

A Curriculum Guide for
Fillmore Central Public Schools
Grades K-12

Physical Education

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Level(s): Kindergarten

Subject/Course: Physical Education

Units (Sequence)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standard Framework
Locomotor Skills	5	<ul style="list-style-type: none"> Demonstrate the ability to do locomotor skills 	crab walk, gallop, hop, bear walk, jog, sprint		TLW be able to complete each locomotor skill with correct form while moving down the gym floor.	2.1.1, 2.1.3, 2.1.4, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Game	1	<ul style="list-style-type: none"> Demonstrate the ability to play with a variety of balls and to use them correctly. 	dodge balls, basketballs, kickballs, volleyballs	dodge balls, basketballs, kickballs, volleyballs	TLW demonstrate their ability to play with the balls by using them correctly and following directions.	2.1.1, 2.1.3, 2.1.4, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Hand Throw	3	<ul style="list-style-type: none"> Demonstrate the ability to throw the ball overhand correctly Demonstrate the ability to throw the ball to a target 	target, arm back, opposite foot, hips to target, release	yarn balls, cones, targets on the wall	<p>TLW throw the ball with correct mechanics 70% of the time.</p> <p>TLW throw the ball to the target 70% of the time.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Ball Skills	4	<ul style="list-style-type: none"> Demonstrate the ability to step and kick the ball as hard as they can Demonstrate the ability to step and kick the ball to a target 	opposite foot, target, hips	soccer balls	<p>TLW step and kick the ball as hard as they can 75% of the time.</p> <p>TLW step and kick the ball to a target 75% of the time.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2

		target			TLW demonstrate the ability to stop a moving object with their hand by stopping the kicked ball at least 5 times.	
/Ring	2	<ul style="list-style-type: none"> • Demonstrate the ability to grip a frisbee/ring correctly • Demonstrate the ability to make a backhand throw 	backhand throw, same foot, grip	frisbees, rings, targets - cones, tape on wall, hula hoops, bowling pins,	<p>TLW complete a backhand throw at the stations 50% of the time.</p> <p>TLW hit the target while throwing a backhand throw 50% of the time.</p>	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2, 2.4.3, 2.5.2, 2.6.1, 2.6.
/Tag	8	<ul style="list-style-type: none"> • Pull-ups: Demonstrate upper body strength • Mile; Demonstrate cardiovascular endurance • Sit & Reach: Demonstrate flexibility • Shuttle Run: Demonstrate agility • Sit-Ups: Muscular Endurance • Demonstrate the ability to avoid being tagged. • Demonstrate the improvement in 	flexibility, strength, endurance, cardiovascular, agility	stopwatch, pull-up bar, sit & reach box, mat, bean bags	<p>Fitnessgram/Presidentia l Fitness</p> <p>TLW demonstrate their ability to change directions by dodging and avoiding the tag.</p> <p>TLW improve their cardiovascular fitness by participating 100% of the time.</p>	2.1.1, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2, 2.5.2, 2.6.2

		cardiovascular fitness				
Beanbag Toss	3	<ul style="list-style-type: none"> • Demonstrate the ability to toss the beanbag underhand into the air • Demonstrate the ability to catch the bean bag in the air • Demonstrate the ability to toss and catch with a partner 	underhand throw, partner toss & catch	bean bags	<p>TLW demonstrate the ability to toss and catch the bean bag by catching 3 in a row.</p> <p>TLW demonstrate the ability to underhand toss the beanbag to a target 75% of the time.</p> <p>TLW demonstrate the ability to catch a moving object by catching their partner's throw 50% of the time.</p>	2.1.2, 2.1.3, 2.2.2, 2.3.1, 2.4.2, 2.4.3, 2.5.2, 2.6.1, 2.6.2
	3	<ul style="list-style-type: none"> • Demonstrate the ability to step and kick the ball as hard as they can • Demonstrate the ability to step and kick the ball to a target • Demonstrate the ability to dribble the ball around a cone 	opposite foot, target, hips	soccer balls + stations - bowling pin, hula hoop, cones	<p>TLW step and kick the ball as hard as they can 75% of the time.</p> <p>TLW step and kick the ball to a target 75% of the time.</p> <p>TLW dribble the ball around a cone 100% of the time.</p>	2.1.2, 2.1.3, 2.2.2, 2.3.1, 2.4.2, 2.4.3, 2.5.2, 2.6.1, 2.6.2
Ball Striking (volleys)	3	<ul style="list-style-type: none"> • Demonstrate the ability to hit the 	volley, striking	volley lights	TLW demonstrate their striking skills by	2.1.2, 2.1.3, 2.2.2, 2.3.1, 2.4.2, 2.4.3, 2.5.2, 2.6.1, 2.6.2

		balloon in order to prevent it from falling to the floor <ul style="list-style-type: none"> • Demonstrate the ability to move their feet in order to get to the balloon • Demonstrate the ability to control their balloon • Demonstrate the ability to strike the balloon back and forth with a partner 			preventing the balloon from hitting the ground 60% of the time. TLW demonstrate their control by keeping the balloon in play 60% of the time. TLW demonstrate their ability to play cooperatively with others during partner play by keeping the balloon in play 60% of the time.	2.4.2, 2.4.3, 2.5.2, 2.6.1, 2.6.2
le	2	<ul style="list-style-type: none"> • Demonstrate the ability to ride scooters safely and correctly. • Demonstrate the ability to identify different colors of bean bags. • Demonstrate the ability to work together with their classmates in order to score points. 	scooter safely	bean bags, scooters, trash can	TLW demonstrate the ability to ride the scooters safely by following directions 100% of the time. TLW demonstrate the ability to identify their colors by picking up the correct color of bean bag 100% of the time. TLW work together with their teammates in order to score points.	2.1.1, 2.1.3, 2.2.2, 2.3.1, 2.4.3, 2.5.2, 2.6.2

ng/Balanc	2	<ul style="list-style-type: none"> • Demonstrate the ability to balance on 1 foot • Demonstrate the ability to balance an object on their hand, head, shoulder, etc. • Demonstrate the strength and flexibility to complete yoga moves • Demonstrate the ability to cross over their body (R arm & L foot) 	balance, core, strength, control, yoga moves	blue mats, bean bags	<p>TLW be able to balance on 1 foot for 15 seconds.</p> <p>TLW demonstrate the ability to balance a beanbag on different parts of their body by walking around in the gym without it falling off.</p> <p>TLW develop and refine their tumbling skills by demonstrating smooth transitions changes in levels and space.</p>	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.4.2, 2.4.3, 2.5.2.5.2, 2.6.1, 2.6.
Memory	1	<ul style="list-style-type: none"> • Demonstrate the ability to encourage their teammate • Demonstrate the ability to find matching colors under the cone 		bean bags, cones	TLW be able to participate in physical activity while looking under cones for matching colors.	2.1.1, 2.1.3, 2.1.2.4.1, 2.5.1, 2.5.2.6.1, 2.6.2
Tip	2	<ul style="list-style-type: none"> • Demonstrate the ability to throw a ball to a target • Demonstrate the 	defense, offense, guarding, battleship	dodgeballs, bowling pins, blue mats, scooters	TLW use offensive strategies (head fake, change of direction, pass fake) in order to knock	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.4.2, 2.4.3, 2.5.2.5.2, 2.6.1, 2.6.

		ability to catch or hit the ball away in order to protect their ship			down the opponents bowling pins. TLW move their feet when playing defense (catching, blocking, hitting the ball away).	
Knock Down	1	<ul style="list-style-type: none"> Demonstrate the ability to roll a ball or throw a ball underhand/overhand to a target 		bowling pins, dodgeballs	<p>TLW throw a ball to a target in order to knock the pin down at least 1 time.</p> <p>TLW guard the pins by moving their feet and changing directions quickly in order to prevent a pin from falling down 100% of the time.</p>	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.2, 2.4.3, 2.5.2.5.2, 2.6.1, 2.6.
Rolling & Guarding Stations	2	<ul style="list-style-type: none"> Demonstrate the ability to roll a ball to a target 	opposite foot	bowling pins, cones, bowling ball	<p>TLW knock down pins at least 50% of the time.</p> <p>TLW begin to find a routine for their approach.</p>	2.1.1, 2.1.2, 2.1.4, 2.2.1, 2.2.3.1, 2.4.1, 2.5.2.5.2, 2.6.1, 2.6.
Game: Locomotor Skills	1	<ul style="list-style-type: none"> Demonstrate the ability to do locomotor skills 	crab walk, gallop, hop, bear walk, jog, sprint	dice	TLW be able to complete each locomotor skill with correct form while moving down the gym floor.	2.1.1, 2.1.3, 2.1.4.1, 2.5.1, 2.5.2.6.1, 2.6.2

Crabs	1	<ul style="list-style-type: none"> • Demonstrate improvement in upper body strength and endurance • Demonstrate the ability to do basic locomotor skills 	fleeing, escaping	bean bags, hula-hoops	TLW demonstrate their strength and endurance by doing the locomotor skills 90% of the time while they moving around the gym.	2.1.1, 2.1.3, 2.1.4, 2.4.1, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Jump Rope	4	<ul style="list-style-type: none"> • Demonstrate the ability to jump rope on two feet without moving around the gym • Demonstrate the ability to jump rope in a stationary position and while moving 	jump rope, coordination, agility	line on the gym floor	<p>TLW demonstrate their ability to jump rope by completing 10 jumps over a line in a row while in a stationary position and keeping their balance.</p> <p>TLW demonstrate their ability to jump on two feet and 1 foot.</p>	2.1.1, 2.1.2, 2.1.4, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.5.2, 2.6.1, 2.6.2
Pass the Tree Grinch	2	<ul style="list-style-type: none"> • Demonstrate the ability to avoid being tagged. • Demonstrate the improvement in cardiovascular fitness 	flexibility, strength, endurance, cardiovascular, agility	red and green yarn balls	<p>TLW demonstrate their ability to change directions by dodging and avoiding the tag.</p> <p>TLW improve their cardiovascular fitness by participating 100% of the time.</p>	
Drop Kick	2	<ul style="list-style-type: none"> • Demonstrate the ability to throw a 	defense, offense, guarding,	dodgeballs, bowling pins, blue	TLW use offensive strategies (head fake,	2.1.2, 2.1.3, 2.2.2, 2.3.1, 2.4.

		ball to a target <ul style="list-style-type: none"> • Demonstrate the ability to catch or hit the ball away in order to protect their ship 	battleship	mats, scooters	change of direction, pass fake) in order to knock down the opponents bowling pins. TLW move their feet when playing defense (catching, blocking, hitting the ball away).	2.4.2, 2.4.3, 2.5.2, 2.5.2, 2.6.1, 2.6.
ite	2	<ul style="list-style-type: none"> • Demonstrate the upper body strength • Demonstrate the ability to work cooperatively with others • Demonstrate the ability to follow directions 	parachute, mushroom	parachute	TLW demonstrate their ability to identify colors by running when their color is stated. TLW demonstrate their upper body strength by shaking the parachute 90% of the time we are shaking it. TLW demonstrate their ability to follow directions by listening and doing what is asked of them.	2.1.1, 2.1.2, 2.1.4, 2.2.1, 2.2.3.1, 2.4.1, 2.5.2, 2.6.1, 2.6.
ball	6	<ul style="list-style-type: none"> • Demonstrate the ability to dribble the ball • Demonstrate the ability to complete a bounce and chest 	shoot, dribble, chest pass, bounce pass, lane line, sideline, baseline, jump stop, lay-ups	basketballs, cones	TLW be able to dribble the basketball down the floor, complete a jump stop, then a pivot without traveling.	2.1.2, 2.1.3, 2.2.2, 2.3.1, 2.4.2, 2.4.3, 2.5.2, 2.6.1, 2.6.

