

Schiller Park District 81 Curriculum Map

Teacher's Name: Jason Tucker

School Year: 2014-2015

Grade Level: -4th grade

Subject: Physical Education

School: Washington

(Team Building Unit) ISBE Goals 20,21 and 24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
<u>Fall</u> August	What is teamwork? Where can I use teamwork outside of the classroom? Where can I use teamwork inside the actual classroom? How do you effectively communicate with people on your team? Why am I important to a "Team"?	Blind fold Partner Toxic Lake Marble/Tube game Hoola hoop Team Challenge Team Juggling	Working together Communication	<u>Informal</u> Teacher Observation <u>Formal</u> Written Test KWL	Gym PCP Pipe Marbles Hoola Hoops Poly Spots Plates Hockey Sticks Blind folds Matts Scooters Jump Ropes Dodge Balls

(Soccer Unit) ISBE Goals 19,20,21 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
<u>Fall</u> September	-What is the proper way to kick and pass a soccer ball? -What is the proper way to dribble a soccer ball? What is the proper way to trap a soccer ball? -How do we use basic offensive and defensive strategy in a soccer game-setting? -What are the positions and rules of the game of soccer?	<u>Soccer Skill Stations</u> -cone dribbling -trapping on spots -partner passing -shooting @ goal -circle soccer -throw-ins -throw-in soccer -Line Soccer -4 Goal soccer -Hit the Coach -Pirates and Treasure Keepers	-Kicking(using inside of foot, step next to the ball's shadow w, opposite foot) -Dribble(using both feet, keeping ball under control) -Trapping(using the bottom of foot to stop the ball) -Passing(trapping and kicking with inside of foot to partner) -Basic offensive/defensive strategy	<u>Informal Assessment</u> -observations -partner/peer feedback <u>Formal Assessment</u> -Written Quiz -KWL -Skill Checklist	-Gym, field -Soccer balls -Other Equipment: cones, team belts, goals,

(Fitness Testing) ISBE Goals 19,20,22 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
<u>Fall</u> September/October	<p>What are the benefits of having upper body and lower body strength?</p> <p>Why is flexibility an important aspect of physical activity?</p> <p>What is cardiovascular strength and endurance?</p> <p>What does it mean to have good foot speed?</p> <p>What is a heart rate? How do you check it?</p>	<u>Fitness Testing (PFA)</u> -sit ups -pull ups -step ups -vault -H-Ladder -Sit and Reach ½ Mile Run -pole climb -Height and weight -Pacer Test	*Using Project Fit America Equipment.	<u>Informal Assessment</u> -Teacher Observation -Teacher takes records of fitness for fall and spring -Teacher sends home students pre/post results at the end of the year. <u>Formal Assessment</u> KWL	-Project Fit America Equipment -Matts -Sit and Reach board -Stop Watch -Recording Sheets

(Flag Football) ISBE 19,20,21 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
<u>Fall</u> October	<p>-What are the proper ways to throw and catch a football?</p> <p>-What are the basic offensive and defensive strategy in a football game-setting?</p> <p>How are we successful when throwing at a target?</p> <p>What are the positions on a football field? Offensive and Defensive?</p>	<p><u>Football Skill Stations</u></p> <p>-touchdown passing route</p> <p>-accuracy throw</p> <p>-Jackpot</p> <p>-Kicking</p> <p>-Route Running</p> <p>-Partner throw/catch</p> <p>-5 Catches</p> <p>-Speed F-ball</p> <p>-Zone Football</p> <p>-Ultimate Football</p> <p>-500</p>	<p>-Grip(at least two fingers on the laces)</p> <p>Throwing(point opposite, step opposite, throw –follow through arm, aim for a spiral throw)</p> <p>-Catching(two-hands) bring into chest to secure the ball</p> <p>-basic offensive/defensive strategy</p> <p>-Target throwing (hand/eye coordination)"Eye on the target"</p> <p>Flag Football games</p>	<p><u>Informal Assessment</u></p> <p>-observations</p> <p>-partner/peer feedback</p> <p><u>Formal Assessment</u></p> <p>-Written Quiz</p> <p>-KWL</p> <p>-Skill Checklist</p>	<p>-Gym, field</p> <p>-Footballs</p> <p>-Other Equipment: cones, flag belts, team belts, Field marking spray paint, Kicking tee</p>

