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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 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  Posters | Students will perform a 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. | “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 |
| 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  Posters | 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 once for each rope revolution. Keeps hands waist high, slightly in form of body and makes small circles with hands. Stays on the balls of feet, and bends knees slightly. Jumps only one or two inches off the ground.  Assessment RubricPre/Post 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  \*Kick  \*Forehand  Strike  \*Hand Dribble  \*Underhand  Strike  \*Dance/Creative  Movement | Demonstrates the appropriate motion for the subsequent  motor skill. | 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 flexi 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 |