

Course Description:

PHYSICAL EDUCATION

GRADES K-2

Physical Education will be a year-long course blended with a variety of activities that will explore ways to keep the body in shape over a students' lifetime. The course will be available to all levels of students K-2. The goal of Physical Education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities;
- Knows the implications and the benefits of involvement in various types of physical activities;
- Participates regularly in physical activity;
- Is physically fit;
- Values physical activity and its contributions to a healthful lifestyle.

Additional standards and benchmarks can be located at:

<https://education.ohio.gov/getattachment/Topics/Ohios-Learning-Standards/Physical-Education/Updated-Physical-Education-Standards-Evaluations-2/Updated-Physical-Education-Standards.pdf.aspx>

Units:

<i>Physical Education K-2 Curriculum Map 2022-23</i>				
Time Frame	Unit	Standards	Evidence of Understanding	Assessment
Quarter 1	Cooperative Learning Skills Spatial awareness	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Demonstrate walk, run and slide locomotor skills using critical elements. 2. Explore locomotor skills of jump, gallop, skip, hop and leap in a stable environment. 3. Use non-locomotor skills (e.g., bend, twist, turn, sway, stretch) in exploratory and a stable environment. 4. Balance using a variety of body parts (e.g., 1/2/3/4 point balances) and body shapes (e.g., wide, narrow, twisted). 5. Transfer weight by rocking and rolling. 6. Move in time with a changing beat (e.g., music, drum, clap, stomp)	-participation in activities -collaborative discussions -observation of skills -performance

	Soccer	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw using variations in time/force. 2. Catch a self-tossed object with hands or an implement. 3. Strike an object (e.g., ball, balloon) using different body parts. 4. Kick a ball for force using a backswing with the kicking leg and stepping next to the ball without hesitating or stopping prior to kick. 5. Dribble an object with hands and feet in a stable environment through self and general space. 6. Roll a ball to a specified target. 7. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance
	Football	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw overhand a variety of objects demonstrating a side orientation. 2. Catch objects coming from different directions, heights and speed. 3. Strike a variety of objects with the hand or an implement with purpose to control force/direction. 4. Kick a rolled or moving ball with the laces for power. 5. Dribble a ball with hands and feet using variations in speed, direction, pathway and relationship with objects. 6. Roll a ball or object to a moving target. 7. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance

Quarter 2	Locomotor Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Demonstrate gallop and hop locomotor skills using critical elements. 2. Perform locomotor skills (e.g., walk, run, gallop, slide, hop) while changing pathway, direction and/or speed. 3. Use non-locomotor skills in exploratory and controlled settings and in response to verbal and non-verbal (e.g., mirroring or matching a partner) stimuli. 4. Balance in a variety of ways using equipment (e.g., balance ball or board) and/or apparatus (e.g., beam or box). 5. Perform a variety of different rocking (e.g., forward/backward, side/side) and rolling skills (e.g., log, egg, parachute, circle, shoulder). 6. Move to a rhythmic beat or pattern. 7. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance
	Basketball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw using variations in time/force. 2. Catch a self-tossed object with hands or an implement. 3. Strike an object (e.g., ball, balloon) using different body parts. 4. Kick a ball for force using a backswing with the kicking leg and stepping next to the ball without hesitating or stopping prior to kick. 5. Dribble an object with hands and feet in a stable environment through self and general space. 6. Roll a ball to a specified target. 7. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance

	Hockey	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw overhand a variety of objects demonstrating a side orientation. 2. Catch objects coming from different directions, heights and speed. 3. Strike a variety of objects with the hand or an implement with purpose to control force/direction. 4. Kick a rolled or moving ball with the laces for power. 5. Dribble a ball with hands and feet using variations in speed, direction, pathway and relationship with objects. 6. Roll a ball or object to a moving target. 7. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance
	Leisure Activities	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Apply movement vocabulary of body, space, effort and relationships to complete movement tasks. 2. Apply movement concepts to modify performance (e.g., use more body parts, keep the object closer). 3. Apply different degrees of effort, force, speed and direction to accomplish a task (e.g., adjust speed). 4. Apply concepts of general and personal space to accomplish movement tasks in movement patterns, games and tasks. 2. Differentiate between locomotor, non-locomotor and manipulative skills. 2. Identify critical elements which lead to successful performance of locomotor, non-locomotor and manipulative skills. 3. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance

