



Content Area: PE

Grade Level: 3-5

3-5 Curriculum Map/Scope & Sequence (2021)

Grade 3-5	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Content:	Intro to Physical Fitness/ Assessment of Skills	Soccer/Football	Volleyball/ Basketball	Cognitive Games/ Cardiovascular Activities	Rhythm/ Dance	Bowling/ Gymnastics	Track And Field	Team Skills/ Cooperative Games	Assessment of Skills/Physical Fitness
Skills/Topic	Determine individual goals to improve personal fitness levels Assess fitness levels using fitnessgram	Compare rules of play and safety Apply rules and strategies to play beginning soccer and football Demonstrate game play and movement skills	Compare rules of play and safety Apply games specific skills and roles and player positions Evaluate personal and team performance	Strategize and execute planning of games Apply cognitive strategies in cooperative games Identify the benefits of cardiovascular activities and which muscle groups are involved	Perform movement pattern based on rhythmic theme or activity	Identify rules, technique, and safety procedures Demonstrate movement skills to complete the task	Demonstrate technique and safety in track and field events Categorize events and determine skill set necessary for each event Practice skills	Identify qualities that create an effective team Demonstrate those qualities during activities Investigate problem solving strategies	Review individual pre fitness levels with intent of student growth and improvement Assess post fitness levels using fitnessgram
I can statements	I can apply the principles and components of health related fitness	I can demonstrate personal responsibility during group activities	I can demonstrate knowledge of the rules, safety, and strategies during physical activity and game play	I can apply decision making skills and demonstrate skills essential for cooperation and strategy	I can apply various movement concepts and applications	I can analyze and demonstrate different movement concepts and apply technique in physical activity	I can distinguish between the different field events and implement the proper form and technique	I can demonstrate personal responsibility and cooperative skills during group activities	I can understand the difference within the different components of fitness(aerobic capacity, flexibility, muscular endurance, and muscular strength
Priority Standards	20.A.2a 20.A.2b 20.B.2a 20.B2.b	19.B.2 19.C.2a 19.C.2b 20.A.2b	19.C.2a 19.C.2b 20.A.2b	20.A.2b 20.C.2b	19.A.2 20.A.2b	19.B.2 19.C.2a 20.A.2b	19.C.2a 20.A.2b	19.C.2b 19.C.2a 20.A.2b 21.A.2a 21.B.2	20.A.2a 20.A.2b 20.B.2a 20.B.2b
Assessments	Skills assessment Student assessment Teacher observation Game play Pre and post fitness testing								

--	--