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| ***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 physicalactivities. | Motor Skills | Run/JogPace | Demonstrate the elements ofform 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 PresidentialPhysical Fitness Shuttle Run Standards. | Knees high, push of the toes, heels up, elbows bent, thumbs up, reach. | Mile CourseAssessment RubricPre/Post recording sheet | Students will perform a one mile test based on individual improvement and comparison with age appropriate NationalStandards.Assessment RubricPre/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 withfeet staggered, leaping off the front foot, traveling forward and landing onthe opposite foot. | Step, bend, push, reach, land | Assessment RubricPre/Post recording sheetPostersMusic CD | ObservationsAssessment RubricPre/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 | BallsAssessment RubricPre/Post recording sheetPosters | 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 FlyBalls | Demonstrate catching a lightweight ball that is lobbed from a distance of 6 feet and progressively greater heights. | Thumbs in, Thumbs out | BallsAssessment RubricPre/Post recording sheet | Eyes on Object. Catch with hands.Bends hands when they contact object.Assessment RubricPre/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 BasicJump forward and backward. | Turn, Wait, Jump! | Jump RopesAssessment RubricPre/Post recording sheetPostersMusic CD | Jumps 4 times over the rope consecutively with rhythm and correct form.Assessment RubricPre/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 CreativeMovement | Demonstrates the appropriate motion for the subsequentmotor skill. | Varies | VariesAssessment RubricPre/Post recording sheetPostersMusic CD | ObservationsAssessment RubricPre/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 RubricPre/Post recording sheetPosters | Students will perform stretch testing based on individual improvement and comparison with age appropriate NationalStandards. Assessment RubricPre/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 RubricPre/Post recording sheetPosters | Students will perform flexibility testing based on individual improvement and comparison with age appropriate NationalStandards. Assessment RubricPre/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 RubricPre/Post recording sheetPostersMusic CD | ObservationsAssessment RubricPre/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\*BodyParts/Functions\*Benefits and Knowledge of Physical Activity | Demonstrates understanding and knowledge of the concepts of nutrition and body functions in order to maintain ahealthy lifestyle. | Varies | Assessment RubricPre/Post recording sheetPosters | ObservationAssessment RubricPre/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, SocialDomain | \*Cooperation\*FollowingDirections\*Respect\*Responsibility\*Self-Control\*Best Effort\*Compassion\*ConstructiveCompetition | Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others. | Varies | Assessment RubricPre/Post recording sheetPosters | ObservationAssessment RubricPre/Post recording sheet |