		<ul style="list-style-type: none"> pass • Demonstrate the ability to complete a jump stop and pivot 			<p>TLW be able to pass the ball to their target 75% of the time.</p> <p>TLW be able to catch a pass from a classmate at least 50% of the time.</p>	
• + all	6	<ul style="list-style-type: none"> • Demonstrate the ability to strike a ball with their hand and a little hockey stick 	assist, goal, goalie, offense, defense	green ball, volleyballs, scooter hockey sticks	<p>TLW be able to strike the “puck” 100% of the time with their hand or the little hockey sticks.</p> <p>TLW be able to strike the “puck” into the goal 60% of the time.</p>	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.4, 2.4.3, 2.5.2.5, 2.6.1, 2.6.2
	2	<ul style="list-style-type: none"> • Demonstrate the ability to dance to sequences with smooth transitions 		projector, Wii Dance, music	<p>TLW demonstrate the ability to dance by staying with the wii dance video 50% of the time.</p> <p>TLW demonstrate the ability to dance by completing a full dance routine with the class along with the CD player. (chicken dance, YMCA, et.)</p>	2.1.1, 2.1.2, 2.1.4, 2.2.1, 2.5.2.6.2
• Relays	2	<ul style="list-style-type: none"> • Demonstrate the ability to walk while 	coordination	scarves, music	TLW demonstrate their coordination by walking	2.1.1, 2.1.2, 2.1.4, 2.2.1, 2.5.2.6.2

		completing tasks with the scarf <ul style="list-style-type: none"> • Demonstrate the ability to throw the scarf into the air and to catch it 			and waving the scarves in front of them while alternating hands at least 50% of the time.	2.6.2
	2	<ul style="list-style-type: none"> • Demonstrate the striking skills • Demonstrate the ability to control their movements • Demonstrate the ability to hit a ball into the air 	grip, bend knees, firm wrist, strike	paddles, balls	TLW demonstrate the ability to strike an object with a paddle by hitting it consecutively at least 5 times.	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.2, 2.4.3, 2.5.2.2, 2.6.1, 2.6.2.2
l/Baseball	4	<ul style="list-style-type: none"> • Demonstrate the ability to strike a target off of a tee • Demonstrate the ability to throw overhand/underhand and to catch the ball • Demonstrate the ability to field the ball after it has been hit 	stance, base running, fly ball, outs	bases, bats, balls	TLW demonstrate the ability to strike an object by making contact while batting at least 75% of the time. TLW demonstrate the ability to stop a moving object with their hand by stopping the hit ball at least 4 times.	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.2, 2.4.3, 2.5.2.2, 2.6.1, 2.6.2.2
ag Toss od Pieces	2	<ul style="list-style-type: none"> • Demonstrate the ability to toss the bean bag into the air and catch with 1 or 	reaction time	bean bags, wood pieces	TLW demonstrate their hand/eye coordination by catching the bean bag at least 60% of the time.	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.2, 2.4.3, 2.5.2.2, 2.6.1, 2.6.2.2

		2 hands <ul style="list-style-type: none"> • Demonstrate the ability to catch the ball into a container • Demonstrate the ability to catch the bean bag off of the wood pieces 			TLW demonstrate their reaction time by catching the bean bag at least 50% of the time.	
Bag Toss h with er	3	<ul style="list-style-type: none"> • Demonstrate the ability to toss the beanbag underhand into the air • Demonstrate the ability to catch the bean bag in the air • Demonstrate the ability to toss and catch with a partner 	underhand throw, partner toss & catch	bean bags	TLW demonstrate the ability to toss and catch the bean bag by catching 3 in a row. TLW demonstrate the ability to underhand toss the beanbag to a target 75% of the time. TLW demonstrate the ability to catch a moving object using a container by catching their partner's throw 50% of the time.	2.1.2, 2.1.3, 2.2.2.2, 2.3.1, 2.4.2.2, 2.4.3, 2.5.2.2, 2.6.1, 2.6.
oss	1	<ul style="list-style-type: none"> • Demonstrate the ability to grip the ring with correct form • Demonstrate the ability to throw a 	frisbee grip, backhand throw	rings	TLW grip the frisbee or ring correctly and will throw a backhand throw 75% of the time to the target.	2.1.1, 2.1.2, 2.1.2.1.4, 2.2.1, 2.2.3.1, 2.4.1, 2.5.2.2, 2.6.1, 2.6.

		ring to a target				
Relays	1	<ul style="list-style-type: none"> Demonstrate the ability to use the scooters correctly Demonstrate the ability to follow the directions 	scooter safety	scooters	TLW demonstrate the ability to use the scooters correctly be following directions 100% of the time.	2.1.1, 2.1.2, 2.1.3, 2.1.4, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.5.1, 2.5.2, 2.6.1, 2.6.2
mes	1	<ul style="list-style-type: none"> Demonstrate the ability to avoid being tagged. Demonstrate the improvement in cardiovascular fitness 	flexibility, strength, endurance, cardiovascular, agility	red and green yarn balls	<p>TLW demonstrate their ability to change directions by dodging and avoiding the tag.</p> <p>TLW improve their cardiovascular fitness by participating 100% of the time.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2

ulum Map

Level(s): 1-2 Subject/Course: Physical Education

Units (sequence)	Estimate d Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standard Framework
r relays	2	<ul style="list-style-type: none"> Demonstrate the ability to work with their classmates as a team to accomplish a 	teamwork, respect, responsibility, leadership	playground outside	TLW show that they can work cooperatively with others. (Ex. no arguing, waiting for one another,	2.1.1, 2.1.2, 2.1.3, 2.1.4, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.5.1

		goal			helping one another).	2.5.2, 2.6.1, 2.6.2
Beanbag Toss	4	<ul style="list-style-type: none"> • Demonstrate the ability to throw a ball or bean bag underhand with proper technique • Demonstrate the ability to dodge a moving target • Demonstrate the ability to balance an object on their hand, head, shoulder, etc. 	throwing arm, opposite foot, target	bean bags	TLW throw the beanbag underhand correctly 75% of the time.	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Ball Toss & Catch	3	<ul style="list-style-type: none"> • Demonstrate the ability to throw a ball with correct form overhand • Demonstrate the ability to catch a ball with two hands 	throwing arm, opposite foot, target, follow through,	yarn balls, target throwing (tape on wall)	<p>TLW throw the ball correctly overhand 75% of the time.</p> <p>TLW catch the ball 75% of the time.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Kick	1	<ul style="list-style-type: none"> • Demonstrate the ability to step and kick the ball with their dominant foot • Demonstrate the ability to step and kick the ball to a target 	dominate foot, opposite foot, goal	soccer balls, cones	<p>TLW step and kick the ball with correct form 75% of the time.</p> <p>TLW step and kick the ball into a goal 50% of the time.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2

/Rings	2	<ul style="list-style-type: none"> • Demonstrate the ability to grip the ring or frisbee with correct form • Demonstrate the ability to throw a ring or frisbee to a target 	frisbee grip, backhand throw	frisbees, rings, bowling pins, tape on wall, hula-hoops, cones, softball tee, frisbee golf hole	<p>TLW grip the frisbee or ring correctly and will throw a backhand throw 75% of the time.</p> <p>TLW backhand throw the frisbee/ring to the target 50% of the time.</p>	2.1.2, 2.1.3 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.2, 2.4.3 2.5.1, 2.5.2 2.6.1, 2.6.2
Testing:	8	<ul style="list-style-type: none"> • Pull-ups: Demonstrate upper body strength • Mile; Demonstrate cardiovascular endurance • Sit & Reach: Demonstrate flexibility • Shuttle Run: Demonstrate agility • Sit-Ups: Muscular Endurance 	flexibility, strength, endurance, cardiovascular, agility	stopwatch, pull-up bar, sit & reach box, mat, bean bags	Fitnessgram/Presidential Fitness	2.1.1, 2.1.2 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.3, 2.5.1 2.6.1, 2.6.2
	5	<ul style="list-style-type: none"> • Demonstrate the ability to step and kick the soccer ball. • Demonstrate the ability to pass/kick the ball to a teammate • Demonstrate the ability to dribble the soccer ball between cones • Demonstrate the 	assist, goal, goalie, offense, defense	soccer balls, cones, 2 bowling pins	<p>TLW kick the ball into a goal 75% of the time.</p> <p>TLW pass the ball to a teammate in order to get an assist.</p> <p>TLW dribble the ball between cones and then kick the ball into the goal 50% of the time.</p>	2.1.2, 2.1.3 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.2, 2.4.3 2.5.1, 2.5.2 2.6.1, 2.6.2

		ability to knock down the bowling pin during pin soccer			TLW play offense and defense during pinball soccer by attacking the ball and kicking it in the correct direction.	
the 1	5	<ul style="list-style-type: none"> • Demonstrate the ability to dodge and avoid being tagged by an opponent • Demonstrate the ability to steal the chicken from the other team 	fleeing, escaping, honesty	jerseys, cones,	TLW demonstrate the ability to move side to side by running across the gym without getting tagged	2.1.1, 2.1.2, 2.4.1, 2.5.1, 2.5.2, 2.6.1
ball ns)	3	<ul style="list-style-type: none"> • Demonstrate the ability to hit the balloon in order to prevent it from falling to the floor • Demonstrate the ability to move their feet in order to get to the balloon • Demonstrate the ability to control their balloon • Demonstrate the ability to strike the balloon back and forth with a partner 	volley, striking	volley lights	<p>TLW demonstrate their striking skills by preventing the balloon from hitting the ground 80% of the time.</p> <p>TLW demonstrate their control by keeping the balloon in play 80% of the time.</p> <p>TLW demonstrate their ability to play cooperatively with others during partner play by keeping the balloon in play 75% of the time.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2

Soccer	3	<ul style="list-style-type: none"> • Demonstrate the ability to make contact with a ball with their hands while moving • Demonstrate the ability to participate in exercise to improve cardiovascular fitness and strength 	goal, offense, defense	scooters, orange ball	TLW ride their scooter safely across the gym to make contact with the ball with their foot or hand at least 20x during class.	2.1.2, 2.1.3 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.2, 2.4.3 2.5.1, 2.5.2 2.6.1, 2.6.2
ng/Balance	2	<ul style="list-style-type: none"> • Demonstrate the ability to balance on 1 foot • Demonstrate the ability to balance an object on their hand, head, shoulder, etc. • Demonstrate the strength and flexibility to complete yoga moves 	balance, core, strength, control, yoga moves	blue mats, bean bags	<p>TLW be able to balance on 1 foot for 25 seconds.</p> <p>TLW demonstrate the ability to balance a beanbag on different parts of their body by walking around in the gym without it falling off.</p> <p>TLW develop and refine their tumbling skills by demonstrating smooth transitions changes in levels and space.</p>	2.1.2, 2.1.3 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.2, 2.4.3 2.5.1, 2.5.2 2.6.1, 2.6.2
Memory	1	<ul style="list-style-type: none"> • Demonstrate the ability to encourage their teammate • Demonstrate the ability to find matching colors under the cone 		bean bags, cones	TLW be able to participate in physical activity while looking under cones for matching colors.	2.1.1, 2.1.3 2.1.4, 2.4.1 2.5.1, 2.5.2 2.6.1, 2.6.2

