|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***Week*** | ***National or State***  ***Standard/Benchmark*** | ***Content Strand*** | ***Skill*** | ***Objective*** | ***Key Concepts/ Cue Words*** | ***Materials/Resources*** | ***Assessment*** |
| 1-3 | 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 | Run/Jog  Pace | Demonstrate the elements of  form including step, push and close using preferred and non-preferred foot. Demonstrate all elements of form while running at various speeds and stopping and starting using the Presidential  Physical Fitness Shuttle Run Standards. | Knees high, push of the toes, heels up, elbows bent, thumbs up, reach. | Mile Course  Assessment Rubric  Pre/Post recording sheet | Students will perform a one mile test based on individual improvement and comparison with age appropriate National  Standards.  Assessment Rubric  Pre/Post recording sheet |
| 4-7 | 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 | Leap | Demonstrate the elements of form including step, push and close using preferred and non- preferred foot. Demonstrate 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  Posters  Music CD | Observations  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 | Overhand Throw | Demonstrate the elements of form while throwing a small ball overhand at least 20 feet. | Twist, Throw, Follow through | Balls  Assessment Rubric  Pre/Post recording sheet  Posters | Stand sideways to target. Opposite foot in front. Eyes on Target.  Rotate Hips. Throw.  Follow Through.  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 | 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 | Eyes on Object. Catch with hands.  Bends hands when they contact object.  Assessment Rubric  Pre/Post recording sheet |
| 16-19 | 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 elements of form in the Basic  Jump forward and backward. | Turn, Wait, Jump! | Jump Ropes  Assessment Rubric  Pre/Post recording sheet  Posters  Music CD | Jumps 4 times over the rope consecutively with rhythm and correct form.  Assessment Rubric  Pre/Post recording sheet |
| 20-23 | 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 | \*Bowling  \*Dance Creative  Movement | 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 |
| 24-27 | MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity. | Physical Fitness | Strength | Students will develop a daily exercise and strength routine in the physical education class setting. | Varies | Assessment Rubric  Pre/Post recording sheet  Posters | Students will perform stretch testing based on individual improvement and comparison with age appropriate National  Standards. Assessment Rubric  Pre/Post recording sheet |
| 28-30 | MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity. | Physical Fitness | Flexibility | Students will develop a daily stretching routine in the physical education class setting. | Varies | Assessment Rubric  Pre/Post recording sheet  Posters | Students will perform flexibility testing based on individual improvement and comparison with age appropriate National  Standards. Assessment Rubric  Pre/Post recording sheet |
| 31 | MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity. | Physical Fitness | \*Run  \*Jog/Pace  \*Skip | 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 |
| 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 | Observation  Assessment Rubric  Pre/Post recording sheet |
| 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  \*Constructive  Competition | 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 | Observation  Assessment Rubric  Pre/Post recording sheet |