

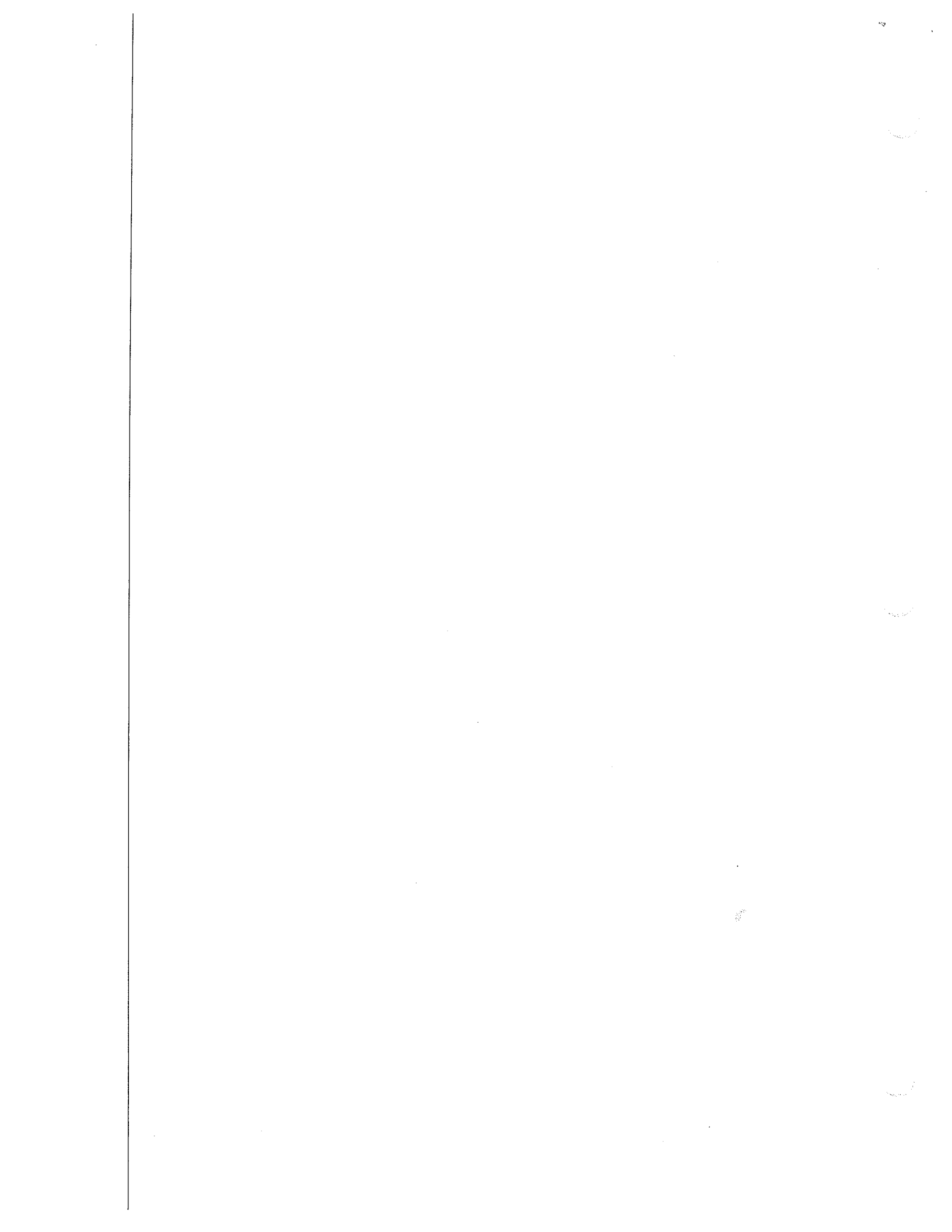
Curriculum Map	Grade: Kindergarten	Subject: Physical Education	
	Content	Skills	Assessment
August- September	Daily Procedure Spatial Awareness Cooperative Games Movement Exploration	Personal space, cooperation, taking turns, listening, locomotor skills Follow direction Working on skill Hand/eye coordination	Teacher observation
October	Ball skills Locomotor movement Balance Tag games	Kicking, throwing, catching Balance exercises Freeze tag, capture the flag, spider in the web	Teacher observation
November	Cooperation Games Tag games Songs as class	Musical hoops Tag, freeze tag, capture the flag, freeze dance	Teacher observation
December	Scooters Cooperation games	Scooter race, relay, parachute	Teacher observation
January	Body movement	Various balance, agility, coordination skills	Teacher observation
February	Juggling scarves Object relay	Hand/eye coordination	Teacher observation
March	Cooperative game Dance-bunny hop Hula hoops	Eskimo/polar bear Exploration with hula hoops	Teacher observation
April	Fox tail balls Catching Queens treasure	Pass, catch, aim Passing and catching Manipulative game	Teacher observation
May	Tag game Parachute Throwing stations Ball work	Locomotor movements Cooperative Under and over hand Basketball	Teacher observation