Ship	4	<ul style="list-style-type: none"> • Demonstrate the ability to throw a ball to a target • Demonstrate the ability to catch or hit the ball away in order to protect their ship 	defense, offense, guarding, battleship	dodgeballs, bowling pins, blue mats, scooters	<p>TLW use offensive strategies (head fake, change of direction, pass fake) in order to knock down the opponents bowling pins.</p> <p>TLW move their feet when playing defense (catching, blocking, hitting the ball away).</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Knock Down	1	<ul style="list-style-type: none"> • Demonstrate the ability to roll a ball or throw a ball underhand/overhand to a target 		bowling pins, dodgeballs	<p>TLW throw a ball to a target in order to knock the pin down.</p> <p>TLW guard the pins by moving their feet and changing directions quickly in order to prevent a pin from falling down.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Rolling & Stopping Stations	2	<ul style="list-style-type: none"> • Demonstrate the ability to roll a ball to a target 	opposite foot	bowling pins, cones, bowling ball	<p>TLW knock down pins at least 50% of the time.</p> <p>TLW begin to find a routine for their approach.</p>	2.1.1, 2.1.2, 2.1.3, 2.2.1, 2.3.1, 2.5.1, 2.5.2, 2.6.2
Crabs	1	<ul style="list-style-type: none"> • Demonstrate improvement in upper body strength and endurance • Demonstrate the 	fleeing, escaping	bean bags, hula-hoops	TLW demonstrate their strength and endurance by doing the locomotor skills 90% of the time while they moving around the gym.	2.1.1, 2.1.2, 2.4.1, 2.5.1, 2.5.2, 2.6.2

		ability to do basic locomotor skills				
ope	4	<ul style="list-style-type: none"> • Demonstrate the ability to jump rope on two feet without moving around the gym • Demonstrate the ability to jump rope in a stationary position and while moving 	jump rope, coordination, agility	jump rope	<p>TLW demonstrate their ability to jump rope by completing 5 jump ropes in a row while in a stationary position.</p> <p>TLW demonstrate their ability to jump rope on two feet and 1 foot.</p>	2.1.1, 2.1.2, 2.1.3, 2.2.1, 2.3.1, 2.5.1, 2.5.2, 2.6.1
rop	2	<ul style="list-style-type: none"> • Demonstrate the ability to work as a team and how to be respectful to one another no matter what the outcome may be • Demonstrate the ability to strategically plan their offensive and defensive strategies 	offensive strategies, defensive strategies	bean bags, hula-hoops	<p>TLW demonstrate their ability to strategize as a team and to help one another be successful.</p> <p>TLW encourage others and refrain from discouraging their classmates.</p>	2.1.1, 2.1.2, 2.4.1, 2.5.1, 2.5.2, 2.6.1
g	1	<ul style="list-style-type: none"> • Demonstrate the cardiovascular fitness and lower body strength • Demonstrate the 	teamwork	hula-hoops	TLW demonstrate their lower body strength by jumping the length of the gym without stopping.	2.1.1, 2.1.2, 2.4.1, 2.5.1, 2.5.2, 2.6.1

		ability to work together with a group			TLW demonstrate their ability to help their teammates be successfully by cooperating with their group.	
ite	2	<ul style="list-style-type: none"> • Demonstrate the upper body strength • Demonstrate the ability to work cooperatively with others • Demonstrate the ability to follow directions 	parachute, mushroom	parachute	<p>TLW demonstrate their ability to identify colors by running when their color is stated.</p> <p>TLW demonstrate their upper body strength by shaking the parachute 90% of the time we are shaking it.</p> <p>TLW demonstrate their ability to follow directions by listening and doing what is asked of them.</p>	2.1.1, 2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.5.1, 2.5.2, 2.6.1
ball	6	<ul style="list-style-type: none"> • Demonstrate the ability to shoot the ball with correct form • Demonstrate the ability to dribble the ball • Demonstrate the ability to complete a bounce and chest pass 	shoot, dribble, chest pass, bounce pass, lane line, sideline, baseline, jump stop, lay-ups	basketballs, cones	<p>TLW be able to shoot the basketball correctly 50% of the time.</p> <p>TLW be able to dribble the basketball down the floor, complete a jump stop, then a pivot without traveling.</p> <p>TLW be able to pass the ball to their target 75% of</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2

					the time. TLW be able to catch a pass from their classmate 75% of the time.	
er + all	6	<ul style="list-style-type: none"> • Demonstrate the ability to strike a ball with their hand and a little hockey stick • Demonstrate the ability to play offense and defense 	assist, goal, goalie, offense, defense	green ball, scooter hockey sticks	<p>TLW be able to strike the “puck” into the goal 60% of the time.</p> <p>TLW be able to pass the “puck” to a teammate for an assist.</p> <p>TLW demonstrate the ability to play offense and defense by being apart of a play at least 10 times during class.</p>	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
	2	<ul style="list-style-type: none"> • Demonstrate the ability to dance to sequences with smooth transitions • Demonstrate the ability to change tempo • Demonstrate the ability to perform a basic dance step 	tempo	projector, Wii Dance, music	<p>TLW demonstrate the ability to dance by staying with the wii dance video 50% of the time.</p> <p>TLW demonstrate the ability to dance by completing a full dance routine with the class along with the CD player. (chicken dance, YMCA, et.)</p>	2.1.1, 2.1.2, 2.1.3, 2.2.1, 2.3.1, 2.5.1, 2.5.2, 2.6.1
;	2	<ul style="list-style-type: none"> • Demonstrate the 	grip, bend knees,	paddles, balls	TLW demonstrate the	2.1.2, 2.1.3

		striking skills <ul style="list-style-type: none"> • Demonstrate the ability to control their movements • Demonstrate the ability to hit a ball with a backhand or forehand movement 	firm wrist, strike		ability to strike an object with a paddle by hitting it consecutively at least 5-8 times.	2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
l/Basebal	4	<ul style="list-style-type: none"> • Demonstrate the ability to strike a target • Demonstrate the ability to understand how to run the bases around a softball/baseball field • Demonstrate the ability to throw overhand/underhand and to catch the ball 	stance, base running, fly ball, outs	bases, bats, balls	TLW demonstrate the ability to strike an object by making contact while batting at least 75% of the time. TLW demonstrate the understanding of base running by running the bases without getting out.	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
ag Toss od Pieces	2	<ul style="list-style-type: none"> • Demonstrate the ability to toss the bean bag into the air and catch with 1 or 2 hands • Demonstrate the ability to catch the ball into a container • Demonstrate the ability to catch the bean bag off of the 	reaction time	bean bags, wood pieces	TLW demonstrate their hand/eye coordination by catching the bean bag at least 60% of the time. TLW demonstrate their reaction time by catching the bean bag at least 50% of the time.	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2

		wood pieces				
+ 1 Base	5	<ul style="list-style-type: none"> • Demonstrate the ability to step and kick the soccer ball. • Demonstrate the ability to pass/kick the ball to a teammate • Demonstrate the ability to dribble the soccer ball between cones • Demonstrate the ability to knock down the bowling pin during pin soccer • Demonstrate improvement in cardiovascular fitness 	assist, goal, goalie, offense, defense	soccer balls, cones, 2 bowling pins	<p>TLW kick the ball into a goal 75% of the time.</p> <p>TLW pass the ball to a teammate in order to get an assist.</p> <p>TLW dribble the ball between cones and then kick the ball into the goal 50% of the time.</p> <p>TLW play offense and defense during pinball soccer by attacking the ball and kicking it in the correct direction.</p> <p>TLW be able to work with their teammates cooperatively without arguing with one another.</p>	2.1.2, 2.1.3 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.2, 2.4.3 2.5.1, 2.5.2 2.6.1, 2.6.2
	1	<ul style="list-style-type: none"> • Demonstrate the ability to grip the ring or frisbee with correct form • Demonstrate the ability to throw a ring or frisbee to a target 	frisbee grip, backhand throw	frisbees, rings,	TLW grip the frisbee or ring correctly and will throw a backhand throw 75% of the time to the target.	2.1.2, 2.1.3 2.2.1, 2.2.2 2.3.1, 2.4.1 2.4.2, 2.4.3 2.5.1, 2.5.2 2.6.1, 2.6.2

the 1	1	<ul style="list-style-type: none"> • Demonstrate the ability to dodge and avoid being tagged by an opponent • Demonstrate the ability to steal the chicken from the other team 	fleeing, escaping, honesty	jerseys, cones	TLW demonstrate the ability to move side to side by running across the gym without getting tagged.	2.1.1, 2.1.2, 2.4.1, 2.5.1, 2.5.2, 2.6.1
	1	<ul style="list-style-type: none"> • Demonstrate the ability to kick the ball to the open area • Demonstrate the ability to run for an extended period of time • Demonstrate the ability to work cooperatively with their teammates 		kickball, cone	TLW be able to work with their teammates cooperatively without arguing with one another.	2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.3.1, 2.4.1, 2.4.2, 2.4.3, 2.5.1, 2.5.2, 2.6.1, 2.6.2
Up es = pe, , , tor skills, ng, , ation s						

Curriculum Map

Level(s): 3-4 Subject/Course: Physical Education

Units (sequence)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standard Framework
Unit 1: Teamwork	2	<ul style="list-style-type: none">Demonstrate the ability to work with their classmates as a team to accomplish a goal	teamwork, respect, responsibility, leadership	outside playground	TLW show that they can work cooperatively with others. (Ex. no arguing, waiting for one another, helping one another).	5.1.1, 5.2.1 5.3.1, 5.5.1 5.5.2, 5.6.1
Unit 2: Beanbag Toss	3	<ul style="list-style-type: none">Demonstrate the ability to throw a ball or bean bag underhand with proper techniqueDemonstrate the ability to dodge a moving targetDemonstrate the ability to balance an object on their hand, head, shoulder, etc.	throwing arm, opposite foot, target	bean bags	TLW throw the beanbag underhand correctly 75% of the time.	5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3
Unit 3: Football Toss	4	<ul style="list-style-type: none">Demonstrate the ability to use the skills of an overhand throwDemonstrate the ability to throw a ball to a target	throwing arm, opposite foot, target, laces	footballs, cone	TLW throw the ball overhand correctly and to the target 75% of the time. TLW drop kick the ball correctly 75% of the time.	5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3

