

Portales Municipal Schools
CURRICULUM MAP

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

ESSENTIAL QUESTIONS:					
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>Skills test, student participation, and written exam</p>	<p>Nets, volleyball, teacher created handouts</p>

Portales Municipal Schools
CURRICULUM MAP

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

ESSENTIAL QUESTIONS:					
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
2 n 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>	Recreation Games	<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>Participation and sportsmanship through teacher criteria</p>	<p>Dodgeballs (poof balls)</p>

Portales Municipal Schools
CURRICULUM MAP

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

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
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, polyspots

Portales Municipal Schools
CURRICULUM MAP

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

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
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

Portales Municipal Schools
CURRICULUM MAP

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

ESSENTIAL QUESTIONS:					
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
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. Acheives and maintains a health-enhancing level of physical fitness A, B, & D</p>	Circuit Training	<p>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</p>	<p>Student performance and participation and written assessment</p>	<p>Jump ropes, stop watch, 8-10 pound dumb bells, weighted balls, mats, cones, agility ladders</p>

**Portales Municipal Schools
CURRICULUM MAP**

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

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
2 n d n i n e w e e k s	5. Demonstrates responsible personal and social behavior in physical activity settings A, B, C	Mat Games- knee football	<p>One on one competition and partner competition</p> <p>Students work to move ball to opposite end of mat by staying on their knees. Students must follow safety guidelines for this game.</p>	Participation	wrestling mat on stage, playground ball
	Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. B & D	Aerobics	<p>Students will individually perform aerobic activity</p>	Participation	Aerobic steps, DVD, infocus, laptop
	Applies movement concepts and principles to the learning and development of motor skills. A, B, C				

Portales Municipal Schools
CURRICULUM MAP

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

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
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,</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 teams 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>

Portales Municipal Schools
CURRICULUM MAP

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

ESSENTIAL QUESTIONS:					
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
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>		

Portales Municipal Schools
CURRICULUM MAP

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

<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>				
---	--	--	--	--

**Portales Municipal Schools
CURRICULUM MAP**

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

ESSENTIAL QUESTIONS: 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
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 & Tennis</p>	<p>(Two weeks 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>

Portales Municipal Schools
CURRICULUM MAP

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

ESSENTIAL QUESTION					
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.</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>

