



Content Area: PE

Grade Level: 6-8

6-8 PE Curriculum Map/Scope & Sequence (2021)

Grade 6-8	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
content:	Physical Fitness assessment/Intro to lifelong fitness	Aerobic activities	Team sports	Individual sports	Team building	Creative Dance and movement	Catching/ Throwing	Striking	Individual fitness plans/Fitness Assessment
Skills/Topic	<p>Define fitness and its components</p> <p>Examine assessment tools and determine personal fitness</p> <p>Create a personal fitness goal</p> <p>Determine personal fitness level using assessment tool</p> <p>Fitnessgram assessment</p>	<p>Compare and analyze aerobic and anaerobic fitness</p> <p>Perform aerobic exercise</p> <p>Monitor heart rate</p>	<p>Define team</p> <p>Describe personal contributions to team success</p> <p>Discuss responsibility of team members</p> <p>Summarize performance skills for team sports</p>	<p>Assess benefits of individual sports</p> <p>Investigate individual sports (golf,yoga,etc)</p> <p>Research the rules of individual sports</p>	<p>Perform cooperative group activities</p> <p>Assess personal performance</p> <p>Compare and contrast strengths and challenges of group members</p>	<p>Research dances of different countries and cultures</p> <p>Discuss the role of rhythm and dance</p> <p>Perform rhythmic activity</p>	<p>Discuss safety related to catching and throwing</p> <p>Evaluate different techniques</p> <p>Perform paired practice of catching and throwing</p>	<p>Differentiate between games that require striking skills</p> <p>Apply striking skills in activities (baseball, volleyball,handball, softball)</p>	<p>Evaluate previous fitness goals</p> <p>Compare achievement of fitness goals</p> <p>Determine short and long term lifelong fitness goals</p> <p>Fitnessgram assessment</p>
I can statement	<p>I can improve my personal fitness levels</p> <p>I can improve skills for personal physical performance</p>	<p>I can promote a healthy heart</p> <p>I can summarize heart healthy practices</p>	<p>I can demonstrate effective qualities for team performance</p> <p>I can integrate personal skills in team sport play</p>	<p>I can list a variety of individual sports</p> <p>I can analyze the benefits of individual sports</p>	<p>I can perform cooperative group activities</p> <p>I can contribute to group success</p>	<p>I can perform a combining music and rhythm choreography</p>	<p>I can catch and throw with accuracy</p> <p>I can model appropriate catching and throwing techniques</p>	<p>I can perform striking skills</p> <p>I can list how skill related activities improve physical performance</p>	<p>I can develop an individual fitness plan</p> <p>I can improve my fitness goals</p>
Priority Standards	<p>20.A.2a</p> <p>20.A.2b</p> <p>20.B.2a</p> <p>20.B.2b</p> <p>20.B.3a</p>	<p>20.A.2b</p> <p>20.C.2b</p>	<p>19.C.2a</p> <p>19.C.2b</p> <p>20.A.2b</p> <p>21.A.2a</p>	<p>19.A.3</p> <p>19.C.3a</p> <p>19.C.3b</p>	<p>19.C.2a</p> <p>19.C.2b</p> <p>20.A.2b</p> <p>21.A.2a</p>	<p>19.A.2</p> <p>20.A.2b</p> <p>19.B.3</p>	<p>19.C.3a</p> <p>19.A.3</p>	<p>19.C.3b</p> <p>19.A.3</p> <p>19.C.3a</p>	<p>20.A.2a</p> <p>20.A.3a</p> <p>20.A.2b</p> <p>20.B.2b</p> <p>20.B.3b</p>
Assessments	<p>Teacher Observation</p> <p>Student Self Assessment</p> <p>Skills Assessment</p> <p>Team/Game Play</p>								