Curriculum Map	Grades: 1&2	Subject: Physical Education	
	Content	Skills	Assessment
August- September	Skill themes and movement concepts Spatial awareness	Locomotor movement Non-locomotor movement Traveling in different directions	Teacher observation
October	Throwing and catching Kicking skills: stationary and moving	Throw over and under handed	Teacher observation

		Kicking-kick ball and modified soccer skills	
November	Striking Cooperative games	Hitting off tee Low level game skills	Teacher observation
December	Basketball, manipulative skills	Passing/catching	Teacher observation
January	Movement education Body awareness	Balance, weight transfer	Teacher observation
February	Jumping and jumping rope	Jump rope skills Agility skills	Teacher observation
March	Landing skills Body movement	Various agility, coordination and balance skills	Teacher observation
April	Kicking skills	Modified soccer skills	Teacher observation
May	Movement concepts Parachute Striking	Various games Hitting off tees	

Curriculum Map	Grades: 3&4	Subject: Physical Education	
	Content	Skill	Assessment
August- September	Skill themes and movement concepts	Spatial awareness Locomotor movement Non-locomotor movement Higher level activities	Teacher observation
October	Throwing and catching	Throwing/ catching footballs, frisbees Team sports/games	Teacher observation
November	Striking with long/short implements Cooperative games	Hitting off tee Hitting off pitch Team/group initiatives	Teacher observation
December	Manipulative skills Basketball	Dribbling, passing, shooting, modified game play, proper mechanics	Teacher observation
January	Movement education Body awareness	Balance, weight transfer, mirroring	Teacher observation
February	Jumping rope Jumping Jump-a-thon	Distance, height, objects, stationary landing, agility	Teacher observation
March	Body movement	Various balance, agility and coordination skills	Teacher observation
April	Kicking skills	Various games	Teacher observation
May	Parachute Striking	Various games Modified games	Teacher observation

	Sports	Rules and game strategy	
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Curriculum Map	Grade:2	Subject: Health	
	Content	Skills	Assessment
August-October	Students will comprehend content related to health promotion and disease prevention to enhance health.	Describe how to use medicine correctly Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop. Identify the benefits of healthy peer and family relationships. Identify safety hazards in the home and the community. Explain why it is harmful to tease or bully others based on personal characteristics. Identify short and long-term physical effects of being exposed to tobacco smoke. Explain why inappropriate touches should be reported to a trusted adult	Worksheets, discussions, formal assessment
November	Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Identify and explain how community opportunities can influence personal health decisions and behaviors.	Worksheets, discussions, formal assessment
December	Access valid information, products and services to enhance health.	Demonstrate how to locate school, home or community health care helpers to enhance health. Identify trusted adults within the community that provide personal health services.	Worksheets, discussions, formal assessment
January	Use interpersonal communication skills to enhance health and	Demonstrate effective listening and verbal communication skills.	Worksheets, discussions, formal assessments

	avoid or reduce health risks.	Demonstrate healthy ways to effectively communicate needs, wants and feelings. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situation. Identify a trusted adult to ask for help in an unhealthy situation. Demonstrate how to communicate care and concern for others	
February	Use decision-making skills to enhance health.	Explain the potential outcomes of personal health decisions. Explain the difference between when a health-related decision can be made individually and when assistance is needed. Identify how family, peers and media impact health related decision making.	Worksheets, discussions, formal assessment
March	Use goal-setting skills to enhance health.	Set goals for positive physical, mental and emotional health. Analyze steps needed to reach a health-related goal. Describe people who can support the achievement of health-related goals	Worksheets, discussions, formal assessment
April	Practice health-enhancing behaviors and avoid or reduce health risks	Describe personal responsibility in making healthy life decisions. Describe behaviors that can cause harm to personal wellness. Describe positive health behaviors regarding personal	Worksheets, discussions, formal assessments

		wellness, physical activity and safety.	
May	Advocate for personal, family and community health.	Demonstrate how to encourage peers to make healthy behavior choices. Make a request of others to advocate to improve their personal health.	Worksheets, discussions, formal assessments

Curriculum Map	Grade: 3	Subject: Health	
	Content	Skill	Assessment
August-October	Students will comprehend content related to health promotion and disease prevention to enhance health.	<p>Explain the potential risks associated with inappropriate use and abuse of prescription medicines.</p> <p>Identify the amount of water and food from each food group that a child needs daily and describe the benefits of drinking water and eating healthy.</p> <p>Describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion.</p> <p>Describe the importance of being aware of one's own feelings and being sensitive to the feelings of others.</p> <p>Explain why rest and sleep are important for proper growth and good health.</p>	Worksheets, discussions, formal assessments