		<ul style="list-style-type: none"> • Demonstrate the ability to catch the ball with two hands • Demonstrate the ability to kick a ball 				
	3	<ul style="list-style-type: none"> • Demonstrate the ability to throw a forehand and backhand throw with proper technique • Demonstrate the ability to catch the frisbee with one or two hands to complete a catch 	grip, forehand, backhand	frisbees, frisbee golf stands	<p>TLW throw the frisbee backhand and forehand correctly and to a the target 75% of the time.</p> <p>TLW catch the frisbee 75% of the time it is thrown to them.</p>	<p>5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3</p>
Testing:	9	<ul style="list-style-type: none"> • Pull-ups: Demonstrate upper body strength • Mile; Demonstrate cardiovascular endurance • Sit & Reach: Demonstrate flexibility • Shuttle Run: Demonstrate agility • Sit-Ups: Muscular Endurance 	flexibility, strength, endurance, cardiovascular, agility	stopwatch, Pull-up bar, sit & reach box, mat, bean bags	Fitnessgram/Presidential Fitness	<p>5.2.1, 5.3.1 5.4.1, 5.4.2 5.4.3, 5.4.4 5.5.1, 5.5.2 5.6.2, 5.6.3</p>
	7	<ul style="list-style-type: none"> • Demonstrate the 	assist, goal, goalie,	soccer balls,	TLW kick the ball into a	5.1.1, 5.1.2

		<p>ability to dribble the soccer ball between cones</p> <ul style="list-style-type: none"> • Demonstrate the ability to pass/kick the ball to a teammate 	offense, defense	cones	<p>target 75% of the time.</p> <p>TLW dribble the ball in between cones and score a goal 75% of the time.</p> <p>TLW pass the ball to a teammate in order to get an assist.</p>	<p>5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3</p>
	4	<ul style="list-style-type: none"> • Demonstrate the ability to dodge and avoid being tagged by an opponent 	fleeing, escaping, honesty	jerseys, cones,	TLW demonstrate the ability to move side to side by running across the gym without getting tagged.	<p>5.1.1, 5.1.2 5.1.3, 5.2.2 5.3.1, 5.4.2 5.5.1, 5.5.2 5.6.1</p>
by the 1	1	<ul style="list-style-type: none"> • Demonstrate the ability to dodge and avoid being tagged by an opponent • Demonstrate the ability to steal a chicken and make it safely to the other side 	fleeing, escaping, honesty	jerseys, cones,	TLW demonstrate the ability to move side to side by running across the gym without getting tagged.	<p>5.1.1, 5.1.2 5.1.3, 5.2.2 5.3.1, 5.4.2 5.5.1, 5.5.2 5.6.1</p>
ball	3	<ul style="list-style-type: none"> • Demonstrate the ability to pass the volleyball with proper form • Demonstrate the 	pass, set, serve, spike	volleyballs	TLW pass and set the ball correctly to a target 75% of the time. They will use proper form.	<p>5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1</p>

		<p>ability to set the volleyball with proper form</p> <ul style="list-style-type: none"> • Demonstrate the ability to hit the volleyball with proper form 			TLW serve and spike the ball correctly to a target 75% of the time.	5.6.3
Soccer	3	<ul style="list-style-type: none"> • Demonstrate the ability to make contact with a ball with their hands while moving • Demonstrate the ability to participate in exercise to improve cardiovascular fitness and strength 	goal, offense, defense	scooters, orange ball	TLW ride their scooter safely across the gym to make contact with the ball with their foot or hand at least 20x during class.	5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3
ng/Balance	2	<ul style="list-style-type: none"> • Demonstrate the ability to balance on 1 foot • Demonstrate the ability to complete a dead-lift on 1 foot • Demonstrate the ability to balance an object on their hand, head, shoulder, etc. • Demonstrate the strength and flexibility to 	balance, core, strength, control, yoga moves	blue mats	<p>TLW be able to balance on 1 foot for 45 seconds.</p> <p>TLW demonstrate the ability to balance a beanbag on different parts of their body by walking around in the gym without it falling off.</p> <p>TLW develop and refine their tumbling skills by demonstrating smooth</p>	5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3

		complete yoga moves			transitions changes in levels and space.	
Memory	1	<ul style="list-style-type: none"> • Demonstrate the ability to encourage their teammate • Demonstrate the ability to find matching colors under the cone 		bean bags, cones	TLW be able to participate in physical activity while looking under cones for matching colors.	5.1.1, 5.2.1 5.3.1, 5.5.1 5.5.2, 5.6.1
Tip	4	<ul style="list-style-type: none"> • Demonstrate the ability to throw a ball to a target • Demonstrate the ability to catch or hit the ball away in order to protect their ship 	defense, offense, guarding, battleship	dodgeballs, bowling pins, blue mats, scooters	<p>TLW use offensive strategies (head fake, change of direction, pass fake) in order to knock down the opponents bowling pins.</p> <p>TLW move their feet in when playing defense (catching, blocking, hitting the ball away).</p>	5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3
Knock Down	1	<ul style="list-style-type: none"> • Demonstrate the ability to roll a ball or throw a ball underhand/overhand to a target 		bowling pins, dodgeballs	<p>TLW throw a ball to a target in order to knock the pin down.</p> <p>TLW guard the pins by moving their feet and changing directions quickly in order to prevent a pin from falling down.</p>	5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3

g & g Stations	2	<ul style="list-style-type: none"> • Demonstrate the ability to roll a ball to a target 	opposite foot	bowling pins, cones, bowling ball	<p>TLW knock down pins at least 75% of the time.</p> <p>TLW begin to find a routine for their approach.</p>	<p>5.1.1, 5.1.2 5.1.3, 5.1.4 5.2.1, 5.2.2 5.4.2, 5.4.3 5.5.2, 5.6.1 5.6.3</p>
Obstacle	1	<ul style="list-style-type: none"> • Demonstrate their physical fitness skills 	plyometric, log roll	scooters, jump rope, blue mats, hurdles, hula-hoops, pull-up bar	<p>TLW participate in vigorous structured physical activity without quitting.</p> <p>TLW verbally encourage and push their group members to get better.</p>	<p>5.1.1, 5.2.1 5.3.1, 5.5.1 5.5.2, 5.6.1</p>
Tag	1	<ul style="list-style-type: none"> • Demonstrate the ability to dodge, flee, or avoid being tagged • Demonstrate the ability to change directions quickly 		jerseys, cones, hula hoops,	<p>Through observation TLW demonstrate the ability to avoid being tagged and the ability to move quickly in order to tag others.</p>	<p>5.1.1, 5.1.2 5.1.3, 5.2.2 5.3.1, 5.4.2 5.5.1, 5.5.2 5.6.1</p>
ope	5	<ul style="list-style-type: none"> • Demonstrate the ability to jump rope on two feet without moving • Demonstrate the ability to jump rope in a stationary position and while moving 	jump rope, coordination, agility	jump rope	<p>TLW demonstrate their ability to jump rope by completing 15 jump ropes in a row while in a stationary position.</p> <p>TLW demonstrate their ability to jump rope by jump roping while running</p>	<p>5.1.1, 5.1.2 5.2.1, 5.3.1 5.4.2, 5.4.3 5.5.1, 5.6.3</p>

					up and down the gym.	
Workshop	2	<ul style="list-style-type: none"> • Demonstrate the ability to work as a team and how to be respectful to one another no matter what the outcome may be • Demonstrate the ability to strategically plan their offensive and defensive strategies 	offensive strategies, defensive strategies	bean bags, hula-hoops	<p>TLW demonstrate their ability to strategize as a team and to help one another be successful.</p> <p>TLW encourage others and refrain from discouraging their classmates.</p>	5.1.1, 5.1.2 5.1.3, 5.2.2 5.3.1, 5.4.2 5.5.1, 5.5.2 5.6.1
	1	<ul style="list-style-type: none"> • Demonstrate their cardiovascular fitness and lower body strength • Demonstrate their ability to work together with a group 	teamwork	hula-hoops	<p>TLW demonstrate their lower body strength by jumping the length of the gym and back without stopping.</p> <p>TLW demonstrate their ability to help their teammates be successfully by cooperating with their group.</p>	5.1.1, 5.2.1, 5.3.1, 5.5.1, 5.5.2, 5.6.1
the Flag	5	<ul style="list-style-type: none"> • Demonstrate the ability to dodge and avoid being tagged by an opponent • Demonstrate the 	fleeing, escaping, honesty	jerseys, cones, scarves	TLW demonstrate the ability to move side to side by running across the gym without getting tagged.	5.1.1, 5.1.2 5.1.3, 5.2.2 5.3.1, 5.4.2 5.5.1, 5.5.2 5.6.1

		ability to play defense by keeping your flag safe				
ball	6	<ul style="list-style-type: none"> • Demonstrate the ability to shoot the ball with correct form • Demonstrate the ability to dribble the ball with hand while preventing an opponent from stealing it • Demonstrate the ability to complete a bounce and chest pass 	shoot, dribble, chest pass, bounce pass, triple threat, lane line, sideline, baseline, jump stop, lay-ups	basketballs, cones, jerseys	<p>TLW be able to shoot the basketball correctly 75% of the time.</p> <p>TLW be able to dribble the basketball down the floor without a classmate stealing it on defense.</p> <p>TLW be able to pass the ball to their target 75% of the time.</p>	5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.2.1, 5.2.2, 5.4.2, 5.4.3, 5.5.2, 5.6.1, 5.6.3
	6	<ul style="list-style-type: none"> • Demonstrate the ability to strike a ball with their hand and hockey stick • Demonstrate the ability to play offense and defense 	assist, goal, goalie, offense, defense	green ball, scooter hockey sticks, hockey puck	<p>TLW be able to strike the puck into the goal 75% of the time.</p> <p>TLW be able to pass the puck to a teammate for an assist.</p> <p>TLW demonstrate the ability to play offense and defense by being apart of a play at least 15 times during class.</p>	5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.2.1, 5.2.2, 5.4.2, 5.4.3, 5.5.2, 5.6.1, 5.6.3

