

### Physical Education and Health Curriculum Map for 5<sup>th</sup> and 6<sup>th</sup> Grade

Trimester One (Aug-Nov.) Strategies/Skills covered	Key Standards	Assessments	Suggested Materials
<p><b>FitnessGram Testing:</b> PACER Test (bi-monthly), Curl-Ups, Push-Ups, Sit and Reach</p> <p><b>Mile Run</b></p> <p><b>Soccer:</b> Rules, correct skill development and use, game play</p> <p><b>Ultimate Football:</b> Rules, correct skill development and use, game play</p> <p><b>Speedball:</b> Rules, correct skill development and use, game play</p> <p><b>Indoor Softball:</b> Rules, correct skill development and use, game play</p> <p><b>Ghost Town:</b> Rules, correct skill development and use, game play</p> <p><b>Health: Bullying, Online Safety Injury Prevention, Self-Esteem, Self-Image, Dealing with Emotions, &amp; D.A.R.E. (5<sup>th</sup> Grade)</b></p>	<p><b>State Goal 19-</b> Movement Skills</p> <p><b>State Goal 20-</b> Physical Fitness</p> <p><b>State Goal 21-</b> Team Building</p> <p><b>State Goal 22-</b> Health Promotion, Prevention, and Treatment</p> <p><b>State Goal 23-</b> Human Body Systems</p> <p><b>State Goal 24-</b> Communications and Decision Making</p>	<p><b>Assessment:</b> Daily class grade, Trimester Pre- self-goals assessment, Trimester Mid- self-goals assessment, Trimester Post-self-goals assessment Skill rubrics, FitnessGram software</p>	<p>-FitnessGram software</p> <p>-HLC Middle School Health Curriculum</p> <p>-Trimester Pre-, Mid-, and post goals assessment</p> <p>-Equipment needed for games</p>

Trimester Two (Nov.-Feb.) Strategies/Skills covered	Key Standards	Assessments	Suggested Materials
<p><b>FitnessGram Testing:</b> PACER Test (bi-monthly), Curl-Ups, Push-Ups, Sit and Reach</p> <p><b>Kicking Pin:</b> Rules, correct skill development and use, game play</p>	<p><b>State Goal 19-</b> Movement Skills</p> <p><b>State Goal 20-</b> Physical Fitness</p> <p><b>State Goal 21-</b> Team Building</p> <p><b>State Goal 22-</b> Health Promotion, Prevention, and Treatment</p> <p><b>State Goal 23-</b> Human Body Systems</p>	<p><b>Assessment:</b> Daily class grade, Trimester Pre- self-goals assessment, Trimester Mid- self-goals assessment, Trimester Post-self-goals assessment Skill rubrics, FitnessGram software</p>	<p>-FitnessGram software</p> <p>-HLC Middle School Health Curriculum</p> <p>-Trimester Pre-, Mid-, and post goals assessment</p>

<p><b>Crazy Pin Guard:</b> Rules, correct skill development and use, game play</p> <p><b>Raging River:</b> Rules, correct skill development and use, game play</p> <p><b>Volleyball/ Volleyball 4-Square:</b> Rules, correct skill development and use, game play</p> <p><b>Scrabble Scramble:</b> Rules, correct skill development and use, game play</p> <p><b>Team Pin Protect:</b> Rules, correct skill development and use, game play</p> <p><b>Basketball:</b> Rules, correct skill development and use, game play</p> <p><b>Tchoukball:</b> Rules, correct skill development and use, game play</p> <p><b>Pillow Polo:</b> Rules, correct skill development and use, game play</p> <p><b>Health: Self-Esteem, Self-Image, Dealing with Emotions, Nutrition, Physical Activity, Stress Reduction, Effective Communication, Conflict Resolution &amp; D.A.R.E. (5<sup>th</sup> Grade)</b></p>	<p><b>State Goal 24-</b> Communications and Decision Making</p>		<p>-Equipment needed for games</p>
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Trimester Three (Mar.-Jun.) Strategies/Skills covered	Key Standards	Assessments	Suggested Materials
<p><b>FitnessGram Testing:</b> PACER Test (bi-monthly), Curl-Ups, Push-Ups, Sit and Reach</p>	<p><b>State Goal 19-</b> Movement Skills <b>State Goal 20-</b> Physical Fitness <b>State Goal 21-</b> Team Building</p>	<p><b>Assessment:</b> Daily class grade, Trimester Pre- self-goals assessment, Trimester Mid- self-goals assessment, Trimester Post-</p>	<p>-FitnessGram software -HLC Middle School Health Curriculum</p>

<p><b>Battleship:</b> Rules, correct skill development and use, game play</p> <p><b>Math Bingo Relay:</b> Rules, correct skill development and use, game play</p> <p><b>Scrabble Scramble:</b> Rules, correct skill development and use, game play</p> <p><b>Crazy Pin Guard:</b> Rules, correct skill development and use, game play</p> <p><b>Create a Game/Student Led Instruction</b></p> <p><b>Kick Pin:</b> Rules, correct skill development and use, game play</p> <p><b>Vegas Kickball:</b> Rules, correct skill development and use, game play</p> <p><b>Health: Decision Making Model, Caring for the Environment, Living You Values, &amp; D.A.R.E. (5<sup>th</sup> Grade)</b></p>	<p><b>State Goal 22-</b> Health Promotion, Prevention, and Treatment</p> <p><b>State Goal 23-</b> Human Body Systems</p> <p><b>State Goal 24-</b> Communications and Decision Making</p>	<p>self-goals assessment Skill rubrics, FitnessGram software</p>	<p>-Trimester Pre-, Mid-, and post goals assessment</p> <p>-Equipment needed for games</p>
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