





















**Portales Municipal Schools**  
**CURRICULUM MAP**

<b>Subject:</b>	Physical Education/ Health	<b>2009</b>	<b>Grade Level Kindergarten</b>
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<b>ESSENTIAL QUESTIONS:</b> What is nutrition? What foods are healthy to eat? What foods are not healthy to eat every day? How many exercises equal 10 calories? How can we use the energy from the food we eat?					
9 w e e k s	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted  <b>I = Introduce</b> <b>R= Review AND Extend</b> <b>M = Master</b>	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
T h i r d  N i n e  W e e k s	<p>3. Exhibits knowledge and ability to participate in a physically active lifestyle. <u>Benchmark A-B</u></p> <p>5. Demonstrates responsible personal and social behavior in physical activity settings. <u>Benchmark A,B</u></p>	<b>Nutrition</b>	<p>The student will participate in games and apply concepts of nutrition taught in the 5 for Life PE curriculum.</p> <p>The student will count calories and skip count by tens to decide how many exercises they will have to do to burn their school breakfast or lunch.</p>	<p>Understanding of the concepts of nutrition will be evident in participation of the selected games from Nutrition handbook</p> <p>Teacher observation of circle activity</p>	<p>5 for Life Nutrition Activity Handbook, <a href="http://www.focusedfitness.org">www.focusedfitness.org</a>, nutrition activity cubes, food identification cards</p> <p>Butcher paper, all of the food from breakfast or lunch depending on teaching time, Butcher paper should be a poster/chart of school meals with calories and name of food with a place to print number of exercises for each item</p>







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