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| **Q1** | **Core Standard Expectations** | **3-5 Elementary School** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate mature forms of Locomotor and Non-Locomotor Skills  Manipulative Skills - Feet  Kick a stationary ball  Kick a rolling ball  Pass a ball using different parts of the feet  Dribble a ball using different parts of the feet  Trap a ball with a step method  Trap a ball with the “give” method using various body parts other than the hands/arms  Perform a legal throw-in  Shoot a ball using different parts of the feet  Use acquired skills with a partner(s) |
|  | Fitness Skills and Concepts | Participate in aerobic activities for 10 minutes, building up to 12 minutes  Explain the importance of aerobic activities  Explain the FITT principle  Identify the health related components of fitness  Design and implement a fitness plan  Document daily physical activity  Pacing  Explain the role of bones in movement  Name various bones and identify their locations  Demonstrate proper techniques of components of fitness |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Participate in aerobic activities for 10 minutes, building up to 12 minutes  Explain the importance of aerobic activities  Explain the FITT principle  Identify the health related components of fitness  Design and implement a fitness plan  Document daily physical activity  Pacing  Explain the role of bones in movement  Name various bones and identify their locations  Demonstrate proper techniques of components of fitness |
|  | Fitness Skills | Participate in aerobic activities for 10 minutes, building up to 12 minutes  Explain the importance of aerobic activities  Explain the FITT principle  Identify the health related components of fitness  Design and implement a fitness plan  Document daily physical activity  Pacing  Explain the role of bones in movement  Name various bones and identify their locations  Demonstrate proper techniques of components of fitness |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Participate in aerobic activities for 10 minutes, building up to 12 minutes  Explain the importance of aerobic activities  Explain the FITT principle  Identify the health related components of fitness  Design and implement a fitness plan  Document daily physical activity  Pacing  Explain the role of bones in movement  Name various bones and identify their locations  Demonstrate proper techniques of components of fitness |
|  | Fitness Skills | Participate in aerobic activities for 10 minutes, building up to 12 minutes  Explain the importance of aerobic activities  Explain the FITT principle  Identify the health related components of fitness  Design and implement a fitness plan  Document daily physical activity  Pacing  Explain the role of bones in movement  Name various bones and identify their locations  Demonstrate proper techniques of components of fitness |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate mature forms of Locomotor and Non-Locomotor  Manipulative Skills – Hands  Throw/pass objects using principles of movement  Throw/pass a variety of objects demonstrating both accuracy and distance  Demonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls)  Catch a variety of objects using force absorption and weight transfer  Roll various objects to develop ball handling skills  Use acquired skills with a partner(s) |
|  | Fitness Skills and concepts | Participate in aerobic activities for 12 minutes, building up to 15 minutes  Design and implement a personal fitness plan  Document daily physical activity  Cardiovascular Concepts  Recall information about the heart  Nutrition  Identify the major muscles  Explain what muscles do  Show where the major muscles are located in the body  Explain lung function  Identify components of the respiratory system and their functions |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
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|  | Fitness Skills | Participate in aerobic activities for 12 minutes, building up to 15 minutes  Design and implement a personal fitness plan  Document daily physical activity  Cardiovascular Concepts  Recall information about the heart  Nutrition  Identify the major muscles  Explain what muscles do  Show where the major muscles are located in the body  Explain lung function  Identify components of the respiratory system and their functions |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate mature forms of Locomotor and Non-Locomotor  Manipulative Skills – Hands  Throw/pass objects using principles of movement  Throw/pass a variety of objects demonstrating both accuracy and distance  Demonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls)  Catch a variety of objects using force absorption and weight transfer  Roll various objects to develop ball handling skills  Use acquired skills with a partner(s) |
|  | Fitness Skills | Participate in aerobic activities for 12 minutes, building up to 15 minutes  Design and implement a personal fitness plan  Document daily physical activity  Cardiovascular Concepts  Recall information about the heart  Nutrition  Identify the major muscles  Explain what muscles do  Show where the major muscles are located in the body  Explain lung function  Identify components of the respiratory system and their functions |
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| **Q2** | **Core Standard Expectations** |  |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate mature forms of Locomotor and Non-Locomotor  Manipulative Skills – Hands  Throw/pass objects using principles of movement  Throw/pass a variety of objects demonstrating both accuracy and distance  Demonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls)  Catch a variety of objects using force absorption and weight transfer  Roll various objects to develop ball handling skills  Use acquired skills with a partner(s) |
|  | Fitness Skills | Participate in aerobic activities for 12 minutes, building up to 15 minutes  Design and implement a personal fitness plan  Document daily physical activity  Cardiovascular Concepts  Recall information about the heart  Nutrition  Identify the major muscles  Explain what muscles do  Show where the major muscles are located in the body  Explain lung function  Identify components of the respiratory system and their functions |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate mature forms of Locomotor and Non-Locomotor  Manipulative Skills – Hands  Throw/pass objects using principles of movement  Throw/pass a variety of objects demonstrating both accuracy and distance  Demonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls)  Catch a variety of objects using force absorption and weight transfer  Roll various objects to develop ball handling skills  Use acquired skills with a partner(s) |
