

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:					
	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
	PE Standard 5 Benchmark 1-4 Health Standard 3 Benchmark 5 Standard 7 Benchmark 1-4 Standard 2 Benchmark 1-3	<p style="color: blue;">Rules and Procedures, teacher signals</p> <p style="color: blue;">Loco motor skills</p> <p style="color: blue;">Shooting skills</p>	<p style="color: blue;">Respect and Try Your Best Rules Respect – teacher, students, equipment, self Try Your Best – Be prepared, play by the rules, sportsmanship, good attitude</p> <p style="color: red;">Freeze Tag</p> <p style="color: red;">Knockout</p>	<p>Observations and feedback</p> <p>Observations and Feedback</p>	<p>Parent Letters, Rules posted in gym</p> <p>Lindsey/Steiner Handbook</p> <p>Pegames.com</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:					
	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
	Standard 1, Benchmark 1 Standard 2, Benchmark 2 Standard 3, Benchmark 1	Offense and defense, dodging, striking	4 Square	Observation and feedback	Pegames.com 3 playground balls
	Standard 4, Benchmark 1 Standard 5, Benchmark 1-4 Standard 6, Benchmark 2 Standard 7, Benchmark 1-4	Offense and defense, catching, moving through space while performing skills.	Ultimate Ball	Observation and feedback	Jerseys, outdoor volleyballs
	Health Standard 5, Benchmark 1,3,4,5	Project Heart Start – CPR	CPR Video and practice on “dummies”.	Observation and feedback	T.V., DVD player, dummies - approximately 20
	Standard 1, Benchmark 1 Standard 2, Benchmark 2 Standard 4, Benchmark 1 Standard 5, Benchmark 1-4	Striking, volleyball skills, movement to an object, team work.	Matrix	Observation and feedback	Volleyballs, volleyball net set up

**Portales Municipal Schools
CURRICULUM MAP**

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:

PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
<p>Health Standard 1, Benchmark 1-4, 6, 8</p> <p>Standard 3, Benchmark 3,6</p> <p>Standard 4, Benchmark 4</p> <p>Standard 6, Benchmark 2,3</p>	<p>Personal daily choices concerning activity level have health consequences for current and future health.</p>	<p>Discussion of Sitting Diseases caused by too much inactivity. Encourage students to be active by running/walking 2 laps and then playing an activity.</p>	<p>Observation and feedback</p>	<p>Teaching white board with the sitting diseases written on it to help with the discussions.</p>
<p>Health Standard 1, Benchmark 1-4, 6, 8</p> <p>Standard 3, Benchmark 3,6</p> <p>Standard 4, Benchmark 4</p> <p>Standard 6, Benchmark 2,3</p>	<p>Personal daily choices concerning the use of alcohol, tobacco and other drugs have consequences on current and future health.</p>	<p>Guest speaker come to talk with the students and discuss the health consequences of using drugs.</p>	<p>Observation and feedback</p>	<p>Guest speaker with video and posters.</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:

