

# Grade K-2 Physical Education Curriculum Map

Standards	Content	Skills/Practices	Materials/ Resources	Assessments (All) Daily/Weekly/ Benchmarks	Timeline (Months/Weeks /Days)
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<p><b>Standard 1:</b> Demonstrates competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p> <p><b>Standard 3:</b> Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p><b>Orientation/Class room rules and procedures</b></p>	<p>Following the rules.</p> <p>Playing safely on the playground.</p>	<p>List of playground Rules</p>		<p>September</p>
	<p><b>Tag Games</b></p>	<p>Body Awareness Balance Agility Coordination Strategy</p>	<p>PE Central</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>September</p>
	<p><b>Hula Hoops</b></p>	<p>Personal Space Body Awareness Balance Agility Coordination</p>	<p>OPEN Curriculum</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>September</p>
		<p>Striking with an</p>	<p>PE Central</p>	<p>PE Profile</p>	<p>September</p>

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<p><b>Standard 4:</b> Exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.</p> <p><b>Standard 6:</b> Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.</p>	<b>Baseball</b>	implement		Skill Rubric Question/Answer Check for Understanding Observation	
	<b>Football Skills – Throwing, catching, and kicking</b>	Passing/Catching Running with a football Punting Kicking	PE Central Youtube	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	October
	<b>Scarves</b>	Hand-Eye Coordination	OPEN Curriculum	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	October
	<b>Soccer Skills</b>	Dribbling Passing Throw-ins	PE Central	PE Profile Skill Rubric Question/Answer	October

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<p><b><u>National Standards</u></b></p> <p><b><u>Standard 1.</u></b> The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p><b><u>Standard 2.</u></b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p><b><u>Standard 3.</u></b> The physically literate individual demonstrates the</p>	<b>Haunted House</b>	Following Directions Personal Space Spatial Awareness		Check for Understanding Observation	October
	<b>Volleyball</b>	Forearm Pass Set Serving	PE Central	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	November
	<b>Pin Guard Games</b>	Body Awareness Balance Agility Coordination Strategy	YouTube	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	November
	<b>Balance/Tumbling</b>	Jumping/Landing Rolling Curling & Stretching	PE Central	PE Profile Skill Rubric Question/Answer	November

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<p>knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p><b>Standard 4.</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5.</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p>	<p><b>Holiday Games</b></p>	<p>Twisting &amp; Bending</p> <p>Body Awareness Balance Agility Coordination Strategy Chasing Fleeing Dodging</p>	<p>YouTube</p>	<p>Check for Understanding Observation</p> <p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>November</p>
	<p><b>Parachute</b></p>	<p>Teamwork Cooperation Following Directions</p>	<p>PE Central</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>December</p>
	<p><b>Basketball Skills</b></p>	<p>Dribbling Passing - Chest and Bounce Shooting Games (PIG, shooting knockout, dribbling knockout)</p>	<p>OPEN Curriculum</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>December</p>
	<p><b>Dance</b></p>	<p>Rhythm Cooperation</p>	<p>YouTube</p>	<p>PE Profile Skill Rubric</p>	<p>December</p>

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	<p><b>Holiday Games</b></p>	<p>Etiquette Respect Benefits of Dance</p> <p>Body Awareness Balance Agility Coordination Strategy</p>	<p>PE Central</p>	<p>Question/Answer Check for Understanding Observation</p> <p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>December</p>
	<p><b>Building Houses</b></p>	<p>Following Directions Personal Space Spatial Awareness Teamwork Cooperation Respect</p>	<p>YouTube</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>January</p>
	<p><b>Hockey Skills</b></p>	<p>Stick Handling Safety Goaltending</p>	<p>PE Central ESPN NHL</p>	<p>PE Profile Skill Rubric Question/Answer</p>	<p>January</p>

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	<p><b>Scooters</b></p>	<p>Offense Defense</p> <p>Safety Self Space Spatial Awareness</p>	<p>PE Central Rogers Moving Company</p>	<p>Check for Understanding Observation</p> <p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>January</p>
	<p><b>Jump Bands</b></p>	<p>Rhythm Teamwork Cooperation</p>	<p>YouTube VHS Tape</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	<p>February</p>
	<p><b>Heart Adventure</b></p>	<p>Heart Care (Exercise, eating healthy, tobacco free)</p>	<p>YouTube Bill Nye</p>	<p>PE Profile Skill Rubric Question/Answer Check for Understanding Observation</p>	
	<p><b>Tumbling Stations</b></p>	<p>Jumping/Landing Rolling Curling &amp; Stretching</p>	<p>OPEN Curriculum PE Central YouTube</p>	<p>PE Profile Skill Rubric Question/Answer</p>	<p>February</p>

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	<b>Rain Forest</b>	Twisting & Bending  Balance Jumping Tumbling Vaulting Throwing Teamwork	USA Gymnastics Kerri Strug  YouTube Kerri the Koala	Check for Understanding Observation  PE Profile Skill Rubric Question/Answer Check for Understanding Observation	March
	<b>Fitness Stations</b>	Climbing Hopping Jumping Bouncing Pull-Ups	YouTube	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	March
	<b>Space Adventure</b>	Swinging Rolling Climbing Balance Jumping	NASA	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	March
	<b>Swim</b>	Floating Front Crawl Backstroke	FRAYER	PE Profile Skill Rubric Question/Answer	April

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		Bubbles Bobs Overcoming Fear		Check for Understanding Observation	
	<b>Bowling</b>	Rolling Teamwork Counting Basic Bowling Rules	Former Varsity Coach Kevin Novotny	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	April
	<b>Scavenger Hunt</b>	Teamwork Running Cooperation	YouTube	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	May
	<b>Capture the Flag</b>	Body Awareness Balance Agility Coordination Strategy	PE Central	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	May
	<b>Disc Golf</b>	Teamwork Throwing a Frisbee Cooperation	YouTube	PE Profile Skill Rubric Question/Answer	May

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	<b>Lacrosse Skills</b>	Etiquette  Throwing and Catching Shooting Partner Work	YouTube PE Central	Check for Understanding Observation  PE Profile Skill Rubric Question/Answer Check for Understanding Observation	May
	<b>Frisbee</b>	Throwing Catching	YouTube Peter, Stewie and Brian	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	June
	<b>Scoops</b>	Throwing Catching Playing with a Partner	PE Central	PE Profile Skill Rubric Question/Answer Check for Understanding Observation	June
	<b>Baseball Skills</b>	Throwing Catching Playing with a	YouTube	PE Profile Skill Rubric Question/Answer	June

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		Partner		Check for Understanding Observation	
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