

**Calendar-Based Curriculum Map: Physical Education
Pleasant Hope Ranch School Grade: 5**

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 fit is healthy for someone your age?	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 is the difference between the terms warm-up, cool-down, stretching, and conditioning?	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	What is the major function of the muscular and skeletal systems?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1D) HPE 1, NPE 1	Quizzes Skill Performance	Weight Room Instruction Maximum Bench Press Globe Fearon - Fitness for Life, 4th edition
	What are the major muscles and bones of the body?	Strength Training and Muscular Endurance	Physical Activity and Lifetime Wellness (PA1D) HPE 1, NPE 1	Quizzes	Chapter 8, 9 Ranch PE Book
	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	Quizzes	

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Aug / Sept	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 Disc Golf Textbook Disc Golf Instructional Videos Disc Golf Equipment
	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	Disc Golf
	How do you perform sport-specific skills in games and sports activities?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1C) HPE 4, NPE 1	Teacher Observations	Disc Golf Textbook Disc Golf Instructional Videos Disc Golf Equipment
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Disc Golf Scorecard	Disc Golf
	What is the importance of posture and body position with the performance of various skills?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Disc Golf Scorecard	Disc Golf
	What is needed to perform manipulative skills with increased accuracy and control?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Disc Golf Scorecard	Disc Golf Disc Golf Ranch Tournament

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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
	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
	How do you perform sport-specific skills in games and sports activities?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1C) HPE 4, NPE 1	Teacher Observations Individual Performance	Baseball Instructional Videos Whiffle Ball and Plastic Bat Gym
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance	Whiffle Ball and Plastic Bat Gym
	What is the importance of posture and body position with the performance of various skills?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance	Whiffle Ball and Plastic Bat Indoor Bases, Gym, Cones Whiffle Ball Game Homerun Derby
	What is needed to perform manipulative skills with increased accuracy and control?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Homerun Derby Score	Whiffle Ball and Plastic Bat Indoor Bases, Gym, Cones Whiffle Ball Game Homerun Derby

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Oct / Nov	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Homerun Derby Score	Whiffle Ball and Plastic Bat Indoor Bases, Gym, Cones Whiffle Ball Game Homerun Derby
	Why is it important to follow rules and cooperate with teammates in a variety of sport-specific games?	Human Movement and Performance	Fundamental Movement Skills and Games (HM2B) HPE 4, NPE 5	Teacher Observations Team win/loss record	Whiffle Ball and Plastic Bat Indoor Bases, Gym Whiffle Ball Game
Nov	How do you perform sport-specific skills in games and sports activities?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1C) HPE 4, NPE 1	Teacher Observations Individual Performance	Shuffleboard equipment Shuffleboard Game Gym
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance	Shuffleboard equipment Shuffleboard Game Gym
	What is needed to perform manipulative skills with increased accuracy and control?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance	Shuffleboard equipment Shuffleboard Game Gym
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance	Shuffleboard equipment Shuffleboard Game Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Nov	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
	Why is it important to follow rules and cooperate with teammates and apply a simple strategy in a variety of sport-specific games?	Human Movement and Performance	Fundamental Movement Skills and Games (HM2B) HPE 4, NPE 5	Teacher Observations Individual Performance Team Win/Loss Record	Shuffleboard equipment Shuffleboard Game Shuffleboard Tournament Gym
Nov / Dec	How fit is healthy for someone your age?	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
Dec	What is the relationship between physical activity and food intake?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, NPE 3	Quizzes Worksheets Chapter Review	Globe Fearon Fitness for Life, 4th edition Chapter 17
	What is the relationship between stress and physical activity?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, NPE 3	Quizzes Worksheets Chapter Review	Globe Fearon Fitness for Life, 4th edition Chapter 18

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Jan	What are the effects of aerobic and anaerobic activity?	Physical Activity and Lifetime Wellness Conditioning	Personal Fitness and Healthy Active Living (PA1C) HPE 4, NPE 4	Teacher Observations Individual Performance	Gym
Jan / Feb	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 Basketball Instructional Videos
	How do you perform sport-specific skills in games and sports activities?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1C) HPE 4, NPE 1	Teacher Observations Individual Performance	Basketball Instructional Videos Basketballs Gym
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance	Basketballs Gym
	What is the importance of posture and body position with the performance of various skills?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance	Basketballs Gym
	What is needed to perform manipulative skills with increased accuracy and control?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance	Basketballs Gym

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Jan / Feb	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance Basketball Skills Competition	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
	How do you perform sport-specific skills in games and sports activities?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1C) HPE 4, NPE 1	Teacher Observations Individual Performance	Bowling Instructional Videos Bowling Ball Gym
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance	Bowling Ball and Pins Gym
	What is the importance of posture and body position with the performance of various skills?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance	Bowling Ball and Pins Gym

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Feb / Mar	What is needed to perform manipulative skills with increased accuracy and control?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance Bowling Score Sheet	Bowling Ball and Pins Gym
	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance Bowling Score Sheet	Bowling Ball and Pins 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
	Why is it important to follow rules in a variety of sport-specific games?	Human Movement and Performance	Fundamental Movement Skills and Games (HM2B) HPE 4, NPE 5	Teacher Observations	Gym
Apr	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
	How do you perform sport-specific skills in games and sports activities?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1C) HPE 4, NPE 1	Teacher Observations Individual Performance	Volleyball Instructional Videos Volleyballs Gym

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Apr	What is needed to apply fundamental and specialized skills in game situations with increased proficiency?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1F) HPE 2, HPE 4, NPE 1	Teacher Observations Individual Performance	Volleyballs and Net Gym
	What is the importance of posture and body position with the performance of various skills?	Human Movement and Performance	Fundamental Movement Skills and Games (HM1E) HPE 1, HPE 4, NPE 1, NPE 2	Teacher Observations Individual Performance	Volleyballs and Net 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
	Why is it important to follow rules and cooperate with teammates and apply a simple strategy in a variety of sport-specific games?	Human Movement and Performance	Fundamental Movement Skills and Games (HM2B) HPE 4, NPE 5	Teacher Observations Individual Performance Team Win/Loss Record	Volleyballs and Net Volleyball Match Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
May	How fit is healthy for someone your age?	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