	2	<ul style="list-style-type: none"> • Demonstrate the ability to dance to sequences with smooth transitions • Demonstrate the ability to change tempo • Demonstrate the ability to perform a basic dance step 	tempo	projector, Wii Dance, music	<p>TLW demonstrate the ability to dance by staying with the wii dance video 75% of the time.</p> <p>TLW demonstrate the ability to dance by completing a full dance routine with the class along with the CD player. (chicken dance, YMCA, et.)</p>	5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.2.1, 5.2.2, 5.4.2, 5.4.3, 5.5.2, 5.6.1, 5.6.3
	2	<ul style="list-style-type: none"> • Demonstrate the striking skills • Demonstrate the ability to control their movements • Demonstrate the ability to hit a ball with a backhand or forehand movement 	grip, bend knees, firm wrist, strike	paddles, balls	TLW demonstrate the ability to strike an object with a paddle by hitting it consecutively at least 15 times.	5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.2.1, 5.2.2, 5.4.2, 5.4.3, 5.5.2, 5.6.1, 5.6.3
l/Baseball	4	<ul style="list-style-type: none"> • Demonstrate the ability to strike a moving target • Demonstrate the ability to understand how to run the bases around a softball/baseball field • Demonstrate the 	stance, base running, fly ball, outs	bases, bats, balls	<p>TLW demonstrate the ability to strike a moving object by making contact while batting at least 50% of the time.</p> <p>TLW demonstrate the understanding of base running by running the bases without getting out.</p>	5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.2.1, 5.2.2, 5.4.2, 5.4.3, 5.5.2, 5.6.1, 5.6.3

		ability to throw overhand and to catch the ball				
ag Toss off pieces	2	<ul style="list-style-type: none"> • Demonstrate their hand/eye coordination • Demonstrate to react to a bean bag being thrown into the air to catch 	reaction time	bean bags, wood pieces	TLW demonstrate their hand/eye coordination by catching the bean bag at least 75% of the time. TLW demonstrate their reaction time by catching the bean bag at least 75% of the time.	5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.2.1, 5.2.2, 5.4.2, 5.4.3, 5.5.2, 5.6.1, 5.6.3
Up Activities pe, stations, , locomotor stretching, , ation s						

ulum Map

Level(s): 5-6 Subject/Course: Physical Education

Discipline)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standards Framework
Fitness	2 weeks	<ul style="list-style-type: none"> ● Pullups: Demonstrate upper body strength ● Mile: Demonstrate cardiovascular endurance ● Sit Reach: demonstrate flexibility ● Shuttle run: Demonstrate agility ● Sit ups- Demonstrate muscular strength 	Flexibility Strength Endurance Cardiovascular Agility	Stop Watch Pull up Bar Sit and Reach box Mat Bean Bags	Fitness/ Presidential Fitness	12.4.1, 12.
Hand and Foot Skills/ Hand and Foot Games	2 weeks	<ul style="list-style-type: none"> ● TLW demonstrate proper mechanics of overhand throwing ● TLW demonstrate the ability to use overhand throw in variety of scenarios and games. ● TLW demonstrate the ability to properly throw in full speed situations. 	side to target, toe point, follow through	Balls of different shapes and sizes Different equipments based on the game.	TLW demonstrate the ability to throw a ball to a target 50% of the time TLW will demonstrate the ability to throw over a distance of 30 ft. 50% of the time	12.2.1, 12.
Ball	3 weeks	<ul style="list-style-type: none"> ● TLW Demonstrate proper mechanics in the following, 	Set, Serve, Volley, rotation, side out	Volleyball Net Volleyballs	TLW demonstrate the ability to pass, set, proper form 50% of the time.	12.1.1, 12. 12.2.2, 12. 12.3.1, 12.

		<p>forearm and overhead passing, serving.</p> <ul style="list-style-type: none"> ● TLW demonstrate the ability to move to make a pass. ● TLW learn the common movements of a volleyball game ● TLW will display knowledge in basic rules of the game: boundary lines, rotations, infractions. ● TLW will demonstrate good sportsmanship no matter the outcome of the game 			<p>TLW demonstrate the ability to rotate correctly when necessary 75% of the time.</p>	12.6.1, 12.
Flag II	2 weeks	<ul style="list-style-type: none"> ● TLW demonstrate the ability to throw a football both for distance and accuracy ● TLW demonstrate common movements to the game of football ● TLW demonstrate the ability to catch a football both stationary and while moving. ● TLW learn and 	touchdown, extra point, field goal, fumble, interception	footballs, cones, jerseys	<p>TLW demonstrate their ability to throw a football to a target 50% of the time.</p> <p>TLW demonstrate the ability to catch a football 50% of the time.</p>	12.1.1, 12.12.2.2, 12.12.3.1, 12.12.6.1, 12.

		<p>demonstrate the understanding of the common rules of the game of football</p> <ul style="list-style-type: none"> TLW will demonstrate good sportsmanship no matter the outcome of the game 				
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<p>g g(tag, e the flag)</p>	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to avoid contact from someone who is trying to tag them TLW demonstrate the ability to use angles and strategy to touch a moving target TLW demonstrate honesty throughout the game TLW will demonstrate good sportsmanship no matter the outcome of the game 	Honesty	Jerseys, cones, balls, scooters	<p>TLW demonstrate the ability to safely tag another student 100% of the time</p> <p>TLW demonstrate the ability to avoid being tagged 25% of the time</p>	12.1.1, 12.2.2, 12.3.1, 12.5.2, 12.6.1, 12.6.3
<p>ball</p>	3 weeks	<ul style="list-style-type: none"> TLW demonstrate to keep a ball under control through stationary and 	assist, rebound, steal, travel, man-to-man, free throw, baseline, sideline	basketball, cones	<p>TLW demonstrate the ability to pass the ball to a moving target at least 75% of the time.</p>	12.1.1, 12.2.2, 12.3.1, 12.6.1, 12.6.3

		<p>moving dribbling</p> <ul style="list-style-type: none"> ● TLW demonstrate the proper mechanics that go into shooting a basketball- (i.e. feet, extension, hand placement, follow through) ● TLW demonstrate the ability to come to a stop and pivot without traveling ● TLW demonstrate knowledge of basic basketball gameplay(i.e. boundaries, point systems, basic violations) ● TLW will demonstrate good sportsmanship no matter the outcome of the game 			<p>TLW demonstrate the ability use correct shooting form 50% of the time</p> <p>TLW demonstrate the ability to keep control of a ball by dribbling for at least 1 minute</p>	
III	2 weeks	<ul style="list-style-type: none"> ● TLW demonstrate the ability to kick a moving ball to an open area ● TLW demonstrate the ability to field a ball both on the ground and in the air 	fielder, foul ball, tag up	kickball, bases	<p>TLW demonstrate the ability to kick the ball by making contact 75% of the time.</p> <p>TLW demonstrate the ability to make a defensive play (stopping the ball,</p>	12.1.1, 12.2.1, 12.2.2, 12.5.1, 12.6.1, 12.6.2

		<ul style="list-style-type: none"> • TLW demonstrate the ability to throw the ball in order to get someone out • TLW will demonstrate good sportsmanship no matter the outcome of the game 			catching the ball or tagging someone out) at least 5 times.	
	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to keep a ball under control with their feet through dribbling • TLW demonstrate the ability to pass and receive a ball from a teammate • TLW demonstrate the ability to shoot a ball at a goal from multiple distances • TLW demonstrate knowledge of basic soccer rules • TLW will demonstrate good sportsmanship no matter the outcome of the game 	goal, goalie, offense, defense	soccer ball, jerseys, goals	<p>TLW pass the ball to a teammate 50% of the time.</p> <p>TLW receive a ball under control at least twice</p> <p>TLW attempt at least 2 kicks on the goal.</p>	12.1.1, 12.2.1, 12.2.2, 12.3.1, 12.5.1, 12.6.2

7	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to control a ball with a hockey stick while moving • TLW demonstrate the ability to pass and receive a ball with a hockey stick • TLW demonstrate the ability to take a shot at a goal from multiple distances • TLW demonstrate knowledge of basic hockey rules. • TLW will demonstrate good sportsmanship no matter the outcome of the game 	Goalie, Goal,high stick,	hockey sticks, balls, goals	<p>TLW pass the ball to a teammate 50% of the time.</p> <p>TLW receive a ball under control at least twice during a game</p> <p>TLW attempt at least 2 shots on the goal.</p>	12.1.1, 12.2.2, 12.3.3, 12.5.1, 12.6.2
8	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to throw a frisbee for both distance and accuracy • TLW demonstrate the ability to throw a frisbee at both stationary and moving targets • TLW will demonstrate good 	forehand, backhand	frisbees, jerseys, hula hoops, poly spots	<p>TLW demonstrate their ability to throw a frisbee to a target 75% of the time.</p> <p>TLW demonstrate the ability to catch a frisbee 75% of the time.</p> <p>TLW demonstrate the ability to make an offensive move to get open</p>	12.1.1, 12.2.2, 12.3.3, 12.5.1, 12.6.2

		sportsmanship no matter the outcome of the game			75% of the time.	
mpics	2 weeks	<ul style="list-style-type: none"> TLW put to use principles they have learned throughout the year to design, put to trial, and explain a game that they have created TLW participate in multiple events/games similar to the Olympics TLW will demonstrate good sportsmanship no matter the outcome of the game 		PE equipment	TLW work with a team to develop a game that can be played by anyone	12.1.1, 12.2.1, 12.2.2, 12.3.1, 12.3.2, 12.5.2, 12.6.1, 12.6.2, 12.6.3
g	1 week	<ul style="list-style-type: none"> TLW demonstrate the ability to keep at least two objects moving at a time TLW attempt to juggle a variety of objects. 		balls, scarves, other small objects	TLW demonstrate the ability to keep at least 2 object moving simultaneously at least one time	
nton	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to hit a birdie to an open area TLW demonstrate 	smash, drop shot, clear	nets, stands, racquets, birdies	TLW demonstrate the ability to keep the birdie in play 50% of the time.	12.1.1, 12.2.1, 12.2.2, 12.3.1,

		<p>the ability to return a birdie over the net</p> <ul style="list-style-type: none"> ● TLW demonstrate knowledge of the basic movements associated with badminton ● TLW will demonstrate good sportsmanship no matter the outcome of the game 			TLW demonstrate the ability to serve the birdie over the net 50% of the time.	12.5.1, 12.6.1, 12.
ball	2 weeks	<ul style="list-style-type: none"> ● Demonstrate the ability to strike a moving target ● Demonstrate the ability to run the bases correctly ● Demonstrate the ability to make a play in the field ● TLW will demonstrate good sportsmanship no matter the outcome of the game 	strike, strike-out, fly-out, double play, walk, bunt	bases, bat, wiffle ball	<p>TLW demonstrate the ability to strike a moving target 75% of the time.</p> <p>TLW demonstrate the ability to make a play in the field by getting a runner out when the ball comes to them</p> <p>TLW demonstrate the ability to run the bases correctly by only getting out because of a forced out.</p>	12.1.1, 12.2.1, 12.2.2, 12.3.1, 12.5.1, 12.6.1, 12.
Testing	2 weeks	<ul style="list-style-type: none"> ● Pullups: Demonstrate upper body strength ● Mile: Demonstrate cardiovascular 	<p>Flexibility</p> <p>Strength</p> <p>Endurance</p> <p>Cardiovascular</p> <p>Agility</p>	<p>Stop Watch</p> <p>Pull up Bar</p> <p>Sit and Reach</p> <p>box</p> <p>Mat</p>	<p>Fitness/</p> <p>Presidential Fitness</p>	12.4.1, 12.

		endurance <ul style="list-style-type: none"> ● Sit Reach: demonstrate flexibility ● Shuttle run: Demonstrate agility ● Sit ups- Demonstrate muscular strength 		Bean Bags		
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ulum Map

