

Portales Municipal Schools
CURRICULUM MAP
REVISED MAY 2018

Subject:	Physical Education/ Health	2018	Grade Level: 3rd & 4th 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 3:2, 4:1, 5:3, 5:4, 5:5,	Rules and Procedures Teacher Signals Locomotor and Nonmanipulative Skills Ball Striking Fitness Test	RAMS Rules R: Respect A: Attitude M: Manners S: Safety and Sportsmanship Playground Rules Introduce Agilities 4 Squares Tetherball Sit and Reach, Shuttle Run, Distance Run, # of sit-ups in a minute, 40 yard dash, standing broad jump.	Observations And Feedback Observation and Feedback Observation and Feedback Observation and Feedback Charts	Valencia Handbook Children Moving 7 th ED Children Moving 7 th ED

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First Nine Weeks	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	Five Components of Fitness 1. Cardiovascular Fitness 2. Muscular Strength 3. Muscular Endurance 4. Flexibility	Exercise Stations (Resistance Bands, Poly Exercise Spots, Jumping and Landing, etc....)	Observation and Feedback	www.peuniverse.com
Second Nine Weeks	PE 1:1, 2:2, 4:1, 4:2, 5:1, 5:3, 5:5, 6:2, 7:3, PE 3:2, 5:3, Health 1:3, 1:5, 3:4, 6:1, 6:3, 6:4, 7:1, PE 1:3, 2:2, 2:3, 5:1, 5:5, 7:1,	Space Awareness 1. Chasing 2. Fleeing 3. Dodging Health Throwing and Catching Kicking and Punting	Cops and Robbers Red Ribbon Week Football and Soccer, Soccer Golf	Observation and Feedback Red Ribbon Lessons Checklist	Vertical Team Red Ribbon Week Children Moving 7 th ED www.peuniverse.com

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Second Nine Weeks	<p>PE 1:3, 2:2, 2:3, 5:1, 5:5, 7:1,</p> <p>Health 1:1, 1:2, 1:6, 3:1, 3:6, 5:5, 5:6, 5:7, 5:,8</p> <p>Health 1;1.2, 2.3, 3.3, 4.2, 4.3, 2; 2.1, 2.1, 2.3, 3.2, 4.2,</p> <p>PE 1:1, 1:2, 1:3, 2:1, 4:2, 5:1, 5:2, 5:3, 5:5, 6:2, 7:3,</p>	<p>Volleying</p> <p>Anti-Bullying Week</p> <p>Personal Safety</p> <p>Battleship</p> <ol style="list-style-type: none"> 1. Throwing 2. Balancing 3. Space Awareness 4. Catching 5. Understanding my role on the team. 	<p>Volleyball</p> <p>Anti-Bullying, PowerPoint</p> <p>PowerPoint and Conversation Assisted by Counselor</p> <p>Battleship</p>	<p>Checklist</p> <p>Anti-Bullying Worksheets</p> <p>Feedback</p> <p>Observation and Feedback</p>	<p>Children Moving 7th ED</p> <p>Vertical Team Valencia Handbook</p> <p>ChildHelp Speak Up Be Safe Curriculum</p> <p>www.peuniverse.com</p>

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Second Nine Weeks	<p>PE 1:1, 1:2, 1:3, 2:1, 4:2, 5:1, 5:2, 5:3, 5:5, 6:2, 7:3,</p> <p>Health 4:3,</p> <p>PE 1:1, 1:2, 4:1,</p> <p>PE 1:1, 1:2, 1:3, 2:1, 4:2, 5:1, 5:2, 5:3, 5:5, 6:2, 7:3,</p>	<p>Pirate Ship</p> <ol style="list-style-type: none"> 1. Balancing 2. Throwing 3. Catching 4. Teamwork 5. Cardiovascular Endurance 6. Muscular Endurance <p>Rhythmic Movement</p> <p>Hula Hut Build Off</p> <ol style="list-style-type: none"> 1. Throwing 2. Catching 3. Traveling 4. Space Awareness 5. Teamwork 	<p>Pirate Ship</p> <p>Just Dance</p> <p>Hula Hut Build Off</p>	<p>Observation and Feedback</p> <p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>www.peuniverse.com</p> <p>WII and Just Dance Games</p> <p>www.peuniverse.com</p>