Quarter 3	Bowling	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Roll a ball to a specified target. 2. Throw using variations in time/force. 3.Perform locomotor skills 4. Apply different degrees of force, speed and direction 5. Demonstrate an understanding of relationships (e.g., lead, follow, over, under) in a variety of physical activities. 6. Apply concepts of self and general space to accomplish movement tasks. 7. Repeat cue words for fundamental motor skills and apply them to improve performance. 8. Differentiate among non-locomotor and manipulative skills. 9. Follow directions and handle equipment safely.	-participation in activities -collaborative discussions -observation of skills -performance
	Volleyball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw objects in a variety of ways to oneself. 2. Strike an object (e.g., ball, balloon) using different body parts. 3. Repeat cue words for fundamental motor skills and apply them to improve performance. 4. Follow directions and handle equipment safely. 5. Explain rules related to safety and activity-specific procedures. 6. Interact positively with others in partner and small group activities without regard to individual differences. 7. Identify why a physical activity is fun. 8. Differentiate among non-locomotor and manipulative skills	-participation in activities -collaborative discussions -observation of skills -performance

	Fitness	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Health reasons to be physically active 1. Recognize physical activity has positive health benefits. GRADE ONE Health reasons to be physically active 1. Recognize more physical activity leads to additional health benefits. GRADE TWO Health reasons to be physically active 1. Identify specific health benefits from participation in daily physical activity. Enjoyment 1. Identify physical activities that are fun. GRADE ONE Enjoyment 1. Identify why a physical activity is fun. GRADE TWO Enjoyment 1. Discuss personal reasons (why?) for enjoying physical activity.	-participation in activities -collaborative discussions -observation of skills -performance
Quarter 4	Wiffle Ball/Softball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Respond positively to reminders of appropriate safety procedures. 2. Follow directions and handle equipment safely. 3. Complete activities and take responsibility for actions. 4. Explain rules related to safety and activity-specific procedures 5. Follow instructions and class procedures while participating in physical education activities. 6. Demonstrate cooperation with others when resolving conflicts. 7.. Interact positively with others in partner and small group activities without regard to individual differences. 8. Take turns using equipment or performing a task.	-participation in activities -collaborative discussions -observation of skills -performance

	Net Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Strike an object (e.g., ball, balloon) using different body parts. 2. Catch a self-tossed object with hands or an implement. 3. Demonstrate an understanding of relationships (e.g., lead, follow, over, under) in a variety of physical activities 4. Apply different degrees of force, speed and direction 5. Follow directions and handle equipment safely 6. Follow instructions and class procedures while participating in physical education activities.	-participation in activities -collaborative discussions -observation of skills -performance
	Cooperative Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Respond positively to reminders of appropriate safety procedures. 2. Follow directions and handle equipment safely. 3. Complete activities and take responsibility for actions. 4. Explain rules related to safety and activity-specific procedures 5. Follow instructions and class procedures while participating in physical education activities. 6. Demonstrate cooperation with others when resolving conflicts. 7.. Interact positively with others in partner and small group activities without regard to individual differences. 8. Take turns using equipment or performing a task.	-participation in activities -collaborative discussions -observation of skills -performance

Course Description:**PHYSICAL EDUCATION****GRADES 3-5**

Physical Education will be a year-long course blended with a variety of activities that will explore ways to keep the body in shape over a students' lifetime. The course will be available to all levels of students 3-5. The goal of Physical Education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities;
- Knows the implications and the benefits of involvement in various types of physical activities;
- Participates regularly in physical activity;
- Is physically fit;
- Values physical activity and its contributions to a healthful lifestyle.