Level(s): 7-8 Subject/Course: Physical Education

Discipline)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standard Framework
Fitness ;	2 weeks	<ul style="list-style-type: none"> ● Pullups: Demonstrate upper body strength ● Mile: Demonstrate cardiovascular endurance ● Sit Reach: demonstrate flexibility ● Shuttle run: Demonstrate agility ● Sit ups- Demonstrate muscular strength 	Flexibility Strength Endurance Cardiovascular Agility	Stop Watch Pull up Bar Sit and Reach box Mat Bean Bags	Fitness/ Presidential Fitness	12.4.1, 12
Ball	2 weeks	<ul style="list-style-type: none"> ● Demonstrate the ability to make contact with the birdie with a 	serve,	nets, stands, pickleballs, wooden paddles	TLW demonstrate the ability to keep the ball in play 75% of the time.	12.1.1, 12.2.1, 12.2.2,

		backhand/forehand grip <ul style="list-style-type: none"> • Demonstrate the ability to change directions quickly • TLW will demonstrate good sportsmanship no matter the outcome of the game 			TLW demonstrate the ability to serve the ball over the net 95% of the time. TLW demonstrate the ability to play by the rules 100% of the time.	12.3.1, 12.5.1, 12.6.1, 12.
ball	3 weeks	<ul style="list-style-type: none"> • TLW Demonstrate proper mechanics in the following, forearm and overhead passing, serving. • TLW demonstrate the ability to move to make a pass. • TLW learn the common movements of a volleyball game • TLW will display knowledge in basic rules of the game: boundary lines, rotations, infractions. • TLW will demonstrate good sportsmanship no matter the outcome of the game 	Set, Serve, Volley, rotation, side out	Volleyball Net Volleyballs	TLW demonstrate the ability to pass, set, proper form 75% of the time. TLW demonstrate the ability to rotate correctly when necessary 100% of the time. TLW demonstrate the ability to serve over the net at least 50% of the time. TLW will demonstrate rules knowledge through a written rules test	12.1.1, 12.2.1, 12.2.2, 12.2.3, 12.3.1, 12.5.1, 12.6.1, 12.
Flag II	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to throw a 	touchdown, extra point, field goal,	footballs, cones, jerseys	TLW will demonstrate rules knowledge through a written	12.1.1, 12.2.1,

		football both for distance and accuracy <ul style="list-style-type: none"> • TLW demonstrate common movements to the game of football • TLW demonstrate the ability to catch a football both stationary and while moving. • TLW learn and demonstrate the understanding of the common rules of the game of football • TLW will demonstrate good sportsmanship no matter the outcome of the game 	fumble, interception		rules test TLW demonstrate their ability to throw a football to a target 75% of the time. TLW demonstrate the ability to catch a football 75% of the time. TLW demonstrate the ability to pull a flag from an opponent TLW demonstrate the ability to get open to catch a ball by running a route	12.2.2, 12.2.3, 12.3.1, 12.5.1, 12.6.1, 12.6.2
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/ g g(tag, e the flag)	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to avoid contact from someone who is trying to tag them • TLW demonstrate the ability to use angles and strategy to touch a moving target • TLW will demonstrate good 		Jerseys, cones, balls, scooters	TLW demonstrate the ability to safely tag another student 100% of the time TLW demonstrate the ability to avoid being tagged 25% of the time	12.1.1, 12.2.2, 12.3.1, 12.5.2, 12.6.1, 12.6.2, 12.6.3
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		sportsmanship no matter the outcome of the game				
ball	3 weeks	<ul style="list-style-type: none"> • TLW demonstrate to keep a ball under control through stationary and moving dribbling • TLW demonstrate the proper mechanics that go into shooting a basketball- (i.e. feet, extension, hand placement, follow through) • TLW demonstrate the ability to come to a stop and pivot without traveling • TLW demonstrate knowledge of basic basketball gameplay(i.e. boundaries, point systems, basic violations) • TLW demonstrate the ability/knowledge to play man to man defense • TLW demonstrate movements associated with game such as 	assist, rebound, steal, travel, man-to-man, free throw, baseline, sideline	basketball, cones	<p>TLW will demonstrate rules knowledge through a written rules test</p> <p>TLW demonstrate the ability to pass the ball to a moving target at least 75% of the time.</p> <p>TLW demonstrate the ability use correct shooting form 75% of the time</p> <p>TLW demonstrate the ability to get open 3 times, by screening, cutting, rolling</p> <p>TLW demonstrate the ability to play a game without traveling more than once</p>	12.1.1, 12.1.2, 12.2.2, 12.2.3, 12.3.1, 12.3.2, 12.6.1, 12.6.2

		setting screens, rolling, cutting to get open <ul style="list-style-type: none"> TLW will demonstrate good sportsmanship no matter the outcome of the game 				
II	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to kick a moving ball to an open area TLW demonstrate the ability to field a ball both on the ground and in the air TLW demonstrate the ability to throw the ball in order to get someone out TLW will demonstrate good sportsmanship no matter the outcome of the game 	fielder, foul ball, tag up	kickball, bases	TLW demonstrate the ability to kick the ball by making contact 75% of the time. TLW demonstrate the ability to make a defensive play (stopping the ball, catching the ball or tagging someone out) at least 5 times.	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2
	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to keep a ball under control with their feet through dribbling TLW demonstrate the 	goal, goalie, offense, defense	soccer ball, jerseys, goals	TLW will demonstrate rules knowledge through a written rules test TLW pass the ball to a teammate 50% of the time.	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2

		<p>ability to pass and receive a ball from a teammate</p> <ul style="list-style-type: none"> • TLW demonstrate the ability to shoot a ball at a goal from multiple distances • TLW demonstrate knowledge of basic soccer rules • TLW will demonstrate good sportsmanship no matter the outcome of the game 			<p>TLW receive a ball under control at least twice</p> <p>TLW attempt at least 2 kicks on the goal.</p>	
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7	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to control a ball with a hockey stick while moving • TLW demonstrate the ability to pass and receive a ball with a hockey stick • TLW demonstrate the ability to take a shot at a goal from multiple distances • TLW demonstrate knowledge of basic hockey rules. 	Goalie, Goal,high stick,	hockey sticks, balls, goals	<p>TLW pass the ball to a teammate 50% of the time.</p> <p>TLW receive a ball under control at least twice</p> <p>TLW attempt at least 2 shots on the goal.</p>	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2
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		<ul style="list-style-type: none"> TLW will demonstrate good sportsmanship no matter the outcome of the game 				
	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to throw a frisbee for both distance and accuracy TLW demonstrate the ability to throw a frisbee at both stationary and moving targets TLW will demonstrate good sportsmanship no matter the outcome of the game 	forehand, backhand	frisbees, jerseys, hula hoops, poly spots	<p>TLW demonstrate their ability to throw a frisbee to a target 75% of the time.</p> <p>TLW demonstrate the ability to catch a frisbee 75% of the time.</p> <p>TLW demonstrate the ability to make an offensive move to get open 75% of the time.</p>	12.1.1, 12.1.2.2, 12.1.5.1, 12.1.6.2
mpics	2 weeks	<ul style="list-style-type: none"> TLW put to use principles they have learned throughout the year to design, put to trial, and explain a game that they have created TLW participate in multiple events/games similar to the Olympics TLW will demonstrate good sportsmanship no matter the outcome of the game 		PE equipment	TLW work with a team to develop a game that can be played by anyone	12.1.1, 12.1.2.2, 12.1.3.1, 12.1.5.2, 12.1.6.2, 12.1.6.3

Badminton	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to hit a birdie to an open area TLW demonstrate the ability to return a birdie over the net TLW demonstrate knowledge of the basic movements associated with badminton TLW demonstrate knowledge of the rules of the game TLW will demonstrate good sportsmanship no matter the outcome of the game 	smash, drop shot, clear	nets, stands, racquets, birdies	<p>TLW will demonstrate rules knowledge through a written rules test</p> <p>TLW demonstrate the ability to keep the birdie in play 75% of the time.</p> <p>TLW demonstrate the ability to serve the birdie over the net 75% of the time.</p>	12.1.1, 12.2.1, 12.2.2, 12.3.1, 12.5.1, 12.6.1, 12.
Baseball	2 weeks	<ul style="list-style-type: none"> Demonstrate the ability to strike a moving target Demonstrate the ability to run the bases correctly Demonstrate the ability to make a play in the field TLW will demonstrate good sportsmanship no 	strike, strike-out, fly-out, double play, walk, bunt	bases, bat, wiffle ball	<p>TLW demonstrate the ability to strike a moving target 75% of the time.</p> <p>TLW demonstrate the ability to make a play in the field by getting a runner out when the ball comes to them</p> <p>TLW demonstrate the ability to run the bases</p>	12.1.1, 12.2.1, 12.2.2, 12.3.1, 12.5.1, 12.6.1, 12.

		matter the outcome of the game			correctly by only getting out because of a forced out.	
Testing	2 weeks	<ul style="list-style-type: none"> ● Pullups: Demonstrate upper body strength ● Mile: Demonstrate cardiovascular endurance ● Sit Reach: demonstrate flexibility ● Shuttle run: Demonstrate agility ● Sit ups- Demonstrate muscular strength 	Flexibility Strength Endurance Cardiovascular Agility	Stop Watch Pull up Bar Sit and Reach box Mat Bean Bags	Fitness/ Presidential Fitness	12.4.1, 12.

ulum Map

Level(s): 7-8

Subject/Course: Healthy Responsible Lifestyles

ence)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standard Framework
	Twice a Week	<ul style="list-style-type: none"> ● TLW demonstrate the proper form in a variety lifts ● TLW Demonstrate the ability to safely lift weights and help others 	Spotting, rep, intensity, set, aerobic, anaerobic	weight room	TLW show an increase in their 1 rep max in a variety of lifts from the beginning, middle and end of the class	12.1.1, 12 12.2.2, 12 12.3.1, 12 12.4.2, 12 12.6.1, 12 12.6.3

		<ul style="list-style-type: none"> • TLW demonstrate knowledge on the benefits of lifting weights • TLW learn about different muscles and muscle groups • TLW follow a workout plan and fill out appropriate weights 				
ball	2 weeks	<ul style="list-style-type: none"> • Demonstrate the ability to make contact with the birdie with a backhand/forehand grip • Demonstrate the ability to change directions quickly 	serve, forehand, backhand	nets, stands, pickleballs, wooden paddles	<p>TLW demonstrate the ability to keep the ball in play 75% of the time.</p> <p>TLW demonstrate the ability to serve the ball over the net 95% of the time.</p> <p>TLW demonstrate the ability to play by the rules 100% of the time.</p>	12.1.1, 12.1.2, 12.2.2, 12.2.3, 12.5.1, 12.5.2, 12.6.1, 12.6.2
football	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to throw a football both for distance and accuracy • TLW demonstrate common movements to the game of football • TLW demonstrate the 	touchdown, extra point, field goal, fumble, interception	footballs, cones, jerseys	<p>TLW will demonstrate rules knowledge through a written rules test</p> <p>TLW demonstrate their ability to throw a football to a target 75% of the time.</p>	12.1.1, 12.1.2, 12.2.2, 12.2.3, 12.3.1, 12.5.1, 12.5.2, 12.6.1, 12.6.2

		<p>ability to catch a football both stationary and while moving.</p> <ul style="list-style-type: none"> TLW learn and demonstrate the understanding of the common rules of the game of football 			<p>TLW demonstrate the ability to catch a football 75% of the time.</p> <p>TLW demonstrate the ability to pull a flag from an opponent</p> <p>TLW demonstrate the ability to get open to catch a ball by running a route</p>	
	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability hit a golf ball TLW demonstrate knowledge of the scoring systems used in golf TLW demonstrate knowledge on the basic rules of the game 	eagle, birdie, drive, chip, putt	golf clubs, wiffle balls, hula hoops, cones	<p>TLW demonstrate the ability to make contact with the ball 75% of the time</p> <p>TLW demonstrate knowledge of golf rules through game play</p>	12.1.1, 12.1.2, 12.2.2, 12.3.1, 12.4.2, 12.5.1, 12.6.2, 12.6.3
	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to keep a ball under control with their feet through dribbling TLW demonstrate the ability to pass and 	goal, goalie, offense, defense	soccer ball, jerseys, goals	<p>TLW will demonstrate rules knowledge through a written rules test</p> <p>TLW pass the ball to a teammate 50% of the time.</p>	12.1.1, 12.1.2, 12.2.2, 12.3.1, 12.4.2, 12.5.1, 12.6.2

		<p>receive a ball from a teammate</p> <ul style="list-style-type: none"> • TLW demonstrate the ability to shoot a ball at a goal from multiple distances • TLW demonstrate knowledge of basic soccer rules 			<p>TLW receive a ball under control at least twice</p> <p>TLW attempt at least 2 kicks on the goal.</p>	
ball	3 weeks	<ul style="list-style-type: none"> • TLW demonstrate to keep a ball under control through stationary and moving dribbling • TLW demonstrate the proper mechanics that go into shooting a basketball- (i.e. feet, extension, hand placement, follow through) • TLW demonstrate the ability to come to a stop and pivot without traveling • TLW demonstrate knowledge of basic basketball gameplay(i.e. boundaries, point systems, basic violations) 	assist, rebound, steal, travel, man-to-man, free throw, baseline, sideline	basketball, cones	<p>TLW demonstrate the ability to pass the ball to a moving target at least 75% of the time.</p> <p>TLW demonstrate the ability use correct shooting form 75% of the time</p> <p>TLW demonstrate the ability to get open 3 times, by screening, cutting, rolling</p> <p>TLW demonstrate the ability to play a game without traveling more than once</p>	12.1.1, 12.12.2.2, 12.12.3.1, 12.12.6.1, 12.

