

Physical Education and Health Curriculum Map for 5th and 6th Grade

Trimester One (Aug-Nov.) Strategies/Skills covered	Key Standards	Assessments	Suggested Materials
<p>FitnessGram Testing: PACER Test (bi-monthly), Curl-Ups, Push-Ups, Sit and Reach</p> <p>Mile Run</p> <p>Soccer: Rules, correct skill development and use, game play</p> <p>Ultimate Football: Rules, correct skill development and use, game play</p> <p>Speedball: Rules, correct skill development and use, game play</p> <p>Indoor Softball: Rules, correct skill development and use, game play</p> <p>Ghost Town: Rules, correct skill development and use, game play</p> <p>Health: Bullying, Online Safety Injury Prevention, Self-Esteem, Self-Image, Dealing with Emotions, & D.A.R.E. (5th Grade)</p>	<p>State Goal 19- Movement Skills</p> <p>State Goal 20- Physical Fitness</p> <p>State Goal 21- Team Building</p> <p>State Goal 22- Health Promotion, Prevention, and Treatment</p> <p>State Goal 23- Human Body Systems</p> <p>State Goal 24- Communications and Decision Making</p>	<p>Assessment: 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>FitnessGram Testing: PACER Test (bi-monthly), Curl-Ups, Push-Ups, Sit and Reach</p> <p>Kicking Pin: Rules, correct skill development and use, game play</p>	<p>State Goal 19- Movement Skills</p> <p>State Goal 20- Physical Fitness</p> <p>State Goal 21- Team Building</p> <p>State Goal 22- Health Promotion, Prevention, and Treatment</p> <p>State Goal 23- Human Body Systems</p>	<p>Assessment: 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>Crazy Pin Guard: Rules, correct skill development and use, game play</p> <p>Raging River: Rules, correct skill development and use, game play</p> <p>Volleyball/ Volleyball 4-Square: Rules, correct skill development and use, game play</p> <p>Scrabble Scramble: Rules, correct skill development and use, game play</p> <p>Team Pin Protect: Rules, correct skill development and use, game play</p> <p>Basketball: Rules, correct skill development and use, game play</p> <p>Tchoukball: Rules, correct skill development and use, game play</p> <p>Pillow Polo: Rules, correct skill development and use, game play</p> <p>Health: Self-Esteem, Self-Image, Dealing with Emotions, Nutrition, Physical Activity, Stress Reduction, Effective Communication, Conflict Resolution & D.A.R.E. (5th Grade)</p>	<p>State Goal 24- 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>FitnessGram Testing: PACER Test (bi-monthly), Curl-Ups, Push-Ups, Sit and Reach</p>	<p>State Goal 19- Movement Skills State Goal 20- Physical Fitness State Goal 21- Team Building</p>	<p>Assessment: 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>Battleship: Rules, correct skill development and use, game play</p> <p>Math Bingo Relay: Rules, correct skill development and use, game play</p> <p>Scrabble Scramble: Rules, correct skill development and use, game play</p> <p>Crazy Pin Guard: Rules, correct skill development and use, game play</p> <p>Create a Game/Student Led Instruction</p> <p>Kick Pin: Rules, correct skill development and use, game play</p> <p>Vegas Kickball: Rules, correct skill development and use, game play</p> <p>Health: Decision Making Model, Caring for the Environment, Living You Values, & D.A.R.E. (5th Grade)</p>	<p>State Goal 22- Health Promotion, Prevention, and Treatment</p> <p>State Goal 23- Human Body Systems</p> <p>State Goal 24- 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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