

GBCS Curriculum Guide			GRADE: K - 5	SUBJECT: Physical Education					
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLCE
Hand Dribble (Kdg)	Four Days	Basketball	EPEC: Demonstrate appropriate stance and push and lift with preferred and non-preferred hand	What kind of ball is this? How do basketball players control the ball?	Ready You Hand on Top Fingers Spread Push Finger Pads Catch I can dribble a basketball with either hands.	Dribble Dominant Non-Dominant	Size 4 & 5 Basketballs	EPEC Hand Dribble 5 point Rubric	M.MC.00.04 M.MC.00.11 K.FB.00.01 K.MC.00.04 K.MC.00.11 A.PE.00.01 A.PA.00.01 B.FB.00.01
Hand Dribble (1st)	Four Days	Basketball	EPEC: Demonstrate a stationary dribble with preferred and non-preferred hand	What kind of ball is this? How do basketball players control the ball?	Ready You Hold Ball Push Finger Pads Lift Push Again Other Hand I can dribble a basketball with either hands while looking up.	Dribble Dominant Non-Dominant Stationary	Size 4 & 5 Basketballs	EPEC Hand Dribble 5 point Rubric	M.MC.01.04 M.MC.01.07 M.MC.01.08 M.MC.01.11 K.FB.01.01 K.MC.01.04 K.MC.01.07 K.MC.01.11 A.PE.01.01 A.PA.01.01 B.FB.01.01

Hand Dribble (2nd)	Four Days	Basketball	M.MS.02.05 demonstrate selected elements of the mature form of the manipulative skills of hand dribble and volley.	What kind of ball is this? How do basketball players control the ball? What is a double dribble?	Ready You Hold Ball Push Finger Pads Lift Look Ahead Other Hand I can dribble a basketball with either hands while moving around.	Dribble Dominant Non-Dominant Stationary Traveling	Size 4 & 5 Basketballs	EPEC Hand Dribble 5 point Rubric	M.MC.02.04 M.MC.02.07 M.MC.02.08 M.MC.02.11 M.MS.02.04 M.OP.02.03 K.FB.02.01 K.MC.02.04 K.MC.02.07 K.MC.02.08 A.PE.02.01 A.PA.02.01 B.FB.02.01
Hand Dribble (3rd)	Four Days	Basketball	M.MS.03.05 demonstrate selected elements of the mature form of manipulative skills of hand dribble and volley. K.MS.03.04 identify selected critical elements of the manipulative skills of catch, kick hand dribble, foot dribble and strike with hand.	What kind of ball is this? How do basketball players control the ball? What is a double dribble? What is Traveling? How many players are on a basketball team?	Push Finger Pads Lift Push Again Dribbles Well in Games Right and Left I can dribble a basketball with either hands while walking and looking up.	Dribble Dominant Non-Dominant Stationary Traveling Extending Flexing	Size 4 & 5 Basketballs	EPEC Hand Dribble 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.03.04 M.MC.03.07 M.MC.03.08 M.MC.03.11 M.MS.03.05 M.OP.03.01 M.OP.03.03 K.MC.03.04 K.MC.03.07 K.MC.03.08 K.MS.03.04 A.PE.03.01 B.RP.03.02

