

Calendar Based Curriculum Map: Physical Education

Essential Question	August/September	October	November
<b>Content</b>	Why do we test our fitness level? Why do we work on our motor skills every day? Why do we learn about different sports? Importance of warming up Fitness testing Kickball Volleyball	Why do we learn new sports? How can we develop our teamwork? What are the different types of rhythm activities? Importance of warming up Flag Football Omni kin Ball Dance	Has our fitness improved? Can we demonstrate the knowledge of rules in each sport? Why is striking important? Can you demonstrate hand-eye coordination? Basketball Fitness Testing Ping Pong
<b>Skills</b>	Push-ups, sit-ups, stretching, endurance Kicking, throwing, dodging, catching Bumping, setting, serving, lateral movement, back and forth movement, teamwork, jumping	Throwing Catching Demonstration of teamwork Stretching Jogging Running	Striking Shooting Passing Running Stretching Endurance Teamwork Hand-eye coordination
<b>Assessments</b>	Assessing fitness levels to Presidential Fitness Test Knowledge of rules and class conduct How well they work with others Can they play the games sufficiently	Demonstrate appropriate teamwork Keeping appropriate rhythm with music Demonstration of rules	Presidential Fitness Test Contact from paddle to ball, while keeping it moving Demonstrate teamwork, and proper basketball skills
<b>Activities/Resources</b>	Presidential Fitness Test Volleyball Kickball Wiffle Ball	Omni kin Ball Line Dancing Flag Football	Ping Pong Presidential Fitness Test Basketball

Calendar Based Curriculum Map: Physical Education

Essential Question	Dec/January	February	March	April/May
	<p>Why do we test our fitness level?</p> <p>Why do we warm-up and cool-down?</p> <p>Why do we learn about different sports?</p>	<p>Why do we learn new sports?</p> <p>What games can we play indoors?</p> <p>Why do we need to stay active during winter?</p>	<p>Why do we warm-up and cool down?</p> <p>What games can we play outdoors?</p> <p>Can you demonstrate good coordination?</p> <p>Teamwork Skills?</p>	<p>Why do we test our fitness level?</p> <p>Can we demonstrate proper rules of game?</p> <p>Teamwork?</p>
Content	<p>Fitness testing</p> <p>Eclipse Ball</p> <p>Bowling</p> <p>Hand-ball</p> <p>20 min. run/walk</p>	<p>Badminton</p> <p>Volleyball</p> <p>Parachute</p>	<p>Soccer</p> <p>Bocce Ball</p> <p>Kickball</p>	<p>Fitness Testing</p> <p>Whiffle Ball</p> <p>Ultimate Frisbee</p> <p>20 min. run/walk</p>
Skills	<p>Push-ups, sit-ups, stretching, endurance</p> <p>Striking the ball, balance, eye-hand coordination, lateral and vertical movement, team work, proper scoring, throwing, catching</p>	<p>Eye-hand coordination, Striking the ball, teamwork, bumping, and setting, serving, back and for movement, jumping, and communicating</p>	<p>Kicking, running, blocking, Lateral movements, passing and dribbling a soccer ball, eye-hand coordination, playing with others, endurance</p>	<p>Push-ups, sit-ups, stretching, endurance</p> <p>Teamwork, throwing, catching, hitting, running</p>
Assessments	<p>Assessing fitness levels to</p> <p>Presidential Fitness Test</p> <p>Knowledge of rules and class conduct</p> <p>Working with others</p> <p>Keeping score</p>	<p>Demonstration of rules</p> <p>Scoring procedures</p> <p>Good teamwork</p>	<p>Scoring goals</p> <p>Demonstration of rules</p> <p>Working with others</p> <p>Participation in each sport</p>	<p>Presidential</p> <p>Fitness Test</p> <p>Knowledge of rules and class conduct</p> <p>Working with others</p>
Activities/Resources	<p>Presidential Fitness Test</p> <p>Eclipse Ball</p> <p>Bowling ball and pins</p> <p>ball used for Hand-ball and mats</p>	<p>Badminton net and birdie's</p> <p>Badminton Rackets</p> <p>Volleyball and net</p> <p>Parachute</p>	<p>Soccer Ball</p> <p>Soccer Net</p> <p>Field and Cones</p> <p>Kickball and bases</p> <p>Bocce Ball Set and open field</p>	<p>Presidential</p> <p>Fitness Test</p> <p>Frisbee</p> <p>Whiffle Ball and bat</p> <p>Stop watch</p>