		<ul style="list-style-type: none"> • TLW demonstrate the ability/knowledge to play man to man defense • TLW demonstrate movements associated with game such as setting screens, rolling, cutting to get open 				
II	2 weeks	<ul style="list-style-type: none"> • TLW demonstrate the ability to kick a moving ball to an open area • TLW demonstrate the ability to field a ball both on the ground and in the air • TLW demonstrate the ability to throw the ball in order to get someone out 	fielder, foul ball, tag up	kickball, bases	<p>TLW demonstrate the ability to kick the ball by making contact 75% of the time.</p> <p>TLW demonstrate the ability to make a defensive play (stopping the ball, catching the ball or tagging someone out) at least 5 times.</p>	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2
ball	2 weeks	<ul style="list-style-type: none"> • Demonstrate the ability to strike a moving target • Demonstrate the ability to run the bases correctly • Demonstrate the ability to make a play in the field 	strike, strike-out, fly-out, double play, walk, bunt	bases, bat, wiffle ball	<p>TLW demonstrate the ability to strike a moving target 75% of the time.</p> <p>TLW demonstrate the ability to make a play in the field by getting a runner out when the ball comes to them</p>	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2

					TLW demonstrate the ability to run the bases correctly by only getting out because of a forced out.	
cs	1 weeks	<ul style="list-style-type: none"> TLW will participate in aerobic workouts and understand the value of the workouts 	Aerobic	Poly spots, stop watch, videos	TLW demonstrate the ability to perform aerobic activities in their entirety	12.1.1, 12.12.2.2, 12.12.3.1, 12.12.4.2, 12.12.5.2, 12.12.6.2, 12.
;	2 weeks	<ul style="list-style-type: none"> TLW demonstrate the ability to throw a frisbee for both distance and accuracy TLW demonstrate the ability to throw a frisbee at both stationary and moving targets 	forehand, backhand	frisbees, jerseys, hula hoops, poly spots	<p>TLW demonstrate their ability to throw a frisbee to a target 75% of the time.</p> <p>TLW demonstrate the ability to catch a frisbee 75% of the time.</p> <p>TLW demonstrate the ability to make an offensive move to get open 75% of the time.</p>	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2
1 Activities	Throughout the year	<ul style="list-style-type: none"> TLW do various writings on topics related to nutrition. TLW do various writings on topics related to fitness. 	Fitness plan, food log, Activity log	computers, paper, pencil, internet	<p>TLW will research and develop a fitness plan and exercise routine to share with the class</p> <p>TLW keep a food log and</p>	12.2.3, 12.3.1, 12.4.1, 12.4.2, 12.5.1, 12.5.2,

		<ul style="list-style-type: none"> TLW do various writings on topics related to self-esteem. 			analyze the nutritional value of their diets	12.6.1, 12.6.2, 12.
g	2 weeks	<ul style="list-style-type: none"> TLW understand and demonstrate the ability to keep score in bowling TLW demonstrate the ability knock pins over by rolling a bowling ball 	strike, spare, turkey, split	pins, cones, bowling balls	TLW demonstrate the ability to accurately keep score of a bowling game	12.1.1, 12.2.1, 12.2.2, 12.3.1, 12.5.1, 12.6.1, 12.6.2, 12.

ulum Map

Level(s): 9 Subject/Course: Physical Education

ence)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standard Framework
	12	<ul style="list-style-type: none"> Demonstrate the ability to throw a backhand and forehand throw Demonstrate the ability to make offensive moves to get open Demonstrate the ability to play man to man defense 	offensive strategies, defensive strategies, backhand, forehand, cut, man-to-man defense, handler	frisbees, cones, jerseys	<p>TLW demonstrate their ability to throw a frisbee to a target 75% of the time.</p> <p>TLW demonstrate the ability to catch a frisbee 75% of the time.</p> <p>TLW demonstrate the ability to make an offensive move to get open 75% of the time.</p>	12.1.1, 12.2.2, 12.5.1, 12.6.2

I	8	<ul style="list-style-type: none"> • Demonstrate the ability to throw and catch a football • Demonstrate the ability to run a route • Demonstrate the ability to play man to man defense 	touchdown, extra point, field goal, fumble, interception	footballs, cones, jerseys	<p>TLW demonstrate their ability to throw a football to a target 75% of the time.</p> <p>TLW demonstrate the ability to catch a football 75% of the time.</p> <p>TLW demonstrate the ability to run a route to get open 75% of the time</p>	12.1.1, 12.2.2, 12.3.1, 12.6.1, 12
II	14	<ul style="list-style-type: none"> • Demonstrate the ability to kick the ball to an open area • Demonstrate the ability to catch the ball • Demonstrate the ability to make a defensive play 	fielder, foul ball, tag up	kickball, bases	<p>TLW demonstrate the ability to kick the ball by making contact 95% of the time.</p> <p>TLW demonstrate the ability to make a defensive play (stopping the ball, catching the ball or tagging someone out) at least 5 times.</p>	12.1.1, 12.2.2, 12.5.1, 12.6.2
Testing:	8	<ul style="list-style-type: none"> • Pull-ups: Demonstrate upper body strength • Mile; Demonstrate cardiovascular endurance • Sit & Reach: Demonstrate flexibility 	flexibility, strength, endurance, cardiovascular, agility	stopwatch, Pull-up bar, sit & reach box, mat, bean bags	Fitnessgram/Presidential Fitness	12.4.1, 12.

		<ul style="list-style-type: none"> Shuttle Run: Demonstrate agility Sit-Ups: Muscular Endurance 				
ball	8	<ul style="list-style-type: none"> Demonstrate the ability to pass, set, and attack a volleyball Demonstrate the ability to rotate correctly Demonstrate the ability to run an offense 	match, volley, rotation, serve, foot fault, side out	volleyballs, net	<p>TLW demonstrate the ability to pass, set, and attack with proper form 75% of the time.</p> <p>TLW demonstrate the ability to rotate correctly when necessary 100% of the time.</p>	12.1.1, 12 12.2.2, 12 12.3.1, 12 12.6.1, 12
landball	11	<ul style="list-style-type: none"> Demonstrate the ability to throw the ball overhand to the goal Demonstrate the ability to make offensive movements in order to get open Demonstrate the ability to move the ball up the floor quickly Demonstrate the ability to guard man to man 	foul, goal, pass	handball	<p>TLW demonstrate the ability to work with their teammates in order to score points by moving offensively and guarding their man.</p> <p>TLW demonstrate the ability to throw the ball overhand to a target by attempting at least 2 shots on the goal.</p>	12.1.1, 12 12.2.2, 12 12.5.1, 12 12.6.2
Ball	9	<ul style="list-style-type: none"> Demonstrate the ability to hit the ball 		eclipse ball, racquets	TLW demonstrate the ability to make contact with	12.1.1, 12 12.2.2, 12

		<p>with a backhand or forehand</p> <ul style="list-style-type: none"> • Demonstrate the ability to move your feet in order to make contact with the ball 			<p>the ball using a backhand or forehand hit 75% of the time.</p> <p>TLW demonstrate the ability to work with their teammates in order to be successful.</p>	12.5.1, 12 12.6.1, 12
ball	9	<ul style="list-style-type: none"> • Demonstrate the ability to dribble the ball up the floor without it being stolen • Demonstrate the ability to pass the ball to a moving target • Demonstrate the ability to shoot the ball correctly • Demonstrate the ability to make offensive moves in order to get open • Demonstrate the ability to play man to man defense 	assist, rebound, steal, travel, man-to-man, free throw, baseline, sideline	basketball, cones	<p>TLW demonstrate the ability to pass the ball to a moving target at least 75% of the time.</p> <p>TLW demonstrate the ability to move offensively at least 75% of the time.</p> <p>TLW demonstrate the ability to play man to man defense correctly at least 75% of the time.</p>	12.1.1, 12 12.2.2, 12 12.3.1, 12 12.6.1, 12
	6	<ul style="list-style-type: none"> • Demonstrate the ability to pass the puck to their teammates • Demonstrate the ability to hit the puck 	goalkeeper, face-off, penalty	hockey sticks, hockey “pucks”, jerseys, cones for the goals	<p>TLW demonstrate the ability to pass the puck to the teammate at least 5 times.</p>	12.1.1, 12 12.2.2, 12 12.5.1, 12 12.6.2

		into the goal <ul style="list-style-type: none"> • Demonstrate the ability to work together as a team in order to be successful 			TLW demonstrate the ability to hit the puck into the goal by making at least 1 goal.	
the Flag	8	<ul style="list-style-type: none"> • Demonstrate the ability to dodge and avoid being tagged by an opponent • Demonstrate the ability to steal a chicken and make it safely to the other side 	fleeing, escaping, honesty	jerseys, cones,	TLW demonstrate the ability to move side to side by running across the gym without getting tagged.	12.1.1, 12 12.2.2, 12 12.5.1, 12 12.6.1, 12
	5	<ul style="list-style-type: none"> • Demonstrate the ability to kick the ball into the goal • Demonstrate the ability to pass the ball to their teammates 	goal, goalie, offense, defense	soccer ball, cones for goal	TLW pass the ball to a teammate 50% of the time. TLW attempt at least 2 kicks on the goal.	12.1.1, 12 12.2.2, 12 12.5.1, 12 12.6.2
way	6	<ul style="list-style-type: none"> • Demonstrate the ability to kick the ball into the goal • Demonstrate the ability to score in ultimate • Demonstrate the ability to shoot the 		soccer ball	TLW demonstrate the ability to pass the ball to a moving target. TLW demonstrate the ability to catch the ball while making an offensive movement to get open 75%	12.1.1, 12 12.2.2, 12 12.5.1, 12 12.6.2

		ball into the basket			of the time. TLW demonstrate the ability to score in speedaway by attempting to score at least 3 times.	
Ball/ ch	8	<ul style="list-style-type: none"> • Demonstrate the ability to strike a moving target • Demonstrate the ability to run the bases correctly • Demonstrate the ability to make a play in the field 	strike, strike-out, fly-out, double play, walk, bunt	bases, bat, wiffle ball	<p>TLW demonstrate the ability to strike a moving target 75% of the time.</p> <p>TLW demonstrate the ability to make a play in the field by getting at least 2 outs for the fielding team.</p> <p>TLW demonstrate the ability to run the bases correctly by only getting out because of a forced out.</p>	12.1.1, 12.12.2.2, 12.12.5.1, 12.12.6.2
	3	<ul style="list-style-type: none"> • Demonstrate the ability to dance to sequences with smooth transitions • Demonstrate the ability to change tempo 	counts, swing dance, line dance	music	TLW demonstrate the ability to dance by completing a full dance routine with the class along with the CD player. (line dances, country swing dance)	12.1.1, 12.12.3.1, 12.12.5.2, 12.12.6.2