Units:*Physical Education 3-5 Curriculum Map 2022-23*

Time Frame	Unit	Standards	Evidence of Understanding	Assessment
Quarter 1	Cooperative Learning Skills Spatial awareness	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Follow rules, safe practices and engage in class activities. 2. Identify equipment-specific safety rules and follow them. 3. Recognize characteristics of the equipment and environment that affect safe play. 4. Lead, follow and support group members to improve play in cooperative and competitive settings. 5. Evaluate personal behavior to ensure positive effects on others. 6. Demonstrate respectful and responsible behavior toward peers different from oneself. 7. Demonstrate cooperation with others when resolving conflict.	--participation in activities --collaborative discussions --observation of skills --performance

	Soccer	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Kick a ball for force using a backswing with the kicking leg and stepping next to the ball without hesitating or stopping prior to kick. 2. Recognize offensive and defensive situations. 3. Identify the choices to make (e.g., shoot, pass, dribble) to score a goal or point.	-participation in activities -collaborative discussions -observation of skills -performance
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	Football	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw overhand with force using appropriate critical elements. 2. Catch two-handed during a game or game-like situation using the critical elements. 3. Send (e.g., pass, roll) an object to a target using critical elements while varying space, distance, location and relationship to objects. 4. Modify movement to meet the demands of a task (e.g., throw with more or less force to reach a target or teammate). 5. Select the correct decision when presented with a tactical problem to score (e.g., ball possession, attack, moving an opponent). 6. Demonstrate offensive and defensive positioning in simple game settings (e.g., maintain or return to base position, positioning relative to a goal or opponent). 7. Describe the critical elements of the manipulative skills (e.g., throw, catch, kick, strike) and activity-specific skills. 8. Adhere to class and activity-specific rules and safe practices. 9. Engage in activities and take responsibility for actions. 10. Demonstrate cooperation with and respect for peers different from oneself. 11. Identify aspects of a physical activity that are challenging, yet enjoyable.	-participation in activities -collaborative discussions -observation of skills -performance
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Quarter 2	Locomotor Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Perform a sequence of movements (e.g., dance, gymnastics, jump rope) with a beginning, middle and end. 2. Jump rope demonstrating a variety of footwork skills. 3. Balance on different bases of support and on apparatus demonstrating different levels, shapes and patterns. 4. Perform teacher-selected and developmentally appropriate dance steps and movement patterns.	-participation in activities -collaborative discussions -observation of skills -performance
	Basketball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Dribble a ball with both hands using variations in speed and direction 2. Recognize offensive and defensive situations. 3. Identify the choices to make (e.g., shoot, pass, dribble) to score a goal or point. 4. Lead, follow and support group members to improve play in cooperative and competitive settings. 5. Evaluate personal behavior to ensure positive effects on others. 6. Demonstrate respectful and responsible behavior toward peers different from oneself. 7. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance

	Hockey	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Strike an object with an implement using the critical elements. 2. Dribble with control while moving through space to avoid stationary objects using the critical elements. 3. Send (e.g., pass, roll) an object to a target using critical elements while varying space, distance, location and relationship to objects. 4. Select the correct decision when presented with a tactical problem to score 5. identify open space and areas of space to defend in a dynamic environment 6. Identify correct and incorrect aspects of skill performance using critical elements. 7. Follow rules and safe practices and engage in class activities.	-participation in activities -collaborative discussions -observation of skills -performance
	Leisure Activities	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Follow rules, safe practices and engage in class activities. 2. Identify equipment-specific safety rules and follow them. 3. Recognize characteristics of the equipment and environment that affect safe play. 4. Identify multiple specific reasons for enjoying a selected physical activity. 5. Identify aspects of a physical activity that are challenging, yet enjoyable. 6. Identify specific social benefits of a selected physical activity.	-participation in activities -collaborative discussions -observation of skills -performance

Quarter 3	Bowling	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Roll a ball to a specified target. 2. Throw using variations in time/force. 3.Perform locomotor skills 4. Apply different degrees of force, speed and direction 5. Demonstrate an understanding of relationships (e.g., lead, follow, over, under) in a variety of physical activities. 6. Apply concepts of self and general space to accomplish movement tasks. 7. Repeat cue words for fundamental motor skills and apply them to improve performance. 8. Differentiate among non-locomotor and manipulative skills. 9. Follow directions and handle equipment safely.	-participation in activities -collaborative discussions -observation of skills -performance
	Volleyball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Demonstrate basic decision-making capabilities in simple performance settings (e.g., what skill should I use...bump, set, spike) 2. Identify multiple specific health benefits from different dimensions (e.g., physical, emotional, intellectual) from participation in physical activity. 3. Lead, follow and support group members to improve play in cooperative and competitive settings. 4. Evaluate personal behavior to ensure positive effects on others. 5. Demonstrate respectful and responsible behavior toward peers different from oneself. 6. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance

