

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level 6
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ESSENTIAL QUESTIONS: In what way can playing a team sport help you to become a better rounded individual?					
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 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. A,B</p> <p>2Applies 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, C, & D</p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction</p> <p>A, B, & C</p>	Volleyball	<p>Students will learn by demonstration the correct footwork for passing, setting, serving, hitting. Develop an understanding in offense and defense strategies. Students will gain understanding of rules of volleyball by participation.</p> <p>After the skills of volleyball have been taught and the students are able to participate in actual games, they will have tournaments through intramural and recess.</p>	<p>Skills test, student participation, and written exam</p>	<p>Nets, volleyball, teacher created handouts</p> <p>Tournament web sites to help set up tournaments.</p>

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ESSENTIAL QUESTIONS: How does sportsmanship fit into physical fitness?

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2 n o d w e e k s	<p>5. Demonstrates responsible personal and social behavior in physical activity settings A, B, C, & D</p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction A, B, C, & D</p>	<p style="color: blue;">Recreation Games</p> <p style="color: blue;">Sportsmanship: Appropriate behavior in activities. The knowledge and understanding compassion, empathy and the ability to be humble.</p> <p style="color: blue;">Offense and Defense</p>	<p>Students will learn sportsmanship and fair play in dodge ball. Skills reinforced are throwing, catching, dodging, jumping, bending, defense, offense, and footwork.</p> <p>Students will do lead-up activities that will help teach the difference between offense and defense. They will then be put into game situations where they will be expected to use this strategy.</p>	<p>Participation and sportsmanship through teacher criteria</p> <p>Knowledge test such as written and skills.</p>	<p>Dodge balls (poof balls)</p> <p>Video.</p>

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2 n d n i n e w e e k s	<p>2. Demonstrates competency in many movement forms and proficiency in a few movement forms. A,B</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, C, & D</p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social Interaction</p> <p style="text-align: center;">A, B, & C</p>	Basketball	<p>Individually the students will learn ball handling skills, dribbling, and defensive drills.</p> <p>Shooting drills: around the world, knock out</p> <p>Side-line basketball- students will divide into two teams and each student will be assigned a number. Teams are lined up on the sidelines and when their number is called or drawn they get the ball from the jumping circle and proceed to score.</p> <p>3-on-3 sudden death- students divide up in teams of 3. Game begins with jump ball and students play until the first basket. Team that scores first stays and new team plays winning team.</p>	Participation, skills test and knowledge test	Basketballs, courts, goals, stopwatches, poly spots

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2 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</p> <p>5. Demonstrates responsible personal and social behavior in physical activity settings A &D</p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction B</p>	Floor Hockey	Students will learn striking, eye coordination, offense, defense through playing 3 on 3 games sudden death or 3 minute time limit.	Participation	Hockey sticks, pucks, goals, stopwatch, and scoreboard

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ESSENTIAL QUESTIONS: How does circuit training work as far as developing all areas of fitness					
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2 n a n i n e w e e k s	<p>5. 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, & D</p>	Circuit Training	Students will individually perform high knees, bleachers, dips, calf raises, step ups, push ups, sit ups, mountain climbers, jump ropes, leg raises, jumping jacks, arm curls, military press	Student performance and participation and written assessment	Jump ropes, stop watch, 8-10 pound dumb bells, weighted balls, mats, cones, agility ladders

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2 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 & 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. A & B</p> <p>6. Demonstrates understanding and respect for</p>	<p style="color: blue;">Recreational Games</p> <p style="color: blue;">Wiffle Ball, capture the flag, kooky kickball, and other kickball games.</p>	<p>Wiffle ball- students will participate by dividing into two teams. The game follows same rules as baseball.</p> <p>Capture the flag- students will divide into two teams, Cooperative learning will be displayed by choosing one person from each team to be a jailer, one from each team to be a guard which will wear red and the other will be yellow. The objective is to get the opposing team's ball across the midcourt line without losing their flags. If a flag is capture the runner must go to jail and can only be released by being tagged by a teammate.</p> <p>Kooky Kickball- teams divide into two teams, a kicking team and receiving team. The kicking team scores by kicking the ball then running around their own team scoring a point for each time they pass the front. The opposing team stops the scoring by getting the ball and passing it to each teammate using the over and under method. The last team member will run the ball and put it in the bucket to end</p>	<p>Participation</p> <p>Participation</p> <p>Participation</p>	<p>Wiffle balls, bats, bases, scoreboard</p> <p>Flags, pennies (two different colors), two balls, court or field</p> <p>Indoor soccer ball, bucket, scoreboard</p>

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2 n d n i n e w e e k s	<p>differences among people in physical activity settings. B</p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. A&B</p>		<p>The scoring. Each team kicks three times before switching.</p>		

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<p>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 B</p>				
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4 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 & B</p> <p>2. Applies movement concepts and principles to the learning and development of motor skills. A, B, C</p> <p>7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction B & C</p>	<p>State Testing</p> <p>Badminton & other Racquet games.</p>	<p>(Two weeks are spent out of class for NMSBA)</p> <p>Students will develop skills to enhance racket swinging. They will compete as partners in developing skills for a team sport. They will develop sportsmanship and fair play.</p>	<p>Students will display skills by advancing through a tournament</p>	<p>Rackets, birdies, nets, court</p>

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1.	<p>Demonstrates competency in many movement forms and proficiency in a few movement forms.</p> <p>A & B</p> <p>5. Demonstrates responsible personal and social behavior in physical activity settings A, B, & D</p>	Softball	<p>Students will learn team concepts as well as building their swinging skills, catching skills, throwing skills, and striking skills. The students will play games to build their while learning sportsmanship.</p>	<p>Participation and student performance, skills test for catching and hitting. Knowledge test</p>	<p>Bats, helmets, balls, gloves, bases,</p>

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4 t h 9 w e e k s	6. Demonstrates understanding and respect for differences among people in physical activity settings A, B, & C	Recreational games	Various recreational games dependant on amount of time left in school year and amount of end of year activities. This activities include Staying Alive, Mat Kick Ball, kooky kickball, war dodge ball, doctor dodge ball, medic dodge ball, sideline dodge ball, free for all ball, Capture the Flag, Around the World Basketball, Knock out, Twenty-one.	Students will be assessed using skills test, written tests and teacher checklist.	<p style="text-align: center;">.</p> <p>Balls, bases, bats, Frisbees etc...</p> <p style="text-align: right;"> www.pelinks4u.org www.pecentral.org www.theteacherscorner.net www.educationalworld.com www.shambles.net www.eduref.org www.acefitness.org www.myteacherpages.com www.thefreelibrary.com www.specialolympics.org www.presidenschallenge.org </p>