|  | Fitness Skills | Participate in aerobic activities for 12 minutes, building up to 15 minutes  Design and implement a personal fitness plan  Document daily physical activity  Cardiovascular Concepts  Recall information about the heart  Nutrition  Identify the major muscles  Explain what muscles do  Show where the major muscles are located in the body  Explain lung function  Identify components of the respiratory system and their functions |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Move with objects and people  Employ offensive strategies  Employ defensive strategies |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Travel with objects and people  Demonstrate relationships of body parts  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate Locomotor and Non-Locomotor Skills Manipulative Skills – Hands  Volley various objects to self, wall, and partner  Volley and control various balls while stationary and moving  Demonstrate proper techniques while passing a ball  Use acquired skills with a partner(s)  Participate in rhythmic activities that involve locomotion, non-locomotion, and manipulative skills  Move independently in time to music  Design and perform a simple movement pattern using rhythmic activities  Properly execute traditional and popular dance sequences  Develop and refine dance sequences into a repeatable pattern with intentional changes in direction, speed, and flow  Balance to maintain momentary stillness bearing weight on a variety of body parts  Travel in general space  Demonstrate the concept of weight transfer at different levels  Display various flight movements  Create body shapes and movements  Combine skills of balancing and weight transfer to perform a movement sequence using a variety of body parts  Create, refine, and perform gymnastic skills as an individual or group |
|  | Fitness Skills | Participate in aerobic activities for 15 minutes, building up to half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the health-related components of fitness  Design and implement a personal fitness plan  Document daily physical activity  Demonstrate proper technique of health-related fitness components |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Travel with objects and people  Demonstrate relationships of body parts  Employ offensive strategies  Employ defensive strategies |
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|  | Fitness Skills | Participate in aerobic activities for 15 minutes, building up to half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the health-related components of fitness  Design and implement a personal fitness plan  Document daily physical activity  Demonstrate proper technique of health-related fitness components |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Travel with objects and people  Demonstrate relationships of body parts  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate Locomotor and Non-Locomotor Skills Manipulative Skills – Hands  Volley various objects to self, wall, and partner  Volley and control various balls while stationary and moving  Demonstrate proper techniques while passing a ball  Use acquired skills with a partner(s)  Participate in rhythmic activities that involve locomotion, non-locomotion, and manipulative skills  Move independently in time to music  Design and perform a simple movement pattern using rhythmic activities  Properly execute traditional and popular dance sequences  Develop and refine dance sequences into a repeatable pattern with intentional changes in direction, speed, and flow  Balance to maintain momentary stillness bearing weight on a variety of body parts  Travel in general space  Demonstrate the concept of weight transfer at different levels  Display various flight movements  Create body shapes and movements  Combine skills of balancing and weight transfer to perform a movement sequence using a variety of body parts  Create, refine, and perform gymnastic skills as an individual or group |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Travel with objects and people  Demonstrate relationships of body parts  Employ offensive strategies  Employ defensive strategies |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Travel with objects and people  Demonstrate relationships of body parts  Employ offensive strategies  Employ defensive strategies |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything  Move in personal space while performing designated activities  Use the various body parts to show an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed/time in general space  Execute appropriate force  Execute appropriate flow  Travel with objects and people  Demonstrate relationships of body parts  Employ offensive strategies  Employ defensive strategies |
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| **Q3** | **Core Standard Expectations** | **3-5** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting  Apply knowledge of relationships to jumping rope, dribbling, passing, and shooting  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate Locomotor and Non-Locomotor Skills  Manipulative Skills – Feet and Hands  Jump using one or two feet in time with a rope  Design and refine a routine combining various jump rope movements to music so that it can be repeated  Dribble a ball continuously alternating between dominant and non-dominant hand  Throw/pass a ball demonstrating principles of movement  Demonstrate proper techniques while throwing/passing  Throw/pass a ball demonstrating both accuracy and distance  Shoot a ball to a target - goal  Catch a ball using force absorption and weight transfer |
|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the components of fitness  Design and implement a personal fitness plan  Document daily physical activity |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting  Apply knowledge of relationships to jumping rope, dribbling, passing, and shooting  Employ offensive strategies  Employ defensive strategies |