	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
	<p>Health Standard 1, Benchmark 1-4, 6,8</p> <p>Standard 2, Benchmark 1,3</p> <p>Standard 3, Benchmark 1-4,6</p> <p>Standard 4, Benchmark 2,3,4</p> <p>Standard 6, Benchmark 2,3,5</p>	<p>Making Healthy food choices to fight disease and sickness, and to help maintain a healthy weight. Prevent obesity.</p> <p>Students will also understand what strategies food companies can and will use to influence us as consumers with different advertising ploys. (labeling and packaging)</p>	<p>Students will bring in different foods and learn to read food labels. Students will also learn dangerous ingredients found in every day packaged foods and how to make healthier food choices by choosing products with more natural ingredients. Label reading!!!!</p>	<p>Giving feedback on questions and products that the students bring from home.</p>	<p>Teacher needs to provide common food packages that are eaten by students. The students will also bring packages from home.</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:				
PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
Health Standard 1, Benchmark 1-4, 6,8 Standard 2, Benchmark 1,3 Standard 3, Benchmark 1-4,6 Standard 4, Benchmark 2,3,4 Standard 6, Benchmark 2,3,5	<p style="color: blue; text-align: center;">Students will understand that too much added sugar in their diet can cause the same diseases as sitting too much. Too much added sugar causes obesity, cancer and heart disease. Students will also learn about packaging tricks that companies use to make consumers think that a product is a health product. Students will learn the importance of looking for hidden sugars in their diets.</p>	<p>Students will watch a series of You Tube videos on the dangers of consuming too much sugar.</p>	<p>Discussion and feedback on the information presented in the videos.</p>	<p>Internet access to You Tube Education and a TV.</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:					
	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
	Standard 1, Benchmark 1 Standard 2, Benchmark 2 Standard 3, Benchmark 1 Standard 4, Benchmark 1 Standard 5, Benchmark 1-4 Standard 6, Benchmark 2 Standard 7, Benchmark 1-4 “ “	<p>Students will learn striking, eye coordination, offense, defense through playing 3 on 3 games sudden death or 3 minute time limit.</p> <p>The students will learn the importance of aerobic fitness.</p> <p>Students will learn to work cooperatively together.</p>	<p>Floor Hockey - playing 3 on 3 games sudden death or 3 minute time limit.</p> <p>Body Tag</p> <p>Blob (Aerobic games for fun and fitness)</p>	<p>Participation and feedback on the rules.</p> <p>Participation and feedback on rules.</p> <p>Participation and feedback on rules.</p>	<p>Hockey sticks, pucks, goals, stopwatch, and white board to keep score with, markers.</p> <p>Foam balls</p> <p>Plenty of gym space to run and play.</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:					
	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
	Standard 1, Benchmark 1 Standard 2, Benchmark 2 Standard 3, Benchmark 1 Standard 4, Benchmark 1 Standard 5, Benchmark 1-4 Standard 6, Benchmark 2 Standard 7, Benchmark 1-4	Students will have fun participating in aerobic games. Students will learn to work together in game situations that require catching, throwing, running, jumping, dodging, shooting baskets.	Bank Robbery Book It Zombie Graveyard	Participation and feedback.	Floor mats, at least 37 foam balls, jerseys for 2 teams

**Portales Municipal Schools
CURRICULUM MAP**

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:				
PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
Health Standard 1 Benchmark 1,2,4,6 Standard 2 Benchmark 1,2,3,6 Standard 3 Benchmark 1,3,5,6 Standard 5 Benchmark 5,6 Standard 6 Benchmark 3	<p style="color: blue;">Students will understand that they have a right to be safe.</p> <p style="color: blue;">Adults play a major role in keeping children safe.</p> <p style="color: blue;">Children also make decisions every day to help keep themselves safe.</p> <p style="color: blue;">Learn the different types of abuse – Physical, emotional, neglect, Sexual.</p> <p style="color: blue;">Learn the different tactics that sexual abusers use.</p> <p style="color: blue;">Strategies for recognizing and protecting themselves from abuse</p>	<p>Presentation on Abuse using a white board and photos.</p>	<p>Listening and answering any questions the students may have.</p>	<p>Child Help – Speak Up/Be Safe Abuse Prevention program.</p>

**Portales Municipal Schools
CURRICULUM MAP**

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:					
	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
	Standard 1, Benchmark 1 Standard 2, Benchmark 2 Standard 3, Benchmark 1 Standard 4, Benchmark 1 Standard 5, Benchmark 1-4 Standard 6, Benchmark 2 Standard 7, Benchmark 1-4	Throwing, dodging, and catching, running.	FBI and the Secret Agent Dungeon Ball Dr. Dodge ball Dungeons and Dragons Dungeon and Dragons with mats Battle Zone with mats (Swamp Ball) Fish Out of Water	Participation and Feedback on rules of the game and class rules.	Foam Balls, jerseys, belts, mats

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2018	Grade Level: 5 th & 6 th
-----------------	----------------------------	------	--

ESSENTIAL QUESTIONS:				
PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
<p>Health Standards</p> <p>Standard 1</p> <p>Benchmark 1,2, 8</p> <p>Standard 3</p> <p>Benchmark 1, 2, 4, 6</p>	<p>Students will learn ways to incorporate more fruit into their diet.</p> <p>Students will learn that fruit is important to their health.</p> <p>Students will learn that fresh herbs can be used to flavor their food.</p> <p>Students will learn how to plant and take care of an herb plant.</p>	<p>A presentation from the extension office and a fruit tasting opportunity. The extension office will also hand out herb plants (to be given to the 8th hour teachers to give out at the end of the day).</p> <p>The extension agent will tell the students how to plant and take care of their herb plants.</p>	<p>Feedback on the students' participation and respect rules.</p>	<p>Extension office will provide posters on fruit and the benefits of fruit to promote health.</p> <p>Herb plants</p> <p>Fruit</p>