feb / March | Does the student demonstrate basic competence in a variety of individual, dual, and team sports? | Sports Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Teacher Observations Skill Performance | Bowling Ball and Pins Gym |
| | Does the student apply fundamental and sequential skills in game situations with increased proficiency? | Fundamental Movement Skills and Games | Human Movement and Performance (HM2B) HPE 4, NPE 1 | Teacher Observations Skill Performance Bowling Scorecard | Bowling Ball and Pins Gym |
| | Does the student demonstrate skills successfully in modified games of increased complexity? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2A) HPE 4, NPE 2 | Teacher Observations Skill Performance Bowling Scorecard | Bowling Ball and Pins Gym |
| | What are appropriate and inappropriate behaviors in physical activity settings? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 4, NPE 5 | Teacher Observations | Gym |
| April | What is the terminology, history of, and rules for specific individual, dual, and team sports? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Quiz, Wordsearch | Ranch PE Book Volleyball Instructional Videos Instruction Presentation |
| | What critical elements are needed to improve performance in selected skills? | Fundamental Movement Skills and Games | Human Movement and Performance (HM1E) HPE 4, NPE 1 | Teacher Observations Skill Performance | Volleyball Instructional Videos Volleyball Gym |

| Month | Essential Question | Content | Skills | Assessments | Activities / Resources |
|-------|---|--|---|--|---|
| April | Does the student demonstrate basic competence in a variety of individual, dual, and team sports? | Sports Skills and Lifetime Activities | Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5 | Teacher Observations Skill Performance | Volleyball Gym |
| | Does the student apply fundamental and sequential skills in game situations with increased proficiency? | Fundamental Movement Skills and Games | Human Movement and Performance (HM2B) HPE 4, NPE 1 | Teacher Observations Skill Performance | Volleyball and Net Gym |
| | Does the student demonstrate skills successfully in modified games of increased complexity? | Sport Skills and Lifetime Activities | Human Movement and Performance (HM2A) HPE 4, NPE 2 | Teacher Observations Skill Performance | Volleyball and Net Volleyball Matches Gym |
| | What are appropriate and inappropriate behaviors in physical activity settings? | Responsible Personal and Social Behavior in the Physical Activity Setting | Physical Activity and Lifetime Wellness (PA2A) HPE 2, HPE 4, NPE 5 | Teacher Observations | Gym |
| May | How do you interpret personal health-related fitness assessments and determine which components need improvement? | Health-related fitness assessments Personal Fitness and Healthy Active Living | Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4 | Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlsups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press | President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record |