

Elementary Physical Education Curriculum Map K-5

Timeframe	Essential Question	Vocabulary	Standard(s)	Assessment(s)	Educational Resources
Rolling Skills 2 Weeks	<ol style="list-style-type: none"> 1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills? 	Rolling Accuracy Targets	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Mats Pcentral.org
Soccer Skills 2 Weeks	<ol style="list-style-type: none"> 1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement s 	Goalie Dribbling Passing Offense Dribbling	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Soccer Goals Balls Cones Pcentral.org
Ball Handling Skills 2 Weeks	<ol style="list-style-type: none"> 1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills 	Target Accuracy	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Cones Fleece Balls Tennis Balls Gertie Ball Pcentral.org
Throwing/ Catching Skills 2 Weeks	<ol style="list-style-type: none"> 1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 	Quarterback Receiver Passer	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B	Teacher Observation Participation	Fleece Balls Cones Pcentral.org

	<p>4. What do you need to know to make good exercise choices?</p> <p>5. How can science help you improve your movement skills?</p>		<p>10.5.3C 10.5.3D 10.5.3E 10.5.3F</p>		
<p>Running Skills</p> <p>2 Weeks</p>	<p>1. What happens to our bodies when we are physically active?</p> <p>2. Why should you be physically active?</p> <p>3. How can movement skills and concepts help you become a better mover?</p> <p>4. What do you need to know to make good exercise choices?</p> <p>5. How can science help you improve your movement skills?</p>	<p>Speed</p> <p>Teamwork</p>	<p>10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F</p>	<p>Teacher Observation</p> <p>Participation</p>	<p>All small items to collect – balls, rings, etc.</p> <p>Pecentral.org</p>
<p>Bouncing</p> <p>Dribbling</p> <p>Shooting</p> <p>2 Weeks</p>	<p>1. What happens to our bodies when we are physically active?</p> <p>2. Why should you be physically active?</p> <p>3. How can movement skills and concepts help you become a better mover?</p> <p>4. What do you need to know to make good exercise choices?</p> <p>5. How can science help you improve your movement skills?</p>	<p>Dribbling</p> <p>Shooting</p>	<p>10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F</p>	<p>Teacher Observation</p> <p>Participation</p>	<p>Playground Balls</p> <p>Hula Hoops</p> <p><i>Pecentral.org</i></p>
<p>Shooting Skills/ Competition</p> <p>2 Weeks</p>	<p>1. What happens to our bodies when we are physically active?</p> <p>2. Why should you be physically active?</p> <p>3. How can movement skills and concepts help you become a better mover?</p> <p>4. What do you need to know to make good exercise choices?</p> <p>5. How can science help you improve your movement skills?</p>	<p><i>Competition</i></p> <p><i>Challenge</i></p> <p><i>Good sport</i></p>	<p>10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F</p>	<p>Teacher Observation</p> <p>Participation</p>	<p>Playground Balls</p> <p>Sponge Balls</p> <p>Pecentral.org</p>
<p>Rolling Offensive and Defensive Skills</p> <p>2 Weeks</p>	<p>1. What happens to our bodies when we are physically active?</p> <p>2. Why should you be physically active?</p> <p>3. How can movement skills and concepts help you become a better mover?</p> <p>4. What do you need to know to make good exercise choices?</p>	<p>Offense</p> <p>Defense</p> <p>Attack</p> <p>Protect</p>	<p>10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D</p>	<p>Teacher Observation</p> <p>Participation</p>	<p>Sponge Balls</p> <p>Bowling Pins</p> <p>X's on Floor</p> <p>Pecentral.org</p>

	5. How can science help you improve your movement skills		10.5.3E 10.5.3F		
Rolling/Bowling Skills 2 Weeks	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills	Bowling Strikes Spare	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Bowling Pins Cones Pecentral.org
Striking 2 Weeks	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills	Volleyball Pass serve Set	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observations Participation	Gertie Balls Pecentral.org
Throwing Offense Defense 2 Weeks	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills	Satellite Attack Defend Teamwork	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Hula Hoops Gertie Balls Pecentral.org
Running Dodging Agility 2 Weeks	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices?	Agility Dodging Strategy Tactics	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Hoops Small items (balls, rings, frogs,etc.) Fleece balls Pecentral.org

	5. How can science help you improve your movement skills				
Tumbling Skills 2 Weeks	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills	Rolls Headstand Handstand Cartwheel Handspring	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Tumbling Mats Pecentral.org
Kicking 2 Weeks	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills	Kickball Bases Infield Outfield	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Kickball Floor tape Bases Pecentral.org
Scooters 1 Week	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills	Spatial Awareness	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Scooters Cones Pecentral.org
Parachute 1 Week	1. What happens to our bodies when we are physically active? 2. Why should you be physically active? 3. How can movement skills and concepts help you become a better mover? 4. What do you need to know to make good exercise choices? 5. How can science help you improve your movement skills?	Teamwork	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	Teacher Observation Participation	Parachute Pecentral.org

<p>Obstacle Course</p> <p>2 Weeks</p>	<p>1. What happens to our bodies when we are physically active?</p> <p>2. Why should you be physically active?</p> <p>3. How can movement skills and concepts help you become a better mover?</p> <p>4. What do you need to know to make good exercise choices?</p> <p>5. How can science help you improve your movement skills?</p>	<p>Running</p> <p>Strength</p>	<p>10.4.3A</p> <p>10.4.3B</p> <p>10.4.3C</p> <p>10.4.3D</p> <p>10.4.3E</p> <p>10.4.3F</p> <p>10.5.3A</p> <p>10.5.3B</p> <p>10.5.3C</p> <p>10.5.3D</p> <p>10.5.3E</p> <p>10.5.3F</p>	<p>Teacher Observation</p> <p>Participation</p>	<p>Mats</p> <p>Chairs</p> <p>Noodles</p> <p>Cones</p> <p>Hoops</p> <p>Pecentral.org</p>
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