	Fitness	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Values physical activity through various means 1. Identify reasons for enjoying a selected physical activity. 2. Identify the feelings that come with the challenge of learning a new physical activity. 3. Recognize that physical activity provides opportunities for social interaction. GRADE FOUR Values physical activity through various means 1. Identify specific reasons for enjoying a selected physical activity. 2. Identify aspects of a physical activity that are challenging. 3. Identify the social benefits of a selected physical activity. GRADE FIVE Values physical activity through various means 1. Identify multiple specific reasons for enjoying a selected physical activity. 2. Identify aspects of a physical activity that are challenging, yet enjoyable. 3. Identify specific social benefits of a selected physical activity	-participation in activities -collaborative discussions -observation of skills -performance
Quarter 4	Wiffle Ball/Softball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw overhand with force using appropriate critical elements. 2. Catch a variety of objects in dynamic conditions using the critical elements. 3. Strike an object with an implement using the critical elements. 4. Kick a ball with the inside of the foot to a target using the critical elements. 5. Dribble and maintain control while moving through space using the critical elements. 6. Send (e.g., pass, roll) an object to a target using critical elements in a stable environment.	-participation in activities -collaborative discussions -observation of skills -performance

	Net Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Identify multiple specific reasons for enjoying a selected physical activity. 2. Identify aspects of a physical activity that are challenging, yet enjoyable. 3. Identify specific social benefits of a selected physical activity 4.. Lead, follow and support group members to improve play in cooperative and competitive settings. 5. Evaluate personal behavior to ensure positive effects on others. 6. Demonstrate respectful and responsible behavior toward peers different from oneself. 7. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance
	Cooperative Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Identify multiple specific health benefits from different dimensions (e.g., physical, emotional, intellectual) from participation in physical activity 2. Lead, follow and support group members to improve play in cooperative and competitive settings. 3. Evaluate personal behavior to ensure positive effects on others. 4. Demonstrate respectful and responsible behavior toward peers different from oneself. 5. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance

Course Description:**PHYSICAL EDUCATION****GRADE 6 Elementary**

Physical Education will be a year-long course blended with a variety of activities that will explore ways to keep the body in shape over a students' lifetime. The course will be available to all levels of students in grade 6. The goal of Physical Education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities;
- Knows the implications and the benefits of involvement in various types of physical activities;
- Participates regularly in physical activity;
- Is physically fit;
- Values physical activity and its contributions to a healthful lifestyle.

Units:

Physical Education 6th grade Elementary Curriculum Map 2022-23

Time Frame	Unit	Standards	Evidence of Understanding	Assessment
Quarter 1	Cooperative Learning Skills Spacial awareness	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Follow rules, safe practices and engage in class activities. 2. Identify equipment-specific safety rules and follow them. 3. Recognize characteristics of the equipment and environment that affect safe play. 4. Lead, follow and support group members to improve play in cooperative and competitive settings. 5. Evaluate personal behavior to ensure positive effects on others. 6. Demonstrate respectful and responsible behavior toward peers different from oneself. 7. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance

	Soccer	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Demonstrate understanding of basic offensive tactics related to off-the-ball movements while participating in game-like settings (e.g., when and where should I move?). 2. Demonstrate understanding of basic defensive tactics related to defending space while participating in game-like settings (e.g., when and where should I move?). 3. Identify correct decision in game-like settings.	-participation in activities -collaborative discussions -observation of skills -performance
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	Football	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw overhand with force using appropriate critical elements. 2. Catch two-handed during a game or game-like situation using the critical elements. 3. Send (e.g., pass, roll) an object to a target using critical elements while varying space, distance, location and relationship to objects. 4. Modify movement to meet the demands of a task (e.g., throw with more or less force to reach a target or teammate). 5. Select the correct decision when presented with a tactical problem to score (e.g., ball possession, attack, moving an opponent). 6. Demonstrate offensive and defensive positioning in simple game settings (e.g., maintain or return to base position, positioning relative to a goal or opponent). 7. Describe the critical elements of the manipulative skills (e.g., throw, catch, kick, strike) and activity-specific skills. 8. Adhere to class and activity-specific rules and safe practices. 9. Engage in activities and take responsibility for actions. 10. Demonstrate cooperation with and respect for peers different from oneself. 11. Identify aspects of a physical activity that are challenging, yet enjoyable.	-participation in activities -collaborative discussions -observation of skills -performance
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Quarter 2	Locomotor Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Demonstrate movement patterns in dance, gymnastics or fitness (e.g., yoga, Zumba). 2. Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of movement forms (e.g., fitness, track and field, martial arts, outdoor activities, aquatics, cycling, rollerblading) in controlled settings. 3. Perform simple dance sequences.	-participation in activities -collaborative discussions -observation of skills -performance
	Basketball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Send, receive, dribble and shoot in game-like practice using appropriate critical elements. 2. Strike an object with hand or implement in game-like practice using appropriate critical elements. 3. Strike and field an object with foot, hand or implement in game-like practice. 4. Send an object to a target in game-like practice using appropriate critical elements.	-participation in activities -collaborative discussions -observation of skills -performance

	Hockey	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Strike an object with an implement using the critical elements. 2. Dribble with control while moving through space to avoid stationary objects using the critical elements. 3. Send (e.g., pass, roll) an object to a target using critical elements while varying space, distance, location and relationship to objects. 4. Select the correct decision when presented with a tactical problem to score 5. identify open space and areas of space to defend in a dynamic environment 6. Identify correct and incorrect aspects of skill performance using critical elements. 7. Follow rules and safe practices and engage in class activities.	-participation in activities -collaborative discussions -observation of skills -performance
	Leisure Activities	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Health reasons to be physically active 1. Describe how being physically active contributes to a healthy body. 2. Describe how being physically active contributes to emotional health. 3. Describe how being physically active contributes to intellectual health.	-participation in activities -collaborative discussions -observation of skills -performance

Quarter 3	Bowling	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Roll a ball to a specified target. 2. Throw using variations in time/force. 3.Perform locomotor skills 4. Apply different degrees of force, speed and direction 5. Demonstrate an understanding of relationships (e.g., lead, follow, over, under) in a variety of physical activities. 6. Apply concepts of self and general space to accomplish movement tasks. 7. Repeat cue words for fundamental motor skills and apply them to improve performance. 8. Differentiate among non-locomotor and manipulative skills. 9. Follow directions and handle equipment safely.	-participation in activities -collaborative discussions -observation of skills -performance
	Volleyball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1.Demonstrate basic decision-making capabilities in simple performance settings (e.g., what skill should I use...bump, set, spike) 2. Identify multiple specific health benefits from different dimensions (e.g., physical, emotional, intellectual) from participation in physical activity. 3. Lead, follow and support group members to improve play in cooperative and competitive settings. 4. Evaluate personal behavior to ensure positive effects on others. 5. Demonstrate respectful and responsible behavior toward peers different from oneself. 6. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance

	Fitness	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Demonstrate understanding of movement principles through knowledge of critical elements (key points) of specialized skills in fitness, sport/games, individual performance activities and movement forms. 2. Analyze skills in fitness, sport/games, individual performance activities and movement forms to identify strengths and areas to improve.	-participation in activities -collaborative discussions -observation of skills -performance
Quarter 4	Wiffle Ball/Softball	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Throw overhand with force using appropriate critical elements. 2. Catch a variety of objects in dynamic conditions using the critical elements. 3. Strike an object with an implement using the critical elements. 4. Kick a ball with the inside of the foot to a target using the critical elements. 5. Dribble and maintain control while moving through space using the critical elements. 6. Send (e.g., pass, roll) an object to a target using critical elements in a stable environment.	-participation in activities -collaborative discussions -observation of skills -performance