Hand Dribble (4th)	Four Days	Basketball	<p>M.MS.04.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, and volley (e.g., forearm pass) in isolated settings.</p> <p>K.IG.04.01 demonstrate use of selected on-the-ball tactical movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 2 vs. 2).</p>	<p>What kind of ball is this? How do basketball players control the ball? What is a double dribble? What is Traveling? How many players on a basketball team?</p>	<p>Push Finger Pads Lift Push Again Dribbles Well in Games Right and Left</p> <p>I can dribble a basketball with either hands while jogging/running and looking up.</p>	<p>Dribble Dominant Non-Dominant Stationary Traveling Extending Flexing Tactical Passing Receiving</p>	Size 4 & 5 Basketballs	<p>EPEC Hand Dribble 5 point Rubric</p> <p>GBPE 3rd-5th Unit Test</p>	<p>M.MC.04.04 M.MC.04.07 M.MC.04.09 M.OP.04.01 M.OP.04.03 K.MS.04.04 A.PE.04.01 B.RP.04.02</p>
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Hand Dribble (5th)	Four Days	Basketball	<p>M.IG.05.01 demonstrate selected use of both on-the-ball and off-the-ball tactical movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).</p> <p>K.MS.05.04</p>	<p>What kind of ball is this? How do basketball players control the ball? What is a double dribble? What is Traveling? How many players on a basketball team?</p>	<p>Push Finger Pads Lift Push Again Dribbles Well in Games Right and Left</p> <p>I can dribble a basketball with either hands while looking up and changing directions.</p>	<p>Dribble Dominant Non-Dominant Stationary Traveling Extending Flexing Tactical Passing Receiving</p>	Size 4 & 5 Basketballs	<p>EPEC Hand Dribble 5 point Rubric</p> <p>GBPE 3rd-5th Unit Test</p>	<p>M.MC.05.04 M.MC.05.07 M.MS.05.05 K.MC.05.15 M.IG.05.01 M.OP.05.01 A.PE.05.01 B.RP.05.02</p>
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GBCS Curriculum Guide			Grade(s)	3rd - 5th		SUBJECT: Physical Education/Soccer			
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLCE
Foot Dribble (Third Grade)	Four Days	Soccer	<p>M.MS.03.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings.</p> <p>K.MS.03.04 identify selected critical elements of the manipulative skills of catch, kick hand dribble, foot dribble and strike with hand.</p>	<p>How many total players on a soccer field? (22).</p> <p>What happens if you get a red card? (the player is ejected from the game AND misses the next game)</p> <p>How many halves are there in soccer? (2)</p> <p>What is a penalty kick? (just the offensive player and the goalie)</p> <p>When can you use your hands? (only on a throw in)</p>	I can dribble the ball without losing control across the gym/field at a moderate pace.	Foot Dribble, Medial, Lateral, Alternate	Size 4 or 5 soccer balls	EPEC Foot Dribble and instep kick 5 point Rubric GBPE 3rd-5th Unit Test	<p>M.MC.03.02</p> <p>M.MC.03.04</p> <p>M.MC.03.08</p> <p>M.OP.03.01</p> <p>M.OP.03.03</p> <p>K.MC.03.02</p> <p>K.MC.03.04</p> <p>K.MC.03.06</p> <p>K.MC.03.08</p> <p>A.PE.03.01</p> <p>B.RP.03.02</p>

Foot Dribble (Fourth Grade)	Four Days	Soccer	M.MS.04.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short handled implements in isolated settings. K.MC.04.14 apply knowledge of critical elements of all movement concepts while performing selected manipulative skills (e.g., roll, underhand throw, and overhand throw) in isolated settings.	How many total players on a soccer field? (22). What happens if you get a red card? (the player is ejected from the game AND misses the next game) How many halves are there in soccer? (2) What is a penalty kick? (just the offensive player and the goalie) When can you use your hands? (only on a throw in)	I can dribble the ball along a curving pathway at a moderate speed without losing control	Foot Dribble, Curving pathway, Moderate Speed	Size 4 or 5 soccer balls	EPEC Foot Dribble and instep kick 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.04.04 M.MC.04.09 M.OP.04.01 M.OP.04.03 M.IG.04.01 K.MS.04.04 K.TG.04.01 K.IG.04.01 A.PE.04.01 B.RP.04.02
Foot Dribble (Fifth Grade)	Four Days	Soccer	M.MS.05.04 demonstrate mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short and long handled implements in isolated settings. K.MC.05.15 apply knowledge of movement concepts while performing non-locomotor, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhand throw) in controlled settings.	How many total players on a soccer field? (22). What happens if you get a red card? (the player is ejected from the game AND misses the next game) How many halves are there in soccer? (2) What is a penalty kick? (just the offensive player and the goalie) When can you use your hands? (only on a throw in)	I can dribble the ball and then pass to a teammate without losing control.	Foot Dribble, Mature from, Passing	Size 4 or 5 soccer balls	Use GB Rubric 1 excels, 2 needs little or no support, 3 needs extra practice- Toe In/Out, Tap Ahead, Look Ahead, Pass	M.MC.05.04 M.MC.05.09 M.OP.05.01 M.OP.05.03 M.TG.05.01 M.IG.05.01 K.MS.05.04 K.TG.05.01 K.IG.05.01 A.PE.05.01 B.RP.05.02

