

# Calendar-Based Curriculum Map: Physical Education

## 5<sup>th</sup> and 6<sup>th</sup> Grade

	<b>August/September (week 1-5)</b>	<b>October (week 6-9)</b>	
<b>Essential Question</b>	<p>What safety equipment and precautions do we follow?</p> <p>How can you prevent and resolve conflicts in a physical activity setting?</p>	<p>What is the F.I.T. principle?</p> <p>What is the difference in health-related and skill-related fitness?</p> <p>How can lack of exercise affect your bones, heart, lungs, and muscles?</p>	
<b>Content</b>	Safety and Rules	Fitness	
<b>Skills</b>	HPE 2 & 4, NPE 5 & 2	HPE 4, NPE 4	
<b>Assessments</b>	Demonstration and Quizzes	Quizzes	
<b>Activities/Resources</b>	Soccer / Softball / Lifetime Sports / Archery	Jump Rope / Floor Hockey / Fitness Testing /Basketball	