		<p>Describe ways to prevent harmful effects of the sun.</p> <p>List examples of dangerous or risky behaviors that might lead to injuries.</p> <p>Identify characteristics of healthy relationships. Describe the benefits of abstaining from tobacco use and explain the dangers of experimenting with tobacco products.</p> <p>Describe what to do if oneself or someone else is being bullied.</p> <p>Explain that everyone has the right to tell others not to touch his or her body.</p>	
November	Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Explain how peers can influence healthy and unhealthy behaviors.	Worksheets, discussions, formal assessments
December	Access valid information, products and services to enhance health.	<p>Identify characteristics of valid health information.</p> <p>Identify characteristics of accurate and reliable resources for health information</p>	Worksheets, discussions, formal assessments
January	Use interpersonal communication skills to enhance health and avoid or reduce health risks.	<p>Demonstrate verbal and non-verbal ways of communicating with others.</p> <p>Identify healthy ways to effectively communicate when resolving conflict.</p> <p>Identify refusal skills that avoid or reduce health risks and explain why they are important</p>	Worksheets, discussions, formal assessments

		Demonstrate ways to tell a trusted adult if threatened or harmed. Explain the role of empathy and compassion when listening to others.	
February	Use decision-making skills to enhance health.	Identify the influences family, peers and media have on personal health decisions. Identify health-related situations that might require an informed decision. Identify how community, school, media and technology influence a decision related to personal health.	Worksheets, discussions, formal assessments
March	Use goal-setting skills to enhance health.	Set long-term goals for positive physical, mental or emotional health. Establish a long-term plan for achieving goals. Identify resources in the family, school or community that can help with the achievement of health-related goals.	Worksheets, discussions, formal assessments
April	Practice health-enhancing behaviors and avoid or reduce health risks	Describe the importance of developing positive health habits. Identify behaviors that reduce or prevent health risks of disease and injuries. Explain positive health behaviors related to personal wellness, physical activity and safety.	Worksheets, discussions, formal assessments

May	Advocate for personal, family and community health	State personal beliefs that may improve the health of self and others. Identify factual information needed to advocate to improve the personal health and wellness of others.	Worksheets, discussions, formal assessments
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Curriculum Map	Grade: 4	Subject: Health	
	Content	Skill	Assessment
August- October	Students will comprehend content related to health promotion and disease prevention to enhance health.	Identify family and school rules about alcohol use. Explain the importance of eating a variety of foods from all the food groups and describe the benefits of healthy eating habits. Identify feelings and emotions associated with loss and grief and depression and sadness and explain what it means to be emotionally healthy. Identify personal stressors at home, in school and with friends. Describe the symptoms of someone who is seriously ill and needs immediate medical attention. List ways to prevent	Worksheets, discussions, formal assessments

		<p>injuries at home, at school and in the community and explain what to do if someone is poisoned or injured and needs help.</p> <p>Describe ways to prevent the spread of germs that cause infectious disease.</p> <p>Summarize why it is harmful to tease or bully others based on personal characteristics.</p> <p>Explain the short and long-term physical effects of being exposed to others' tobacco use.</p> <p>Identify strategies to avoid physical fighting and violence.</p> <p>Explain the importance of telling an adult if someone is in danger of hurting themselves or others</p>	
November	Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors	Describe how community can support personal health decisions and behaviors.	Worksheets, discussions, formal assessments
December	Access valid information, products and services to enhance health.	Identify characteristics of valid health information, products and services. Describe resources from home, school and community that provide valid health products and services.	Worksheets, discussions, formal assessments
January	Use interpersonal communication skills to enhance health and avoid or reduce health risks.	Describe effective verbal and non-verbal communication skills to enhance healthy behaviors.	Worksheets, discussions, formal assessments

		<p>Describe healthy ways to manage or resolve conflict.</p> <p>Describe refusal skills that avoid or reduce health risks.</p> <p>Demonstrate how to effectively communicate needs, wants and feelings in healthy ways.</p> <p>Demonstrate how to communicate support for others</p>	
February	Use decision-making skills to enhance health.	<p>Describe how family, peers and media influence decision making for personal health.</p> <p>Explain the essential steps needed to make a health-related decision. Explain how community, school, media and technology influence a decision related to personal health.</p>	Worksheets, discussions, formal assessments
March	Use goal-setting skills to enhance health.	<p>Set long-term goals for positive physical, mental or emotional health and identify skills you will need to achieve them.</p> <p>List goals and identify steps needed for achieving goals.</p> <p>Analyze resources in the family, school or community that can influence (positively or negatively) the achievement of health related goals.</p>	Worksheets, discussions, formal assessments
April	Practice health-enhancing behaviors and avoid or reduce health risks	Compare and contrast the short and long-term effects of positive	Worksheets, discussions, formal assessments

		<p>and negative health choices.</p> <p>Describe practices and behaviors that reduce or prevent health risks related to diseases and injuries.</p> <p>Interpret why good health habits enhance physical, mental and emotional health.</p>	
May	Advocate for personal, family and community health.	<p>Demonstrate how to advocate for others (peers, family and community) to make positive health choices.</p> <p>Describe personal beliefs to persuade, support and promote others to improve personal health and wellness.</p>	Worksheets, discussions, formal assessments

