

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2017-2018	Grade Level: 1st & 2nd Grade
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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
First Nine Weeks	Standard: Benchmark-1 PE 3:2, 5:1, 5:4, 5:5 Health 1:5, 1:6, 1:6 2:4, 3:1, 3:5 5:1, 5:3, 5:3, 5:4 PE 1:1, 1:2, 4:1, 5:1, 5:5 PE 1:3, 2:1, 2:2, 2:2, 3:1, 4:1, 4:2 5:1, 6:2, 7:1, 7:2, 7:3 PE 1:1, 1:2, 1:3, 2:2, 2:3 3:2, 4:1, 4:2, 5:1, 5:2, 6:2 7:1, 7:3 PE 3:2, 5:3, Health 1:3, 1:5, 3:4, 6:1, 6:3, 6:4, 7:1,	Rules and Procedures Teacher Signals Locomotor and Nonmanipulative Skills Personal & general space Five Components of Fitness 1. Cardiovascular Fitness 2. Muscular Strength 3. Muscular Endurance 4. Flexibility Health	Rules & procedures Playground Rules Introduce Agilities Fire in the Jungle & Speedway Play variety of games working as a group and individually to learn personal and general space Exercise Stations (jumping, change of direction, exercise dice, hoping, landing, etc.....) Childhelp Speak up, Be safe	Observations And Feedback Observation and Feedback Observation and Feedback Observation & feedback School Councilor	James Handbook Pecentral.com, PhysEdGames.com, cones & batons Jump ropes, hula hoops, scooters, cones, exercise dice Vertical Team Childhelp program & School Councilor

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Second Nine Weeks	<p>PE 3:2, 4:1, 5:3, 5:4, 5:5,</p> <p>PE 1:1, 1:2, 1:3, 2:2, 2:3 3:2, 4:1, 4:2, 5:1, 5:2, 6:2 7:1, 7:3</p> <p>Health 1:2, 1:3, 1:4, 1:5, 2:2, 3:1, 3:6, 3:7, 5:6, 5:7,5:8, 6:2</p> <p>PE 1:1, 2:2, 4:1, 4:2, 5:1, 5:3, 5:5, 6:2, 7:3,</p>	<p>Cooperative learning</p> <p>Five Components of Fitness</p> <ol style="list-style-type: none"> 1. Cardiovascular Fitness 2. Muscular Strength 3. Muscular Endurance 4. Flexibility <p>Bully Prevention</p> <p>Space Awareness</p> <ol style="list-style-type: none"> 1. Chasing 2. Fleeing 3. Dodging 	<p>Team Memory: Learn to work together by performing teambuilding activities in groups</p> <p>Exercise Stations (jumping, change of direction, balance, exercise dice, hoping, landing, etc.....)</p> <p>Information on bullies & up-standers</p> <p>Halloween Tag</p>	<p>Accomplishment of task</p> <p>Observe & Feedback</p> <p>Observation and Feedback</p> <p>Observation & feedback</p> <p>Observation & Feedback</p>	<p>PhysEdGames.com, colored bean bags, Frisbees, cones</p> <p>Station equipment</p> <p>Jump Rope for Heart www.peuniverse.com</p> <p>Pinterest & counselor</p> <p>Pennies, cones, brooms, & 2 balls</p>

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Second Nine Weeks	<p>PE 1:1, 1:3, 2:1, 2:2, 4:1, 4:2, 5:1, 5:3, 5:5, 7:3, 7:4,</p> <p>Health 1:1, 1:2, 1:5, 1:6, 3:1,3:2, 3:4, 5:2, 7:3</p> <p>P.E. 1:2, 1:3, 2:1, 2:3, 3:1, 3:2, 5:1, 5:2, 5:3, 5:4, 5:5, 6:1,6:2, 6:3, 7:1, 7:2, 7:3, 7:4</p>	<p>Dodge ball</p> <ol style="list-style-type: none"> 1. Dodging 1. Fleeing 2. Throwing 3. Catching 4. Game Strategy 5. Teamwork <p>Health</p> <p>Speed Stacking</p>	<p>Team ball</p> <p>School Nurse/ Hand washing & Hygiene</p> <p>Eye-hand coordination, ambidextrous, Cardiorespiratory Endurance, Concentration and Fine Motor Skills</p>	<p>Observation & Feedback</p> <p>Black light</p> <p>Observation & Feedback</p>	<p>www.peuniverse.com Vertical Team, dodgeballs, cones</p> <p>School Nurse</p> <p>Speed stacks instructor training DVD</p>