	Net Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Identify multiple specific health benefits from different dimensions (e.g., physical, emotional, intellectual) from participation in physical activity 2. Lead, follow and support group members to improve play in cooperative and competitive settings. 3. Evaluate personal behavior to ensure positive effects on others. 4. Demonstrate respectful and responsible behavior toward peers different from oneself. 5. Demonstrate cooperation with others when resolving conflict.	-participation in activities -collaborative discussions -observation of skills -performance
	Cooperative Games	STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns. STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others. STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	1. Offer positive suggestions to facilitate group progress in physical activities. 2. Demonstrate cooperation with peers of different gender, race and ability in physical activity settings. 3. Show consideration of the rights and feelings of others when resolving conflict. 4. Accept decisions made by the designated official and return to activity.	-participation in activities -collaborative discussions -observation of skills -performance

Course Description:

PHYSICAL EDUCATION

GRADE 6 at Milford Middle School QUARTER

Physical Education is a quarter-long course that allows students to experience the likes of; personal fitness, mental and physical development, strategic competition, and aspects that promote an active, healthy lifestyle. This course is offered to seventh grade students as an elective. Student regular participation is required and expected for this course. Each unit will consist of varying levels of skill work, appropriate practices, and in some cases game situation competition. Students will have the opportunity to experience various forms of physical activity that allow for the development of life-long skills and fitness goals.

Units:

6th Grade Physical Education Curriculum Map at Middle School

Time Frame	Unit	Standards	Evidence of Understanding	Assessment
2 days per week	Personal Fitness	1. Analyze movement using knowledge of critical elements (key points) in specialized skills in fitness 2. Identify ways to improve movement performance using fitness activities.	- proper use of equipment and machines - identify what muscle groups are being trained with each exercise' - be able to adjust intensity and resistance depending on capability and development - identify multiple forms of training for muscle groups - describe different types of training (cardio, resistance, isometric, etc.)	- participation - discussion - observation - Fitnessgram assessments: cardio (pacer), upper body (push-up), core (curl up), and flexibility (shoulder or sit & reach)
1 week (3 classes)	Soccer	1. Send, receive, dribble and shoot using appropriate critical elements in practice and small-sided invasion games.	- demonstrate proper soccer skills including dribbling, passing, and shooting on a goal - implement skills into a game setting	- participation - discussion - game play
1 week (3 classes)	Football/Frisbee	1. Analyze movement using knowledge of critical elements (key points) in specialized skills in sport/games and movement forms. 2. Send an object to a target in controlled practice and individual/small-sided games	- demonstrate proper throwing and catching technique of a football - demonstrate proper throwing and catching technique of a frisbee - develop strategies and work with a team to score points - explain spatial awareness	- participation - discussion - game play
1 week (3 classes)	Baseball	1. Strike and field an object with an implement using appropriate critical elements in controlled practice and small-sided striking/fielding games	- explain the positions on the field - throw and catch a ball (baseball/softball/kickball) - use effective communication skills in game situations	- participation - discussion - game play

1 week (3 classes)	Volleyball	1.. Strike an object with hand using appropriate critical elements in controlled practice and singles/ small-sided net/wall games.	- demonstrate a proper bump, set, and hit technique during skill work with small groups - use effective communication skills in game situations within their team	- participation - discussion - game play
1 week (3 classes)	Tennis/ Pickleball	1.Strike an object with an implement using appropriate critical elements in controlled practice and singles/ small-sided net/wall games.	- explain tennis rules and regulations including scoring system - explain pickleball rules and regulations including scoring system - hit the ball into the correct spot on the court being used	- participation - discussion - game play
1 week (3 classes)	Basketball	1.Send, receive, dribble and shoot using appropriate critical elements in practice and small-sided invasion games.	- demonstrate proper skills for basketball including passing, shooting, and dribbling - apply skill work in small game setting (3 vs 3) - work appropriately with a small group to achieve points during game play	- participation - discussion - game play
1 week (3 classes)	Gymnastics	1.Demonstrate a routine that includes a variety of movement patterns in dance or gymnastics with a partner or small group.	- complete gymnastics stations provided - collaborate with a small group to create a routine of 6 moves or more - perform routine with small group	- participation - discussion - partner routine performance
1 week (3 classes)	Floor Hockey	1.Strike an object with an implement using appropriate critical elements in controlled practice and singles/ small-sided net/wall games.	- demonstrate appropriate use of the hockey stick for safety measures - demonstrate proper passing, receiving, dribbling, and shooting skills in hockey - use effective communication with small group and team during competition - collaborate on strategies to score goals	- participation - discussion - game play