(Gymnastics) ISBE Goals 19,20, 22 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Fall October/November	-What is gymnastics? -Why is flexibility and strength important in gymnastics? What are the basic Rolls in Gymnastics? What is team Gymnastics? What is Balance? Why is it important to have a spotting partner? What are the dangers of doing gymnastics improperly?	<u>Gymnastic skills learned</u> -Balancing activities -forward/backward roll -egg roll -log roll -pencil roll -Balance beam (With stunts) -Wall Walk up - Cart wheel <u>Partner Stunts</u> Air Chair V-Stand Fan Chariot Millipede Leap Frog -Partner stances	Balancing Flexibility Upper and lower body strength Safety Proper technique	<u>Informal Assessment</u> -observations <u>Formal Assessment</u> -Skill Checklist	Gym Matts Balance beam Hoola Hoop Bean Bag Basketball

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(Basketball) ISBE 19, 20,21,23 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Winter Nov/Dec	-What is the proper way to dribble? -what is the proper way to perform and receive a chest, bounce and overhead pass? -How do you perform the set shot (free-throw) and lay-up in basketball? -What are the basic offensive and defensive strategy in a basketball game? -What are the rules and positions in basketball?	<u>Basketball Skill Stations</u> -Defensive drills -Dribbling -Cone Weaving -Over-under pass -Bounce and chest pass -Shooting -Protect the ball -Triple Threat -Fire Drill -King of the Hill -Knock Out tournament -Fitness Basketball -Dribble Knockout -Hot shots -Shooting Contest	Dribbling(fingertips, finger-tips, waist height, looking up 50% time(4 th), looking up 75% time(5 th) -Chest pass(starts at chest) -Bounce pass(follow through and step) -Overhead pass (bring behind head) -travel in variety of pathways and at variety of speeds while dribbling -Basic offensive/ defensive strategy -combine skills in game situation -Set shot(free-throw) -Lay-up	<u>Informal Assessment</u> -observations -partner/peer feedback <u>Formal Assessment</u> -Written Quiz -Skill Checklist	-Gym, basketball nets -basketballs -Other Equipment: cones, team belts, spots, score sheets -Poly spots

(Fitness Week) ISBE Goals 19, 20, 22, 23 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Winter December	What are the benefits of maintaining physical fitness? How do I maintain fitness (sustaining or improving)? <u>Heart Rate:</u> How do I measure my heart rate? What is target heart rate zones? <u>Fitness Levels:</u> How do I assess my individual fitness levels? How do I use a pedometer and what are the benefits in using a pedometer? What is body composition and why is it important? Why is nutrition important? What is my plate? What does it mean to have good Hygiene?	Stretching/Flexibility Fitness Testing Fitness Stations Warm-ups Cool-down Pedometer-Jog/Jump 15min pedometer run Body-Specific Days (leg day, arm day, etc.) Fitness Kickball Hideout Jump Rope for Heart Free-Choice Fitness Days Fitness Logs Setting Fitness Goals Project Fit Play Ground Project Fit Fitness Cups	Muscular Endurance Muscular Strength Cardiovascular Endurance Flexibility Body Composition	<u>Informal</u> Checking carotid pulse for heart rate <u>Formal</u> Written Test Check Pedometers for total steps, kcal, distance Check HR monitors Fitness Journals Fitness Calendar	Gym Dyna-Bands Dumbbells Mats Pedometers Heart-Rate Monitors Stopwatches Chairs Playground Balls Gatorskin Balls PACER CD Cones Jump Ropes Medicine balls Z-balls Fitness Cups Project Fit Playground