Instep Kick (Third Grade)	Four Days	Soccer	<p>M.MS.03.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings.</p> <p>K.MS.03.04 identify selected critical elements of the manipulative skills of catch, kick hand dribble, foot dribble and strike with hand.</p>	<p>How many total players on a soccer field? (22). What happens if you get a red card? (the player is ejected from the game AND misses the next game) How many halves are there in soccer? (2) What is a penalty kick? (just the offensive player and the goalie) When can you use your hands? (only on a throw in)</p>	I can run and kick the ball in the air hitting the target.	Approach, Plant	Size 4 or 5 soccer balls	EPEC Foot Dribble and instep kick 5 point Rubric GBPE 3rd-5th Unit Test	<p>M.MC.03.02 M.MC.03.08 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 A.PE.03.01 B.RP.03.02</p>
Instep Kick (Fourth Grade)	Four Days	Soccer	<p>M.MS.04.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short handled implements in isolated settings. K.MC.04.14 apply knowledge of critical elements of all movement concepts while performing selected manipulative skills (e.g., roll, underhand throw, and overhand throw) in isolated settings.</p>	<p>How many total players on a soccer field? (22). What happens if you get a red card? (the player is ejected from the game AND misses the next game) How many halves are there in soccer? (2) What is a penalty kick? (just the offensive player and the goalie) When can you use your hands? (only on a throw in)</p>	I can foot dribble and then kick the ball in the air hitting the target.	Foot Dribble, Plant, Follow through	Size 4 or 5 soccer balls	EPEC Foot Dribble and instep kick 5 point Rubric GBPE 3rd-5th Unit Test	<p>M.MC.04.05 M.MC.04.09 M.OP.04.01 M.OP.04.03 M.TG.04.01 M.SG.04.01 K.MS.04.04 K.TG.04.01 K.SG.04.01 A.PE.04.01 B.RP.04.02</p>

Instep Kick (Fifth Grade)	Four Days	Soccer	<p>M.MS.05.04 demonstrate mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short and long handled implements in isolated settings.</p> <p>K.MC.05.15 apply knowledge of movement concepts while performing non-locomotor, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhand throw) in controlled settings.</p>	<p>How many total players on a soccer field? (22). What happens if you get a red card? (the player is ejected from the game AND misses the next game) How many halves are there in soccer? (2) What is a penalty kick? (just the offensive player and the goalie) When can you use your hands? (only on a throw in)</p>	I can kick a moving ball so it hits the target in the air.	Watch ball, Angles, Follow through	Size 4 or 5 soccer balls	EPEC Foot Dribble and instep kick 5 point Rubric GBPE 3rd-5th Unit Test	<p>M.MC.05.05 M.MC.05.09 M.OP.05.01 M.OP.05.03 M.TG.05.01 M.SG.05.01 K.MS.05.04 K.TG.05.01 K.SG.05.01 A.PE.05.01 B.RP.05.02</p>
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GBCS Curriculum Guide			Grade(s)	3rd-5th	SUBJECT: PE/Throwing/Catching				
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLCE
3rd Grade Catching		Throwing/Catching	M.MS.03.04 demonstrate selected elements of the mature form of manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings. A.PE.03.01 participate regularly (i.e., a minimum of 33% of class time) in physical activities in physical education class, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills.	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use?	Student will demonstrate correct hand position when catching a ball that is lobbed from a distance of six feet and to a height of 10 feet. -I can catch a ball thrown to me underhand.	Ready, hold, drop, lower, watch ball in	Throwing balls, gator skin balls, poly spots, cones	EPEC Catching fly ball 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.03.03 M.OP.03.01 M.OP.03.03 K.MC.03.03 B.RP.03.02
4th Grade Catching		Throwing/Catching	M.MS.04.04 demonstrate selected elements of the mature form of manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings. A.PE.04.01 participate regularly (i.e., a minimum of 33% of class time) in physical activities in physical education class, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills. K.MS.04.04 apply knowledge of selected critical elements of movement concepts while performing selected manipulative skills: catch, kick, foot dribble, strike with a short-handled implement and with the hand, chest pass, bounce pass, hand dribble, and volley in isolated settings.	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use?	Student will demonstrate correct hand position when catching a ball that is lobbed from a distance of six feet and to a height of 10 feet. -I can catch a ball thrown to me overhand.	Ready, hold, drop, lower, watch ball in	Throwing balls, gator skin balls, poly spots, cones	EPEC Catching fly ball 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.04.05 M.MC.04.09 M.OP.04.01 M.OP.04.03 K.MC.04.14 B.RP.04.02 M.SG.04.01