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Third Nine Weeks	<p>Health 4:3, PE 1:1, 1:2, 4:1,</p> <p>PE 1:3, 2:2, 2:3, 5:1, 5:5, 7:1,</p> <p>PE 1:1, 1:3, 2:1, 2:2, 4:1, 4:2, 5:1, 5:3, 5:5, 7:3, 7:4,</p>	<p>Rhythmic Movement</p> <p>Cooperative Learning</p> <p>Dodgeball</p> <ol style="list-style-type: none"> 1. Dodging 2. Fleeing 3. Throwing 4. Catching 5. Game Strategy 6. Teamwork 	<p>Just Dance</p> <p>Building on working together in groups and small groups</p> <p>Dr. Dodgeball</p>	<p>Observation & Feedback</p> <p>Accomplishment of task</p> <p>Observation & Feedback</p>	<p>Wii & Just Dance Games</p> <p>Parachute and objects to put on parachute.</p> <p>Scooters, dodgeballs, cones</p>

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Third Nine Weeks	<p>PE 1:1, 1:2, 1:3, 2:2, 2:3 3:2, 4:1, 4:2, 5:1, 5:2, 6:2 7:1, 7:3</p> <p>PE 1:1, 1:2, 2:1, 2:2, 4:1, 4:2, 5:1, 5:5</p> <p>PE 1:1, 2:1, 2:2, 2:3, 3:1, 3:2, 4:1, 4:2, 5:1, 5:2, 5:5, 6:2, 6:3, 7:2, 7:3,</p> <p>PE 3:2, 4:1, 5:3, 5:4, 5:5,</p>	<p>Five Components of Fitness</p> <ol style="list-style-type: none"> 1. Cardiovascular Fitness 2. Muscular Strength 3. Muscular Endurance 4. Flexibility <p>Obstacle Course</p> <ol style="list-style-type: none"> 1. Jumping and Landing 2. Traveling 3. Balancing 4. Relationships with objects Transferring weight from feet to hands <p>Personal & General Space</p> <p>Cooperative learning</p>	<p>Exercise Stations (jumping, change of direction, exercise dice, hopping, landing, etc.....)</p> <p>Obstacle Course</p> <p>Builders & Bulldozers</p> <p>Team Memory: Learn to work together by performing teambuilding activities in groups</p>	<p>Observation & feedback</p> <p>Observation & feedback</p> <p>Observation and feedback</p> <p>Accomplishment of task</p>	<p>Jump ropes, hula hoops, scooters, cones, exercise dice</p> <p>www.peuniverse.com Vertical Team</p> <p>Physedgames.com</p> <p>PhysEdGames.com, colored bean bags, Frisbees, cones</p>

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Fourth Nine Weeks	<p>P.E. 1:2, 1:3, 2:1, 2:3, 3:1, 3:2, 5:1, 5:2, 5:3, 5:4, 5:5, 6:1,6:2, 6:3, 7:1, 7:2, 7:3, 7:4</p> <p>PE 1:1, 1:2, 1:3, 2:2, 2:3 3:2, 4:1, 4:2, 5:1, 5:2, 6:2 7:1, 7:3</p> <p>PE 1:3, 2:1, 2:2, 2:2, 3:1, 4:1, 4:2 5:1, 6:2, 7:1, 7:2, 7:3</p> <p>PE 1:1, 1:2, 1:3, 2:2, 2:3 3:2, 4:1, 4:2, 5:1, 5:2, 6:2 7:1, 7:3</p>	<p>Speed Stacking</p> <p>Five Components of Fitness</p> <ol style="list-style-type: none"> 1. Cardiovascular Fitness 2. Muscular Strength 3. Muscular Endurance 4. Flexibility <p>Personal & general space</p> <p>Five components of Fitness Field Day Activities</p>	<p>Eye-hand coordination, ambidextrous, Cardiorespiratory Endurance, Concentration and Fine Motor Skills</p> <p>Exercise Stations (jumping, change of direction, balance, exercise dice, hoping, landing, etc.....)</p> <p>Fire in the Jungle & Speedway Play variety of games working as a group and individually to learn personal and general space</p> <p>Egg race, sack race, relay race, oversize clothes race, jump rope relay</p>	<p>Observation & Feedback</p> <p>Observation and feedback</p> <p>Observation and feedback</p> <p>Observation and feedback</p>	<p>Speed stacks instructor training DVD</p> <p>Station Equipment</p> <p>PhysEdGames.com, cones & batons</p> <p>Batons, spoons, eggs, big clothes, jump ropes, sacks</p>