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Second Nine Weeks	PE 1:1, 1:2, 1:3, 2:3, 4:1, 4:2, 5:1, 5:5, 6:2, PE 1:1, 1:3, 2:1, 2:2, 4:1, 4:2, 5:1, 5:3, 5:5, 7:3, 7:4,	Jumping and Landing Dodge ball 1. Dodging 2. Fleeing 3. Throwing 4. Catching 5. Game Strategy 6. Teamwork	Jump Rope Swamp Ball, Team ball, Sherwood Forest, Detective, Jedi Ball	Observation and Feedback Observation and Feedback	Jump Rope for Heart www.peuniverse.com Vertical Team
Third Nine Weeks	PE 1:1, 1:2, 2:1, 2:2, 4:1, 4:2, 5:1, 5:5,	Obstacle Course 1. Jumping and Landing 2. Traveling 3. Balancing 4. Scooter Play 5. Relationships with objects 6. Transferring weight from feet to hands	Obstacle Course	Time Sheet	www.peuniverse.com Vertical Team

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Fourth Nine Weeks	<p>PE 1:1, 1:3, 2:1, 2:2, 2:3, 5:1, 5:2, 5:5, 6:2, 7:1, 7:3,</p> <p>PE 3:2, 4:1, 5:3, 5:4, 5:5,</p> <p>PE 1:3, 2:1, 2:2, 3:1, 5:3, 5:4, 5:5, 7:2, 7:3</p> <p>PE 4:1, 4:2, 5:1, 5:5, 6:1, 7:3, 7:4</p>	<p>Ultimate Frisbee 1. Throwing and Catching 2. Game Strategy</p> <p>Post Fitness Test</p> <p>Tetherball Tournament 1. Understanding a tournament bracket.</p> <p>Tug of War</p>	<p>Ultimate Frisbee</p> <p>Post Fitness Test</p> <p>Tether Ball Tournament</p> <p>Tug of War</p>	<p>Observation and Feedback</p> <p>Chart</p> <p>Tournament</p> <p>Observation and Feedback</p>	<p>Guest Speaker</p> <p>www.printyourbrackets.com</p> <p>Vertical Team</p>

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Fourth Nine Weeks	<p>PE 1:3.1, 3:2.1, 4:1.1, 2.1, 3.1, 3.2 7:3.1,</p> <p>PE 4: 1.1, 2.1, 3.1</p> <p>PE 5: 1.1, 1.2, 2.1, 5.1, 5.2, 5.3 6: 2.1, 7: 3.1, 3.2</p>	<p>Exercise Stations</p> <p>Understanding Muscle Location and Movements</p> <ol style="list-style-type: none"> 1. Biceps 2. Triceps 3. Abs 4. Deltoids 5. Quadriceps 6. Hamstring 7. Calves <p>Mario Kart</p> <ol style="list-style-type: none"> 1. Cardiovascular Endurance 2. Teamwork 	<p>Resistance Bands, Exercise Poly Spots, Jump-Rope, Dumbbell Weights</p> <p>Every activity student's are using muscles and that muscle will be identified with the location and the use of it.</p> <p>Students Mario Kart around a track. Safety Rules: Pushing under control.</p>	<p>Observation and Feedback</p> <p>Observation and Feedback Muscle Quiz</p> <p>Observation and Feedback</p> <p>Observation and Feedback Number of Popsicles given on completed laps.</p>	<p>Exercise Poly Spots, Vertical Team</p> <p>Muscle Poly Spots</p> <p>Scooters www.peuniverse.com</p> <p>Scooters, Popsicle Sticks, Cones www.peuniverse.com</p>