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| ***Week*** | ***National or State***  ***Standard/Benchmark*** | ***Content Strand*** | ***Skill*** | ***Objective*** | ***Key Concepts/ Cue Words*** | ***Materials/Resources*** | ***Assessment*** |
| 1-4 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical  activities. | Motor Skills | Skip | Demonstrate the step-hop movement pattern. | “Step-hop” | Assessment Rubric  Pre/Post recording sheet  Music CD  Posters | Shows correct arm swing, knee lift and step-hop pattern with rhythm.  Assessment Rubric  Pre/Post recording sheet |
| 5-7 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | Motor Skills | Gallop | Demonstrate the elements of  form including step, push and close using preferred and non-preferred foot. | Step,Push, Close | Assessment Rubric  Pre/Post recording sheet  Music CD  Posters | Trail leg is always behind lead foot with good balance. Assessment Rubric  Pre/Post recording sheet |
| 8-11 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | Motor Skills | Leap | Demonstrate the elements of  form including step, push and close using preferred and non-preferred foot.Demonstrat e all elements of form of leaping from a standing position with  feet staggered, leaping off the front foot, traveling forward and landing on the opposite foot. | Step, bend, push, reach, land | Assessment Rubric  Pre/Post recording sheet  Music CD  Posters | Lean forward, Push with back leg,  'leap', land on forward leg.  Assessment Rubric  Pre/Post recording sheet |
| 12-15 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | Motor Skills | Overhand Throw | Demonstrate the elements of form while throwing a small ball overhand at least 20 feet. | T, Twist, Throw, Follow through | Balls  Assessment Rubric  Pre/Post recording sheet  Posters | Stand sideways to target. Eyes on Target.  Rotate Hips. Throw.  Follow Through.  Assessment Rubric  Pre/Post recording sheet |
| 16-20 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | Motor Skills | Catching Fly  Balls | Demonstrate catching a lightweight ball that is lobbed from a distance of 6 feet and progressively greater heights. | Thumbs in, Thumbs out | Balls  Assessment Rubric  Pre/Post recording sheet  Posters | Eyes on Object. Catch with hands.  Bends hands when they contact object.  Assessment Rubric  Pre/Post recording sheet |
| 21-24 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | Motor Skills | Jump Rope | Demonstrate the element of form in the Basic  Jump forward and backward. | Turn, Wait, Jump! | Jump Ropes  Assessment Rubric  Pre/Post recording sheet  Posters  Music CD | Jumps two times over the rope consecutively with rhythm and correct form.  Assessment Rubric  Pre/Post recording sheet |
| 25-28 | MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | Other Motor Skills | \*Run  \*Slide  \*Hop  \*Jog/Pace  \*Bowling | Demonstrates the appropriate motion for the subsequent  motor skill. | Varies | Varies  Assessment Rubric  Pre/Post recording sheet  Posters  Music CD | Observations  Assessment Rubric  Pre/Post recording sheet  Posters |
| 29-30 | MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity. | Physical Fitness | \*Run  \*Jog/Pace  \*Skip  \*Gallop | Demonstrates the ability to sustain each activity for the  desired amount of time. | Varies | Assessment Rubric  Pre/Post recording sheet  Posters  Music CD | Observations  Assessment Rubric  Pre/Post recording sheet |
| 31-32 | MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. | Cognitive Domain | \*Nutrition  \*Body  Parts/Functions  \*Benefits and Knowledge of Physical Activity | Demonstrates understanding and knowledge of the concepts of nutrition and body functions in order to maintain a healthy lifestyle. | Varies | Assessment Rubric  Pre/Post recording sheet  Posters | Observations  Assessment Rubric  Pre/Post recording sheet  Posters |
| 33 | MPECS.5, 6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings. | Personal, Social  Domain | \*Cooperation  \*Following  Directions  \*Respect  \*Responsibility  \*Self-Control  \*Best Effort  \*Compassion | Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others. | Varies | Assessment Rubric  Pre/Post recording sheet  Posters | Observations  Assessment Rubric  Pre/Post recording sheet  Posters |