5th Grade Catching		Throwing/Catching	<p>M.MS.05.04 demonstrate selected elements of the mature form of manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings.<u>A.PE.05.01 participate regularly (i.e., a minimum of 33% of class time) in physical activities in physical education class, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills. K.MS.05.04 apply knowledge of selected critical elements of movement concepts while performing selected manipulative skills: catch, kick, foot dribble, strike with a short-handled implement and with the hand, chest pass, bounce pass, hand dribble, and volley in isolated settings.</u></p>	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use?	Student will demonstrate correct hand position when catching a ball that is lobbed from a distance of six feet and to a height of 10 feet. -I can catch a ball thrown to me in a game.	Ready, hold, drop, lower, watch ball in	Throwing balls, gator skin balls, poly spots, cones	EPEC Catching fly ball 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.05.05 M.MC.05.09 M.OP.05.01 M.OP.05.03 K.MC.05.15 B.RP.05.02 M.SG.05.01 K.IG.05.01 K.SG.05.01
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GBCS Curriculum Guide			Grade(s) 3rd-5th		SUBJECT: Physical Education/Volleyball				
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLCE
3rd Grade Underhand Strike	4 days	Volleyball	M.MS.03.04 demonstrate selected elements of the mature form of manipulative and strike with hand and volley (bumping and setting) isolated settings. M.MS.03.05 demonstrate selected elements of the mature form of manipulative skills of a volley. K.MS.03.04 identify the critical elements of the manipulative skills of underhand strike with hand.	What kind of ball is this? What is a volley? How many points in a volleyball game? Difference between a point and sideout? Where are the out of bounds line? How many player on a volleyball team?	Swing Back Swing Forward Step Forward I can strike the ball over the net with my fist.	Serving, Bumping, Setting, Sideout, Point, Front line, Back line, Rotate,	15 Trainer Volleyballs Volleyball Net, 30 Poly Spots	EPEC Underhand Strike 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.03.01 M.MC.03.02 M.MC.03.05 M.MC.03.07 M.MS.03.01 K.MC.03.01 K.MC.03.02 K.FB.03.01 K.PS.03.01 K.PS.03.02 K.RP.03.01 K.RP.03.02
4th Grade Underhand Strike	4 days	Volleyball	M.MS.04.04 demonstrate selected elements of the mature form of manipulative and strike with hand and volley (bumping and setting) isolated settings. M.MS.04.05 demonstrate selected elements of the mature form of manipulative skills of a volley. K.MS.04.04 identify the critical elements of the manipulative skills of underhand strike with hand.	What kind of ball is this? What is a volley? How many points in a volleyball game? Difference between a point and sideout? Where are the out of bounds line? How many player on a volleyball team?	Swing Back Swing Forward Step Forward I can swing my arm straight back and straghit forward when serving underhand.	Serving, Bumping, Setting, Sideout, Point, Front line, Back line, Rotate,	15 Trainer Volleyballs Volleyball Net, 30 Poly Spots	EPEC Underhand Strike 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.04.01 M.MC.04.02 M.MC.04.05 M.MC.04.07 M.MS.04.01 K.MC.04.01 K.MC.04.02 K.FB.04.01 K.PS.04.01 K.PS.04.02 K.RP.04.01 K.RP.04.02
5th Grade Underhand Strike	4 days	Volleyball	M.MS.05.04 demonstrate selected elements of the mature form of manipulative and strike with hand and volley (bumping and setting) isolated settings. M.MS.04.05 demonstrate selected elements of the mature form of manipulative skills of a volley. K.MS.04.04 identify the critical elements of the manipulative skills of underhand strike with hand.	What kind of ball is this? What is a volley? How many points in a volleyball game? Difference between a point and sideout? Where are the out of bounds line? How many player on a volleyball team?	Swing Back Swing Forward Step Forward I can perform the underhand serve.	Serving, Bumping, Setting, Sideout, Point, Front line, Back line, Rotate,	15 Trainer Volleyballs Volleyball Net, 30 Poly Spots	EPEC Underhand Strike 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.05.01 M.MC.05.02 M.MC.05.05 M.MC.05.07 M.MS.05.01 K.MC.05.01 K.MC.05.02 K.FB.05.01 K.PS.05.01 K.PS.05.02 K.RP.05.01 K.RP.05.02

