

**PHYSICAL EDUCATION 3-6
CURRICULUM MAP**

1st Nine Weeks	2nd Nine Weeks
<p>4. Understands how to monitor and maintain a health-enhancing level of physical fitness.</p> <ul style="list-style-type: none"> • Knows how to monitor intensity of exercise (e.g., heart rate, breathing rate, perceived exertion, and recovery rate). <p>3. Understands the benefits and costs associated with participation in physical activity.</p> <ul style="list-style-type: none"> • Understands detrimental effects of physical activity (e.g., muscle soreness, overuse injuries, over-training, temporary tiredness, and discovering inability). <p>4. Understands how to monitor and maintain a health-enhancing level of physical fitness.</p> <ul style="list-style-type: none"> • Engages in activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run and other endurance activities at a specified heart rate). • Uses information from fitness assessments to improve selected fitness components (e.g., cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition). • Meets health-related fitness standards for appropriate of level of a standardized physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility). 	<p>2. Uses movement concepts and principals in the development of motor skills.</p> <ul style="list-style-type: none"> • Uses basic offensive and defensive strategies in unstructured game environments (e.g., limited rules, modified equipment, small numbers of participants). <p>1. Uses a variety of basic and advanced movement forms.</p> <ul style="list-style-type: none"> • Uses basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble, fielding, fielding a softball with a glove).

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3rd Nine Weeks	4th Nine Weeks
<p>4. Understands how to monitor and maintain a health-enhancing level of physical fitness.</p> <ul style="list-style-type: none"> • Knows the effects of physical activity and nutrition on body composition. <p>3. Understands the benefits and costs associated with participation in physical activity.</p> <ul style="list-style-type: none"> • Chooses physical activities based on a variety of factors (e.g., personal interests and capabilities, perceived social and physical benefits, challenge and enjoyment). <p>4. Understands how to monitor and maintain a health-enhancing level of physical fitness.</p> <ul style="list-style-type: none"> • Knows the characteristics of a healthy lifestyle (e.g., daily health-enhancing physical activity, proper nutrition). 	<p>3. Understands the benefits and costs associated with participation in physical activity.</p> <ul style="list-style-type: none"> • Knows factors that inhibit physical activity (e.g., substance abuse). <p>1. Uses a variety of basic and advanced movement forms.</p> <ul style="list-style-type: none"> • Uses mature form in object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike, batting, punt, pass). <p>5. Understands the social and personal responsibility associated with participation in physical activity.</p> <ul style="list-style-type: none"> • Works in a group to accomplish a set goal in both cooperative and competitive activities.

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EMBEDDED THROUGHOUT THE YEAR**

2. Uses movement concepts and principals in the development of motor skills.

Understands proper warm-up and cool-down techniques and reasons for using them.

4. Understands how to monitor and maintain a health-enhancing level of physical fitness.

Participates in moderate to vigorous physical activity in a variety of settings.

Engages in activities that develop and maintain flexibility of the major joints (e.g., sit and reach, trunk twists, and arm-shoulder stretches).

5. Understands the social and personal responsibility associated with participation in physical activity.

Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations.

1. Uses a variety of basic and advanced movement forms.

Uses mature form and appropriate sequence in combinations of fundamental locomotor.

3. Understands the benefits and costs associated with participation in physical activity.

Knows about opportunities for participation in physical activities both in and out of school (e.g., recreational leagues, intramural sports, clubs).

2. Uses movement concepts and principals in the development of motor skills.

Knows how to modify activities to be more health-enhancing (e.g., waling, instead of riding, taking the stairs rather than the elevator).

Understands principles of practices and conditioning that improve performance.

4. Understands how to monitor and maintain a health-enhancing level of physical fitness.

Engages in activities that develop and maintain muscular strength (e.g., push-ups, pull-ups, curl-ups, isometric strength activities, jump rope).

2. Uses movement concepts and principals in the development of motor skills.

Uses information from a variety of internal and external sources to improve performance (e.g., group projects, student journal, self-assessment, peer and coach review).