(Floor Hockey) ISBE Goals- 19,20,21,24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Winter January	What are the positions in hockey? What are the rules and scoring in the game of hockey? What is a goal? What is offside's? How do you properly hold a hockey stick? Should the hockey puck ever go in the air? How does a goalie hold his stick? What rules and safety must we follow with floor hockey? -Keeping stick low -No slap shots	<u>Hockey Skill Stations</u> -passing -dribbling -Shooting on goal -Goalie Practice -Shooting on Target -dribbling through cones <u>Hockey Games</u> Scooter Hockey Shuffle Board Hockey Line Hockey Hockey Game- 5 th Grade only	-passing -dribbling -Shooting on goal -Goalie Practice -Shooting on Target -dribbling through cones -Positions -Rules/Scoring	<u>Informal</u> Teacher Observation <u>Formal</u> Written Test Skill Test	Hockey Sticks Pucks Goals Pins Gym Tape Cones Goalie Mask Yarn Balls

(Cup Stacking) ISBE Goals 19,20,21,24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Winter January/Feb	What is cup stacking? What different types of stacks are there? What is hand eye coordination? How does hand eye coordination go with this unit? How is balance involved with cup stacking?	<u>Cup Stacking Activities</u> -Cup Stacking Relay Races -Project Fit cup stacking/Walk lane/ run lane/Tennis ball throw at end -Fill an area game - Relay Captain cup stacking -Partner Cup Stacking	-hand eye coordination -Balancing -Rules of games and how to follow them	<u>Informal</u> Teacher Observation <u>Formal</u> KWL	Project Fit cups Gym Tape Cones Tennis Ball Domes

(Jump Rope for Heart) ISBE Goals 19,20,21, 23 ,24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Winter February	What are the rules and safety issues involved with jump rope? What types of single jumps are there? What type of partner jumps are there? Why is jump rope a good exercise for the heart? What muscles are used in jump roping?	<u>Jump Rope Single Skills</u> Forward Backward Chris cross One foot Skipping Contest for Records <u>Jump Rope Partner Jumps</u> Helicopter Big Rope Run Through "Click" Big Rope with ball pass Face to Face Face to Side Face to 360 Double Hands	-jumping -Hand eye Coordination -Foot work -Coordination	<u>Informal</u> Teacher Observation <u>Formal</u> Skill Test	Jump Ropes Basketball Music Stop Watch

(Health/Safety Education Week) ISBE Goals 21,22, 24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Winter February	What does it mean to have the proper nutrition? How do I assess my physical fitness goals and objectives? What are the components to develop a healthy mind and body? What is physical and mental abuse and how can I address it? What is sexual abuse and how do I address it? What is abduction? How do I avoid abduction? What is a safe and unsafe secret? What do I need to know if I cannot get away from a stranger at first"? Why is being a Bully wrong?	Kid Power Safety Comics 7 skills of knowledge for abduction Take 25- This is a worksheet home to parents to explain abduction to children. "I'm Good" Stopping Bullying	"Go through scenarios as a class and explain what a student could have done in that circumstance". "Students come up with what if scenarios in groups and present them to the class". "Students will create a child ID kit that they would use".	<u>Informal</u> Scenarios Teacher Observation <u>Formal</u> Written work sheets Written test	Kidpower.org 7 skills to keeping your child safe "Kidpower Website". "Take 25" National Center for Missing and Exploited Children Pacer.org/bullying "I'm good" video on pacer.org about Bullying Kidsagainstbullying.org

