

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: 3rd Grade
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ESSENTIAL QUESTIONS: Why do I participate in physical activity?					
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
F i r s t N i n e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	<p>Balance</p> <p>Dynamic balance is balance while moving, starting and stopping.</p>	<p>Keeping balanced while on a bouncy ball.</p> <p>Staying balanced while jumping from poly-spot to poly-spot using alternating feet.</p> <p>Participate in physical education demonstrating good balance. (In weight transference, jumping, throwing, catching, and all forms of travel.)</p> <p>Discover how to balance on different body parts at different levels using a variety of objects.</p>	<p>Checklist</p> <p>Checklist</p> <p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>www.pecentral.org</p> <p>Children Moving 7th ed</p> <p>Children Moving 7th Ed.</p>

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ESSENTIAL QUESTIONS: Why is the development of motor skills essential?					
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F i r s t N i n e W e e k s	2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)	Cardiorespiratory Endurance Chasing, Fleeing, Dodging	Work on chasing, fleeing, and dodging using tag games.	Observation and Feedback	Vertical Team Children Moving Book Five for Life Program Book
	4: Achieves and maintains a health-enhancing level of physical fitness. (A, C)				
	1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)	Five Components of Physical Fitness Muscular Endurance and Muscular Strength	Demonstrate proper technique using the resistance band and exercises.	Observation and Feedback	Vertical Team
	2: Applies movement concepts and principles to the learning and development of motor skills. (A)				
	5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)				
	Participate in Circuit Training using Resistance bands and fitness exercise poly-spots.	Checklist of repetitions			

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (A, B, C)</p>	Throw and Catch	Throw and catch using a variety of objects using proper technique.	Checklist	Children Moving Book

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ESSENTIAL QUESTIONS: How can flexibility help me participate in physical activities?					
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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A, B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	<p>Five Components of Physical Fitness</p> <p>Flexibility</p>	<p>Review the proper technique of static stretching.</p>	<p>Checklist</p>	<p>Children Moving 7th Ed.</p>

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, E)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	Kicking and Punting	Kick and punt using proper technique for distance and accuracy.	Observation and Feedback	Children Moving 7th ed.

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A, B, D)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings. (B)</p>	Jumping and Landing	<p>Jump and land using arm swing for distance and height.</p> <p>Jump and land while participating in an aerobic tag game.</p>	<p>Chart Distance and Height</p> <p>Observation and Feedback</p>	<p>Children Moving 7th ed.</p> <p>Children Moving 7th Ed.</p>

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ESSENTIAL QUESTIONS: Why is movement important?					
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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings. (A, C)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (D)</p>	Rhythmic Activities	Perform in a dance competition using more complex dance movements.	Observation and feedback	Dance CD www.pecentral.org

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ESSENTIAL QUESTIONS: What is physical fitness?					
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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A, C)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (A, B, C)</p>	<p>Five Components of Physical Fitness</p> <p>Cardiovascular Endurance</p> <p>Muscle Strength and Endurance</p> <p>Flexibility</p>	<p>Watch demonstration on different exercises.</p> <p>Perform a variety of exercises at different stations for a set amount of time.</p>	<p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>Five For Life Program</p> <p>Five For Life Program</p>

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ESSENTIAL QUESTIONS: Why is balance good for you?					
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S e c o n d N i n e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	Dynamic Balance	<p>Participate in relay race while balancing on a bouncy ball.</p> <p>Participate in relay race while balancing on scooters.</p>	<p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>www.pecentral.org</p> <p>Children Moving 7th Ed.</p>

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S e c o n d	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, C)</p>	<p>Chasing, Fleeing, Dodging</p>	<p>Work on Aerobic Endurance using tag games.</p> <p>Apply locomotor skills while playing tag games.</p>	<p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>Five for Life Program</p> <p>Five for Life Program</p>
N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p>	<p>Striking</p>	<p>Watch demonstration on the proper grip and swing. Strike a stationary ball on a tee.</p>	<p>Observation and Feedback</p>	<p>Children Moving 7th Ed.</p>

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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (A, B, C)</p>	Throw and Catch	<p>Review throwing and catching skills by demonstration.</p> <p>Throw for distance and accuracy using proper technique.</p> <p>Quick catch and throw using hot potato game.</p>	<p>Observe and feedback.</p> <p>Chart distance and accuracy</p> <p>Observe and feedback.</p>	<p>Children Moving 7th Ed.</p> <p>Children Moving 7th Ed.</p> <p>www.pecentral.org</p>

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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A, B, D)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings.</p>	Jumping and Landing	Watch a demonstration on proper technique on using a jump rope.	Observation and feedback	Jump Rope for Heart Children Moving 7th Ed.

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S e c o n d	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p>	Locomotor Movements	Perform selected locomotor skills during warm-up. (Running, Jumping, Leaping, Hopping, Skipping, Sliding, Galloping, Stopping Dodging, Walking)	Observation and Feedback	Children Moving 7th Ed.
N i n e	<p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (B)</p>	Health	Identify selected muscles and functions.	Muscle Test	Five for Life Program
W e e k s	<p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A, B, C,)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings. (A, B)</p>	Muscle Sportsmanship and Teamwork	Work on Sportsmanship and Teamwork while trying to achieve one goal.	Observation and Feedback Reward System	

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ESSENTIAL QUESTIONS: What role does cooperation play in physical activities/sports?

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T h i r d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (B)</p>	Locomotor Movements	Perform selected locomotor skills during tag games. (Running, Jumping, Leaping, Hopping, Skipping, Sliding, Galloping, Stopping Dodging, Walking)	Observation and Feedback	Children Moving 7th Ed.

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ESSENTIAL QUESTIONS: How does physical fitness affect my body?					
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T h i r d N i n e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	Balance and Weight Shifting	<p>Perform different activities showing proper balance through locomotor skills.</p> <p>Perform weight shifting skills while stopping and starting.</p>	<p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>Children Moving 7th Ed.</p> <p>Children Moving 7th Ed.</p>

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ESSENTIAL QUESTIONS: How can individual differences enhance and contribute to group productivity?					
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ESSENTIAL QUESTIONS: What role does cooperation play in physical activities/sports?					
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F o u r t h N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (B)</p>	Locomotor Movement	Perform a bounding jump for a certain distance or time while in potato sack.	Observation and Feedback	Children Moving 7 th Ed.

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F o u r t h N i n e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	Dynamic Balance	Concentrate on balancing an egg on a spoon while walking around a cone.	Observations and Feedback	Children Moving 7h Ed.

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