

Moon Area School District Curriculum Map

Course: PE 5-8

Grade Level: 5-8

Content Area: Physical Education

Frequency: Full-Year Course (every other day)

Big Ideas

1. Students will participate in physical activity enabling them to use skillful movement and help to develop personal fitness.
2. Students will understand basic concepts and skills necessary to participate in team sports and activities.
3. Students will work cooperatively with a team to achieve group goals.
4. Physical fitness is essential to health throughout a lifetime.
5. Physical activity provides many opportunities for improved overall wellness.
6. Many different types of exercises/workouts can be beneficial to improving personal fitness.
7. Improving physical fitness is an individually driven goal.
8. Students will develop positive interactions with group members such as leadership, teamwork, and adherence to rules of play.

Essential Questions

9. How are you going to show that you can understand the rules of the sport?
10. Why is it important to be physically active?
11. How does fitness affect my body?
12. What are the concepts, principles, strategies, and tactics used in physical activity?
13. What is the importance of being physically active?
14. What specific motor activities related to sports can be used throughout your lifetime?

Primary Resource(s) & Technology:

Glencoe “Teen Health” McGraw Hill. 2021, www.mheducation.com/prek-12 , Online materials, Microsoft Teams, Promethean Boards, Student Laptops/iPads.

Pennsylvania and/or focus standards referenced at:

www.pdesas.org

www.education.pa.gov

www.stateboard.education.pa.gov

FITNESS/CROSSFIT/FITNESS ROOM

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI: 1, 4, 5, 6, 7 EQ's: 10, 11, 13	Eligible Content: 10.3.9.D 10.4.9.A 10.4.9.B 10.4.9.C 10.5.9.A 10.5.9.C	<ul style="list-style-type: none"> • Define Physical Fitness and distinguish the difference between skill related fitness and health related fitness. • List and describe the 5 components of fitness. List and describe each tests done to evaluate the performance. • Put to use personal fitness levels and to set new goals for the future. • Students will apply kinesthetic awareness and the five components of fitness to complete each fitness test to the best of their ability trying to achieve a better score than previous years or at least within their fitness level according to Fitnessgram. 	Year-round 9-weeks total

TEAM SPORTS

(Handball, Football, Softball, Basketball, Tchouckball, Hockey, and Soccer)

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI: 1, 2, 3, 5, 8 EQ's: 9, 12, 14	Eligible Content: 10.3.9.A 10.4.9.A 10.4.9.B 10.4.9.D 10.4.9.E 10.4.9.F 10.5.9.A 10.5.9.B 10.5.9.C 10.5.9.D 10.5.9.F	<ul style="list-style-type: none"> • Students will display good sportsmanship, honesty, and fair play. • Students will comprehend and apply the rules of the game, scoring, and strategies. • Introduction of the sport and practice of basic skill such as throwing, passing, catching, shooting, offensive/defensive strategies along with positions and duties. • Discuss safety and team etiquette. • Apply game strategies such as 1v1, communication, give-and-go, etc. 	Year-round 5-10 class periods per activity.

LIFETIME ACTIVITIES

(Pickleball, Badminton, Ping Pong, Volleyball, Cooperative Games, and Fitness Walking)

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI: 1, 2, 3, 4, 5, 7 EQ's: 9, 11, 12, 13, 14	Eligible Content: 10.3.9.D 10.4.9.A 10.4.9.D 10.4.9.F 10.5.9.F	<ul style="list-style-type: none"> • Students will display good sportsmanship, honesty, and fair play. • Students will comprehend and apply the rules of the game, scoring, and strategies. • Discuss safety and team etiquette. • Students will identify the skills required in game play of pickleball, ping pong, and badminton such as demonstrate the skill to the best of their ability i.e.: forehand, backhand, serve, overhand smash. • Students will identify and properly rotate and keep score for singles and doubles in all the racquet sports. • Students will develop an understanding of walking benefits and develop a routine that will make them strive to complete for each class along with incremental growth throughout the unit. 	Year-round 9-weeks total