		<ul style="list-style-type: none"> Demonstrate the ability to perform a basic dance step 				
ton	6	<ul style="list-style-type: none"> Demonstrate the ability to make contact with the birdie with a backhand/forehand grip Demonstrate the ability to change directions quickly 	smash, drop shot, clear	nets, stands, racquets, birdies	<p>TLW demonstrate the ability to keep the birdie in play 75% of the time.</p> <p>TLW demonstrate the ability to serve the birdie over the net 95% of the time.</p> <p>TLW demonstrate the ability to play by the rules 100% of the time.</p>	12.1.1, 12.1.2.2, 12.1.5.1, 12.1.6.2
all	6	<ul style="list-style-type: none"> Demonstrate the ability to make contact with the pickleball with a backhand/forehand grip Demonstrate the ability to change directions quickly 		nets, stands, pickleballs, wooden paddles	<p>TLW demonstrate the ability to keep the ball in play 75% of the time.</p> <p>TLW demonstrate the ability to serve the ball over the net 95% of the time.</p> <p>TLW demonstrate the ability to play by the rules 100% of the time.</p>	12.1.1, 12.1.2.2, 12.1.5.1, 12.1.6.2

ulum Map

Level(s): 10-12

Subject/Course: Lifetime Activities

Sequence)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standards Framework
Agility Test	1	<ul style="list-style-type: none"> TLW demonstrate individual abilities on a variety of agility tests which incorporate speed, flexibility, footwork, and jumping. 		Stopwatch Cones Sit and Reach Box Dot Mats Tape Measure	Sit and Reach Vertical Jump Standing Long Jump Timed Dot Agilities 10 Yard Dash Shuttle Run	12.1.1, 12.2.2, 12.4.2, 12.5.2, 12.6.2
Football	2	<ul style="list-style-type: none"> TLW demonstrate the ability to throw and catch a football TLW demonstrate the ability to run a route to get open for a pass TLW demonstrate defensive principles to keep opponents from getting the ball. 	End Zone Fumble Interception Sack Touchdown Referee	Football, Flags, Cones	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.2.2, 12.4.2, 12.5.2, 12.6.2
Volleyball	2	<ul style="list-style-type: none"> TLW demonstrate the ability to pass, set, and attack a volleyball TLW demonstrate the ability to rotate correctly TWL demonstrate the ability to run an offense 	Attack Side Out Setter Jump Serve Free Ball Referee	Volleyballs, Nets	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.2.2, 12.4.2, 12.5.2, 12.6.2

Ultimate / Disc Golf	2	<ul style="list-style-type: none"> • TWL demonstrate the ability to throw a backhand and forehand throw • TLW demonstrate the ability to make offensive moves to get open • TLW demonstrate the ability to play man to man defense 	Backhand Throw Forehand Throw Pull Disc Approach Shot Birdie Bogie Drive Hole	Frisbee, Cones	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
Net Sports all, Sepak Eclipse	3	<ul style="list-style-type: none"> • TLW demonstrate the ability to hit the ball with a backhand or forehand with a racquet or your hand.. • TLW demonstrate the ability to move and use your feet in order to make contact with the ball. 	Smash Topspin Rally Racquet	Nets, NitroBall, Eclipse Ball, Racquets	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
Basketball	2	<ul style="list-style-type: none"> • TLW demonstrate the ability to dribble the ball up the floor without it being stolen • TLW demonstrate the ability to pass the ball to a moving target • TLW demonstrate the ability to shoot the ball correctly 	Foul Dribble Shoot Screen Referee	Basketball, Jerseys	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2

		<ul style="list-style-type: none"> • TLW demonstrate the ability to make offensive moves in order to get open • TLW demonstrate the ability to play man to man defense 				
Kickball	2	<ul style="list-style-type: none"> • TLW demonstrate the ability to kick the ball to an open area • TLW demonstrate the ability to catch the ball • TLW demonstrate the ability to make a defensive play 		Kickball, Bases	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
Handball	2	<ul style="list-style-type: none"> • TLW demonstrate the ability to throw the ball overhand to the goal • TLW demonstrate the ability to make offensive movements in order to get open • TLW demonstrate the ability to move the ball up the floor quickly • TLW demonstrate the ability to guard man to man 		Handball, Cones,	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2

Dodging	2	<ul style="list-style-type: none"> TLW demonstrate the ability to dodge and avoid being tagged by an opponent. TLW demonstrate the ability to capture a flag and make it safely to the other side. 		Dodgeballs, Flags, Mats, Bowling Pins	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
- Hockey	2	<ul style="list-style-type: none"> TLW demonstrate the ability to pass the puck to their teammates. TLW demonstrate the ability to hit the puck into the goal. TLW demonstrate the ability to work together as a team in order to be successful. 	Hat Trick Penalty Box High Sticking Slap Shot	Hockey Sticks, Pucks/Balls, Cones	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
- Soccer	3	<ul style="list-style-type: none"> TLW demonstrate the ability to kick the ball into the goal. TLW demonstrate the ability to pass the ball to their teammates. 		Soccer Ball, Cones	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
- Bowling	2	<ul style="list-style-type: none"> TLW demonstrate the ability the roll the ball straight to knock down as many pins as possible. 	Turkey Spare Strike Gutterball	Bowling Ball, Bowling Pins, Scoresheets	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2

		<ul style="list-style-type: none"> TLW demonstrate the ability to keep track of score by hand. 				
- Badminton	2	<ul style="list-style-type: none"> TLW demonstrate the ability to make contact with the birdie with a backhand/forehand grip. TLW demonstrate the ability to change directions quickly. 	Racquet Shuttlecock Drop Shot Let Serve Placement	Shuttles, Racquets, Nets	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.1.2.2, 12.1.4.2, 12.1.5.2, 12.1.6.2
- Pickleball	2	<ul style="list-style-type: none"> TLW demonstrate the ability to make contact with the pickleball with a backhand/forehand grip. TLW demonstrate the ability to change directions quickly. 	Smash Top Spin	Pickleballs, Paddles, Nets	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.1.2.2, 12.1.4.2, 12.1.5.2, 12.1.6.2
- Cultural Unit	2	<ul style="list-style-type: none"> TLW learn about other sports and activities from other cultures. TLW will gain an appreciation for games and activities played all around the world. 		Laptops, Various Sporting Good Equipment	Presentation of Sports the students researched	12.1.1, 12.1.2.2, 12.1.4.2, 12.1.5.2, 12.1.6.2, 12.1.6.2

- Golf	1	<ul style="list-style-type: none"> TLW demonstrate the ability to hit the ball off a tee. TLW demonstrate proper alignment and form on their golf swing. 	Approach Shot Birdie Bogie Drive Hole Fairway Green Stroke Play Match Play	Golf Balls, Golf Clubs	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
- ll/Softball	2	<ul style="list-style-type: none"> TLW demonstrate the ability to strike a moving target. TLW demonstrate the ability to run the bases correctly. TLW demonstrate the ability to make a play in the field. 	Bunt Line Drive Force Out Sacrifice	Baseball/Softball , Wiffle Balls, Bases, Baseball Gloves, Baseball Bats	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2
- Outdoor (Bocce Ball, 10es, t, Archery)	2	<ul style="list-style-type: none"> TLW demonstrate proper technique in various outdoor sports. TLW demonstrate a knowledge of the whistle commands for safely handling archery equipment on the range. 	Ringer Pit Inning Wicket Mallet Stakes	Bocce Balls, Horseshoes, Stakes, Bows, Arrows, Mallets, Croquet Balls, Wickets, Targets	Participation/Application of Skills Knowledge of Rules	12.1.1, 12.12.2.2, 12.12.4.2, 12.12.5.2, 12.12.6.2

ulum Map

Level(s): 10-12

Subject/Course: Strength and Conditioning

Experience)	Estimated Time Frame (days)	Unit Objectives: The learner will:	Key Vocabulary Concepts	Instructional Materials	Assessments	State Standards Framework
Tests	2	<ul style="list-style-type: none"> TLW demonstrate individual abilities on a variety of agility tests which incorporate speed, flexibility, footwork, and jumping. 	Isometric Isotonic Aerobic Anaerobic Ballistic Static	Stopwatch Cones Sit and Reach Box Dot Mats Tape Measure	Sit and Reach Vertical Jump Standing Long Jump Timed Dot Agilities 10 Yard Dash Shuttle Run	12.1.1, 12.1.2, 12.2.2, 12.3.1, 12.4.1, 12.5.1, 12.5.2
Strength Testing	4	<ul style="list-style-type: none"> TLW demonstrate individual abilities on a variety of lifts which incorporate muscular strength. 	One Rep Max Muscular Strength	Weight Racks Barbells Free Weights Leg Curl Machine Lat Pulldown Machine Tricep Pushdown Machine	Bench Press Barbell Curls Lat Pulldown Tricep Pushdown Squat Hang Clean Deadlift Leg Curls	12.1.1, 12.1.2, 12.2.2, 12.3.1, 12.4.2, 12.5.2
Qualified Tests	30	<ul style="list-style-type: none"> TLW demonstrate individual abilities on a variety of lifts which maximize muscular strength and muscular endurance TLW demonstrate individual abilities on 	Barbell Bench Press Bent Rows Calf Raises Circuit Training Weight Collars Crunches Curls	Weight Racks Barbells Free Weights Dumbbells Weight Machines Cones Plyo Boxes	Participation in the Workouts	12.1.1, 12.1.2, 12.2.2, 12.3.1, 12.4.2, 12.5.2, 12.6.2, 12.6.3

		cardiovascular exercises and agility training.	Deadlift Dumbbell Extensions Lateral Raises Front Pulldown Lunges Hang Clean Rep Set Squat Stance Upright Row Infraspinatus Rectus Abdominus Pectoralis Major Gluteus Maximus Overload Tone Progression Teres Major Triceps Brachii Muscular Endurance Rectus Femoralis Deltoid Flexibility Trapezius Biceps Brachii Gastrocnemius Latissimus Dorsi External Oblique Biceps Femoris Sartorius	Small Hurdles Dot Mats Jump Ropes Medicine Balls Vertimax	
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