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|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the components of fitness  Design and implement a personal fitness plan  Document daily physical activity |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
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|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the components of fitness  Design and implement a personal fitness plan  Document daily physical activity |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting  Apply knowledge of relationships to jumping rope, dribbling, passing, and shooting  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Demonstrate Locomotor and Non-Locomotor Skills  Manipulative Skills – Feet and Hands  Jump using one or two feet in time with a rope  Design and refine a routine combining various jump rope movements to music so that it can be repeated  Dribble a ball continuously alternating between dominant and non-dominant hand  Throw/pass a ball demonstrating principles of movement  Demonstrate proper techniques while throwing/passing  Throw/pass a ball demonstrating both accuracy and distance  Shoot a ball to a target - goal  Catch a ball using force absorption and weight transfer |
|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the components of fitness  Design and implement a personal fitness plan  Document daily physical activity |
|  |  |  |
| WEEK 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting  Apply knowledge of relationships to jumping rope, dribbling, passing, and shooting  Employ offensive strategies  Employ defensive strategies |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting  Apply knowledge of relationships to jumping rope, dribbling, passing, and shooting  Employ offensive strategies  Employ defensive strategies |
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|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the components of fitness  Design and implement a personal fitness plan  Document daily physical activity |
|  |  |  |
| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Stretch or reach to accomplish a goal  Narrow steps and body to remain in-bounds  Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and striking  Apply concept of relationships to dribbling, passing, catching, shooting, and striking  Employ offensive skills  Employ defensive skills |
|  | Movement Skills | Demonstrate Locomotor and Non-Locomotor Skills  Manipulative Skills  Throw/pass/strike a ball using principles of movement  Throw/pass/strike a ball demonstrating both accuracy and distance  Demonstrate proper techniques while throwing/passing/striking a ball  Strike a ball with a short handled implement  Shoot a ball at a target  Catch objects using force absorption and weight transfer |
|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance the components of fitness  Design and implement a personal fitness plan  Document daily physical activity  Explain how stress is reduced through exercise  Maintain a journal of feelings following physical activity  Identify healthy habits |
|  |  |  |
| WEEK 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Stretch or reach to accomplish a goal  Narrow steps and body to remain in-bounds  Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and striking  Apply concept of relationships to dribbling, passing, catching, shooting, and striking  Employ offensive skills  Employ defensive skills |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Stretch or reach to accomplish a goal  Narrow steps and body to remain in-bounds  Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and striking  Apply concept of relationships to dribbling, passing, catching, shooting, and striking  Employ offensive skills  Employ defensive skills |
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| **Q4** | **Core Standard Expectations** | **3-5** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Stretch or reach to accomplish a goal  Narrow steps and body to remain in-bounds  Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and striking  Apply concept of relationships to dribbling, passing, catching, shooting, and striking  Employ offensive skills  Employ defensive skills |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Stretch or reach to accomplish a goal  Narrow steps and body to remain in-bounds  Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and striking  Apply concept of relationships to dribbling, passing, catching, shooting, and striking  Employ offensive skills  Employ defensive skills |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Stretch or reach to accomplish a goal  Narrow steps and body to remain in-bounds  Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and striking  Apply concept of relationships to dribbling, passing, catching, shooting, and striking  Employ offensive skills  Employ defensive skills |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passing  Apply knowledge of relationships to striking/batting, catching, and throwing/passing  Employ offensive strategies  Employ defensive strategies |
|  | Movement Skills | Manipulative Skills - Hands  Throw/pass balls using principles of movement  Demonstrate proper techniques while throwing/passing  Throw/pass balls demonstrating both accuracy and distance  Catch objects using force absorption and weight transfer  Strike a thrown ball  Run bases  Demonstrate proper techniques in jumping events  Demonstrate proper techniques in running events  Demonstrate proper techniques in throwing events  Use acquired skills |
|  | Fitness Skills | Maintain aerobic activity for half of class time  Explain the importance of aerobic activities  Participate in activities to enhance components of fitness  Design and implement a personal fitness plan  Document daily physical activity  Evaluate and modify personal fitness plan as needed  Identify the five food groups and the foods found in each group  Tell how many servings should be included in each day’s meals  Explain how good nutrition affects your body  Show how to use My Plate Guide to create a heart healthy meal  Demonstrate proper technique of health-related components of fitness |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passing  Apply knowledge of relationships to striking/batting, catching, and throwing/passing  Employ offensive strategies  Employ defensive strategies |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
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