GBCS Curriculum Guide			Grade(s)	3rd-5th	SUBJECT: Physical Education/Overhand Throw				
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLCE
2nd Grade Overhand Throw		Baseball/Soccer	M.MS.02.03 demonstrate selected elements of the mature form of manipulative skills of roll, underhand throw, and overhand throw in isolated settings. K.FB.02.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activity in isolated settings. A.PE.02.01 participate, at a moderate to vigorous intensity level, in physical activities that focus on skill building rather than on formal game structure, a variety of locomotor activities, a variety of developmentally appropriate physical activities that incorporate manipulative skills, dodging, and chasing and fleeing activities.	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use?	Student will demonstrate correct arm action when throwing a ball overhand at least 20 feet. --I can step with my opposite foot while making the overhand throw.	pivot, twist, face target, T position, hand on top, twist tummy, tickle knee	15 gator skin balls, Small throwing balls, Target nets	EPEC Overhand Throw 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.02.02 M.MC.02.07 M.MC.02.08 M.OP.02.03 K.MC.02.02 K.MC.02.07 K.MC.02.08 K.MS.02.03 B.FB.02.01
3rd Grade Overhand Throw		Baseball/Soccer/Football	M.MS.03.03 demonstrate selected elements of the mature form of manipulative skills of roll, underhand throw, and overhand throw in isolated settings. K.FB.03.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activity in isolated settings. A.PE.03.01 participate, at a moderate to vigorous intensity level, in physical activities that focus on skill building rather than on formal game structure, a variety of locomotor activities, a variety of developmentally appropriate physical activities that incorporate manipulative skills, dodging, and chasing and fleeing activities.	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use?	Student will demonstrate correct arm action when throwing a ball overhand at least 20 feet. --I can overhand throw over 20 feet.	pivot, twist, face target, T position, hand on top, twist tummy, tickle knee	15 gator skin balls, Small throwing balls, Target nets	EPEC Overhand Throw 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.03.02 M.MC.03.07 M.MC.03.08 M.OP.03.03 K.MC.03.02 K.MC.03.07 K.MC.03.08 K.MS.03.03 B.FB.03.01

4th Grade Overhand Throw		Baseball/Sof tball/Footba ll	M.MS.04.03 demonstrate selected elements of the mature form of manipulative skills of roll, underhand throw, and overhand throw in isolated settings. K.FB.04.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activity in isolated settings. A.PE.04.01 participate, at a moderate to vigorous intensity level, in physical activities that focus on skill building rather than on formal game structure, a variety of locomotor activities, a variety of developmentally appropriate physical activities that incorporate manipulative skills, dodging, and chasing and fleeing activities.	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use? What hand goes on top when batting?	Student will demonstrate correct arm action when throwing a ball overhand at least 20 feet. --I can overhand throw over 30 feet.	pivot, twist, face target, T position, hand on top, twist tummy, tickle knee	15 gator skin balls, Small throwing balls, Target nets	EPEC Overhand Throw 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.04.02 M.MC.04.07 M.MC.04.08 M.OP.04.03 K.MC.04.02 K.MC.04.07 K.MC.04.08 K.MS.04.03 B.FB.04.01
5th Grade Overhand Throw		Baseball/Sof tball/Footba ll	M.MS.05.03 demonstrate selected elements of the mature form of manipulative skills of roll, underhand throw, and overhand throw in isolated settings. K.FB.05.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activity in isolated settings. A.PE.05.01 participate, at a moderate to vigorous intensity level, in physical activities that focus on skill building rather than on formal game structure, a variety of locomotor activities, a variety of developmentally appropriate physical activities that incorporate manipulative skills, dodging, and chasing and fleeing activities.	How many bases are there? How many strikes does a batter get? How many outs are in an inning? What kind of ball do you use? What hand goes on top when batting?	Student will demonstrate correct arm action when throwing a ball overhand at least 20 feet. --I can catch the ball ball and make an overhand throw in one smooth motion.	pivot, twist, face target, T position, hand on top, twist tummy, tickle knee	15 gator skin balls, Small throwing balls, Target nets	EPEC Overhand Throw 5 point Rubric GBPE 3rd-5th Unit Test	M.MC.05.02 M.MC.05.07 M.MC.05.08 M.OP.05.03 K.MC.05.02 K.MC.05.07 K.MC.05.08 K.MS.05.03 B.FB.05.01

