

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: First
-----------------	----------------------------	-------------	---------------------------

ESSENTIAL QUESTIONS:					
9 w e e k s	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

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: First
-----------------	----------------------------	-------------	---------------------------

ESSENTIAL QUESTIONS:					
9 w e e k s	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
	<p>1. Demonstrates competency in many movement forms and proficiency in a few movement forms. <u>Benchmark: A-B</u></p> <p>2. Applies movement concepts and principles to the learning and development of motor skills. <u>Benchmark: A-C</u></p> <p>3. Exhibits knowledge and ability to participate in physically active lifestyle. <u>Benchmark: A-C</u></p>	Pathways and Patterns	Identify different pathways and patterns by demonstrating them in different activities.	Checklist	<p><u>Dynamic Physical Education for Elementary School Children</u> and www.pecentral.com</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: First
-----------------	----------------------------	-------------	---------------------------

ESSENTIAL QUESTIONS:					
9 w e e k s	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
	<p>1. Demonstrate competency in many movement forms and proficiency in a few movement forms. <u>Benchmark: C</u></p> <p>2. Applies movement concepts and principles to the learning and development of motor skills. <u>Benchmark: A</u></p> <p>5. Demonstrates responsible personal and social behavior in physical activity settings. <u>Benchmarks: B&D</u></p>	<p>Muscular Strength and Endurance</p>	<p>Demonstrate muscular strength and endurance through warm-up activities and Fitness Obstacle Courses.</p>	<p>Checklist</p>	<p><u>Dynamic Physical Education for Elementary School Children,</u> www.pecentral.com</p>
	<p>1. Demonstrates competency in many movement forms and proficiency in a few movement forms. <u>Benchmark: A & C</u></p> <p>2. Applies movement concepts and principles to the learning and development of motor skills. <u>Benchmark: A & B</u></p> <p>5. Demonstrates responsible personal and social behavior in physical activity settings. <u>Benchmark: A-B</u></p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.</p>	<p>Throwing and Catching</p>	<p>Continue to practice using the correct cues for throwing and progress in difficulty in different throwing activities and games. (ie juggling, Battleship etc.)</p>	<p>Checklist</p>	<p><u>Dynamic Physical Education for Elementary School Children and</u> www.pecentral.com</p>

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: First
-----------------	----------------------------	-------------	---------------------------

ESSENTIAL QUESTIONS:					
9 w e e k s	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
1. Demonstrate competency in many movement forms and proficiency in a few movement forms. <u>Benchmarks: A&C</u> 2. Applies movement concepts and principles to the learning and development of motor skills. <u>Benchmark: B&C</u> 3. Exhibits knowledge and ability to participate in a physically active lifestyle. <u>Benchmark A</u> 5. Demonstrate responsible personal and social behavior in physical activity settings. <u>Benchmark: A-B&D</u> 6. Demonstrates understanding and respect for differences among people in physical activity settings. <u>Benchmark: B</u> 7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. <u>Benchmark: A-D</u>	Eye-Hand Coordination Ambidexterity Concentration	Review and practice the sequence needed for Cup Stacking through practice of the Cup Stacking Cycle as well as other activities.	Teacher observation and Checklist	www.speedstacks.com Speed Stacks Stacker Training DVD produced by Speed Stacks <u>Dynamic Physical Education for Elementary School Children</u>	

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: First
-----------------	----------------------------	-------------	---------------------------

ESSENTIAL QUESTIONS:

9 w e e k s	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
	<p>1. Demonstrates competency in many movement forms and proficiency in a few movement forms. <u>Benchmark: A-C</u></p> <p>2. Applies movement concepts and principles to the learning and development of motor skills. <u>Benchmark: A</u></p> <p>3. Exhibits knowledge and ability to participate in a physically active lifestyle. <u>Benchmark: A</u></p> <p>4. Achieves and maintains a health-enhancing level of physical fitness. <u>Benchmark: A-B</u></p> <p>5. Demonstrates responsible personal and social behavior in physical activity settings. <u>Benchmark: A & D</u></p> <p>7. Understands that physical activity provides opportunities fro enjoyment, challenge, self-expression, and social interaction. <u>Benchmark: A-D</u></p>	Fitness	<p>Participate in physically demanding activities that demonstrate to them how their heart rate increases with physical movement as well as how they have used different muscles.</p> <p>(ie: Math Integration, Spelling Integration, Battleship, Obstacle Course, Jump Roping)</p>	Checklist, rubrics, and teacher observation with immediate feedback.	Physical Activity Lesson Plans From ENMU