

**CURRICULUM MAP  
ELEMENTARY K-6  
PHYSICAL EDUCATION**

<p><b><u>Conditioning</u></b> <b><u>Physical Fitness</u></b> <b><u>Test</u></b> Sit Ups Pull Ups Shuttle Run Sit/Reach ½ Mile Run  Matt ball  Dodgeball  <b><u>TAG Games</u></b> Safety/Rules</p>	<p><b><u>Skills</u></b> Dribbling Passing Kicking Offense Defense Positioning Scoring Lead Up Games</p>	<p><b><u>Wiffleball</u></b> History Equipment Safety Rules <b><u>Skills</u></b> Batting Catching Throwing Positioning Offense Defense Scoring Tournament <b><u>Stations</u></b> Fitness Sports Health</p>	<p><b><u>Pickleball</u></b> History Equipment Safety Rules Single/Doubles <b><u>Skills</u></b> Serving Hitting/Volleying Game Strategies Scoring Tournament <b><u>Corn Hole/Ladderball</u></b> History Equipment Safety Rules – Single/Doubles <b><u>Skills</u></b> Throwing Game Strategies Scoring</p>	<p><b><u>Parachute</u></b> Safety/Rules Skills</p>
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10/1/2010

Activities vary from school to school depending upon equipment and weather.  
Activities are in reverse order second semester.

**CURRICULUM MAP  
HIGH SCHOOL  
PHYSICAL EDUCATION**

<p><b><u>Volleyball</u></b> History Equipment Safety Rules <b><u>Skills</u></b> Passing Setting Hitting Blocking Serving Offense Defense Scoring Lead Up Games Tournament</p> <p><b><u>Kickball</u></b> Rules Safety <b><u>Skills</u></b> Kicking Base Running Defense Scoring Catch Throw</p>	<p><b><u>Basketball</u></b> History Equipment Safety Rules <b><u>Skills</u></b> Dribbling Passing Shooting Offense Defense Lead Up Games Tournament</p> <p><b><u>Relays</u></b> Safety Rules Equipment <b><u>Skills</u></b></p>	<p><b><u>Football/Flag Tag</u></b> History Equipment Safety Rules <b><u>Skills</u></b> Throwing Catching Kicking Offense Defense Scoring Games</p> <p><b><u>Bowling</u></b> History Equipment Safety Rules <b><u>Skills</u></b> Approach Strategies Scoring</p>	<p><b><u>Dance</u></b> Square-1 Group Modern Line Dance</p> <p><b><u>Physical Fitness Test Re-Take</u></b> Sit Ups Pull Ups Shuttle Run Sit/Reach ½ Mile Run</p> <p><b><u>Life Fitness</u></b> Aerobics Fit trail Weights <b><u>Skills</u></b> Flexibility Toning Breathing Body Mass Index</p> <p style="text-align: right;">10/1/2010</p>
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The following National Physical Education Standards are embedded throughout the semester.

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

Understands factors that impact the ability to participate in physical activity (e.g. type of activity, cost, availability facilities, equipment required, personnel involved)

Understands how various factors (e.g., age, gender race, ethnicity, socioeconomic status, and culture) affect physical activity preferences and participation.

Understands the potentially dangerous consequences and outcomes of participation in physical activity (e.g., physical injury, potential conflicts with others).

**Uses a variety of basic and advanced movement form.**

Uses advanced sport-specific skills in selected physical activities (e.g., aquatics, dance, outdoor pursuits, individual, dual, and team sports and activities)

Uses skills in complex rather than modified versions of physical activities (e.g., more players or participants, rules and strategies).

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

Uses leadership and follower roles, when appropriate, in accomplishing group goals in physical activities.

Works with others in a sport activity to achieve a common goal (e.g., winning a team championship).

Understands how participation in physical activity fosters awareness of diversity (e.g., cultural, ethnic, gender, physical).

Includes persons of diverse backgrounds and abilities in physical activity.

**Uses movement concepts and principles in the development of motor skills.**

Uses offensive and defensive strategies and appropriate rules for sports and other physical activities.

Knows how to monitor and adjust activity levels to meet personal fitness needs.

Understands how to maintain an active lifestyle throughout life.

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

Knows personal status of cardio-respiratory endurance.

Knows personal status of muscular strength and endurance of arms, shoulders, abdomen, back, and legs.

Knows personal status of flexibility of the joints of the arms, legs, and trunk.

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