(Bowling) ISBE Goals 20, 21 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Spring March	<ul style="list-style-type: none"> -What is the proper way to roll a bowling ball? -What are the rules of bowling? -How do you score in a bowling game? -What is a Turkey? -What is a split? -What is an approach? (arrows on the floor) -What is a foul line? -What is a 3 step approach?...”one, two, three, four and a little bit more.” 	<u>Bowling skills</u> <ul style="list-style-type: none"> -Approach -Practice Scoring -practice with foam balls Small Target Bowling Clock Bowling Protect the pin -Fitness Bowling -Spare Game Progressive Bowling	<ul style="list-style-type: none"> --Holding a Bowling ball -Releasing the ball----- Cue-no long distance call, local distance call Approach-Practice by the arrows on the lane Balance-on opposite foot of ball, ball side foot is behind.....practice swing motion with bowling arm. 	<u>Informal Assessment</u> <ul style="list-style-type: none"> -observations -Peer feedback <u>Formal Assessment</u> <ul style="list-style-type: none"> -Written Quiz Peer Assessment	<ul style="list-style-type: none"> -Gym -Bowling Pins -Bowling Balls - Gym tape -Cones -CD -Dry-erase board -scoring sheets

(Volleyball) ISBE Goals 19,20,21 24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Spring March	-What is the proper way to perform the forearm & set pass? -what is the proper way to perform the underhand serve? -How are the rotations on the court performed in a volleyball game? -What is the proper way to perform the overhand serve (5 th grade only)? -What are basic rules in volleyball and the scoring procedures (side-out or rally)?	<u>Volleyball Skill Stations</u> -bumping -setting -underhand serving -overhand serving(5 th) -pyramid volleyball -Kings of Court -Volleyball game with rotations(5 th grade only) -Kin-ball for Volleyball -Blind Volleyball	-Forearm pass/bumping -Set pass -Underhand Serve -Overhand serve(5 th grade) -Volleying with team or partner(at least 3x for 4 th , at least 5x for 5 th) -Rotations -Basic Rules & Scoring procedures in a game situation	<u>Informal Assessment</u> -observations -partner/peer feedback <u>Formal Assessment</u> -Written Quiz -Skill Checklist	-Gym -volleyballs -volleyball nets -Beach Balls -Kin-ball

(Golf) ISBE Goals 19,20,21,24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Spring April	<p>-How Do you position your hands to correctly hold a club with an interlocking grip?</p> <p>-How do you correctly address the golf ball?</p> <p>-How do you maneuver your body for a backswing and forward swing?</p> <p>-How Do you score in the game of golf?</p> <p>-Basic Terminology in golf</p>	<p>-Proper grip will allow the student to hit the ball with more accuracy</p> <p>-Proper position when addressing the ball will allow for more consistent ball striking</p> <p>-Maneuvering their body correctly through the backswing and forward swing will allow them to hit the ball with more force.</p> <p>Mini Golf Course</p> <p>Target Pin Golf</p>	<p>Students will know...</p> <ul style="list-style-type: none"> • How to properly grip a golf club. • How to properly address a golf ball. • How to correctly perform a backswing and forward swing. <p>Students will be able to...</p> <ul style="list-style-type: none"> • Correctly grip and swing a golf club. • Correctly address a golf ball. 	<p><u>Informal Assessment</u></p> <p>-observations</p> <p>-partner/peer feedback</p> <p><u>Formal Assessment</u></p> <p>-Written Quiz</p> <p>-Skill Checklist</p>	<p>-Golf Clubs</p> <p>-Golf Balls</p> <p>-Field</p> <p>-Cones</p> <p>-Holes</p>

(Track and Field) ISBE Goals 19,20,24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Spring April	<p>How do you perform various track & field skills?</p> <p>How does a runner get to be a better runner?</p> <p>What do we do to pace ourselves while running?</p> <p>How can we find our heart rate? How do we find our target heart rate?</p> <p>How do we use a pedometer and how can a pedometer be beneficial?</p> <p>How do you properly handle and pass a baton in a relay race?</p>	<p>Stations</p> <ul style="list-style-type: none"> -long jump -throwing shot-put -Discus <p>-15 min endurance run</p> <p>-relays</p> <p>-hurdles</p> <p>-pedometer runs</p>	<ul style="list-style-type: none"> -Leg Strength -Cardiovascular Endurance/long distance running -Leg-Muscle Endurance -sprints/short-distance running -teamwork -proper training/pacing 	<p><u>Informal Assessment</u></p> <ul style="list-style-type: none"> -observations -partner/peer feedback <p><u>Formal Assessment</u></p> <ul style="list-style-type: none"> -written test -skill checklist 	<ul style="list-style-type: none"> -Gym -measuring tape -shot-puts -cones -pedometers -stop-watches -hurdles -relay batons -Frisbee

