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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 | Shows correct arm swing, knee lift and step-hop pattern with rhythm. Assessment Rubric Pre/Post recording sheet |
| 5-9 | 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 | Trail leg is always behind lead foot with good balance and rhythm. Assessment Rubric  Pre/Post recording sheet |
| 10-14 | 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-position, twist, throw, follow-through | Balls | Stands sideways to target, opposite foot in front, eyes on target, rotate hips, throw, follow-through. Assessment Rubric  Pre/Post recording sheet |
| 15-19 | 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 | \*Catching  Fly Balls | Demonstrate tossing a lightweight ball to progressively  greater heights and catching it. | Ready eyes, ready hands. | Balls | Eyes on object catch with hands, bends arms as they contact object. Assessment Rubric Pre/Post recording sheet |
| 20-24 | 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  \*Walk  \*Hop  \*Jog/Pace | Demonstrates the appropriate motion for the subsequent motor skill. | Varies | Assessment Rubric  Pre/Post recording sheet | Observation Assessment Rubric  Pre/Post recording sheet |
| 25-29 | MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity. | Physical Fitness | \*Walk  \*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 | Observation  Assessment Rubric  Pre/Post recording sheet |
| 30-31 | 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 | \*Body Parts and Functions | Demonstrate an understanding of the concepts of non- locomotor actions, body parts and planes by using various actions. | Varies | Assessment Rubric  Pre/Post recording sheet | Observation  Assessment Rubric  Pre/Post recording sheet |
| 32-33 | 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  \*Use of  Space  \*Best Effort  \*Compassion | Demonstrate 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 | Observation  Assessment Rubric  Pre/Post recording sheet |