(Softball) ISBE Goals 19,20,21, 24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Spring April	<ul style="list-style-type: none"> -What is the proper way to perform overhand and underhand throws? -What is the proper way to catch a softball-fly-balls & ground balls? -What is the proper way to bat and hit the ball? -What is the correct way to run the bases and the rules of base-running? -What basic rules are used in a game of softball, whiffle ball or t-ball? -What are the positions on a softball and baseball team? 	<u>Softball Skill Stations</u> <ul style="list-style-type: none"> -Throwing & Catching with a partner - Batting -Fielding -Base-running -Softball Frenzy -T-ball -Fitness Softball -Softball Game 	<ul style="list-style-type: none"> --Overhand throw -Underhand throw(point-step-throw, foot/arm opposition) -Catching(using two-hands, tracking the ball) -Batting(proper stance-foot placement, hand placement on bat, elbow up, eyes on ball)"squish the bug" -Base running-order of bases, when I should run, using the proper technique -Basic Rules & Scoring procedures in a game situation 	<u>Informal Assessment</u> <ul style="list-style-type: none"> -observations -partner/peer feedback <u>Formal Assessment</u> <ul style="list-style-type: none"> -Written Quiz -Skill Checklist -Peer Assessment 	<ul style="list-style-type: none"> -Gym, field -softballs -baseballs -whiffle balls -tees -bases -bats -spray paint for fields

(Fitness Testing) ISBE Goals- 19,20,21,22,24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
<u>Spring</u> May	<p>What are the benefits of having upper body and lower body strength?</p> <p>Why is flexibility an important aspect of physical activity?</p> <p>What is cardiovascular strength and endurance?</p> <p>What does it mean to have good foot speed?</p> <p>What is a heart rate? How do you check it?</p>	<u>Fitness Testing (PFA)</u> -sit ups -pull ups -step ups -vault -H-Ladder -Sit and Reach ½ Mile Run -pole climb -Height and weight -Pacer Test	*Using Project Fit America Equipment.	<u>Informal Assessment</u> -Teacher Observation -Teacher takes records of fitness for fall and spring -Teacher sends home students pre/post results at the end of the year. <u>Formal Assessment</u> KWL	-Project Fit America Equipment -Matts -Sit and Reach board -Stop Watch -Recording Sheets

(Frisbee) ISBE Goals 19,20,21, 24 NASPE 1-6

	Essential Question	Content	Skills	Assessment	Resources
Spring May	-What are the proper ways to throw and catch a Frisbee? -How do you throw a Frisbee to hit a target?	-Frisbee Golf -Ultimate Frisbee -Frisbee Skill -Frisbee Tic Tack Toe Stations(target throwing, partner throw/catch) -Pattern Running and Catching Station	-Grip(palm-up on bottom, thumb on top, closed fingers) Throwing(elbow-in, toe pointed to target, step-flick, extend arm) -Catching(two-hands alligator) -Target throwing(hand/eye coordination)"Eye on the target"	<u>Informal Assessment</u> -observations -partner/peer feedback <u>Formal Assessment</u> -Written Quiz -Skill Checklist	Gym Frisbees Frisbee Golf Nets Scorecards Pencils

Standards that are used throughout the Curriculum include

NASPE

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3:

Participates regularly in physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

ISBE PE Standards

Goal 19- Movement

Goal 20- Physical Fitness

Goal 21- Team Building

Goal 22- Health Promotion, Prevention and Treatment

Goal 23- Human Body Systems

Goal 24- Communications and Decision Making