GBCS Curriculum Guide			K-2		SUBJECT: Physical Education			
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments
Walking	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.04 M.MC.00.06 M.MS.00.02 M.RA.00.01 K.FB.00.01 K.MC.00.02 K.MC.00.04 K.MC.00.06 K.MS.00.02 A.PE.00.01 A.PA.00.01 B.FB.00.01	Moving at a slow pace to get from one point to the next. How fast is the walk compared to the jog or run?	(I can...) Demonstrate mature form while walking at as low, moderate and fast speeds.	Walk Tall, Swing Arms, Feet Straight, Heel then Toe, Walk Slow, Walk Medium, Walk Fast	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Jogging	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.06 M.MS.00.02 M.RA.00.01 K.FB.00.01 K.MC.00.02 K.MC.00.06 A.PE.00.01 A.PA.00.01 B.FB.00.01	Moving at a moderate pace to get from one point to the next. This is the pace that students should understand to use for the PACER Test/Game. How fast is the jog compared to the walk or run?	(I can...) Demonstrate correct foot position when running at medium speed.	Neck Strong, Head Still, Eyes Forward, Chest Up Lean Little, Land on Toes, Feet Straight Feet in Middle, Bend	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Running	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.06 M.MS.00.02 M.RA.00.01 K.FB.00.01 K.MC.00.02 K.MC.00.06 A.PE.00.01 A.PA.00.01 B.FB.00.01	Moving at a fast/sprint pace to get from one point to the next. This should be the fastest the student can go under control. How fast is running compared to walking or jogging?	(I can...) Demonstrate correct foot position when running at high speed.	Neck Strong, Head Still, Eyes Forward, Chest Up Lean Little, Land on Toes, Feet Straight Feet in Middle, Bend	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Hopping	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.04 M.MC.00.06 M.MC.00.11 M.RA.00.01 K.FB.00.01 K.MC.00.02 K.MC.00.04 K.MC.00.06 K.MC.00.11 A.PE.00.01 A.PA.00.01 A.AN.00.02 B.FB.00.01	This movement is always done on ONE FOOT. It is the choice of the student to go with his/her preferred foot. This movement can be confused with jumping due to cartoons and story books about animals hopping. The characters are typically jumping. What sport or activities would you use the skill of hopping?	(I can...) Demonstrate the correct knee swing on each leg while holding onto a stationary support with one hand. Demonstrate hopping in place correctly on each foot while holding onto a stationary support with one hand. Demonstrate hopping in place correctly on each foot.	Lift Foot, Bend, Raise, Push, Swing Knee, Bend Elbows Balance with Arms, Land Softly	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.

Horizontal Jumping	2 Days	Locomotor Skills	M.MS.00.01 K.FB.00.01 K.MS.00.02 A.PE.00.01 A.PA.00.01 A.AN.00.02 B.FB.00.01	Jumping is done with both feet taking off the ground at the same time and landing at the same time. Students should try to jump as far as possible. What sport or activity would you use the horizontal jump?	(I can...) Demonstrate the preparation phase of the horizontal jump correctly starting from a standing position. Demonstrate the action phase of the horizontal jump correctly following the execution of the preparation phase	Stand, Crouch Point Back, Point Back, Head up, Teach Up, Straighten, Arrow	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Vertical Jumping	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.03 M.MS.00.01 K.FB.00.01 K.MC.00.02 K.MC.00.03 K.MS.00.02 A.PE.00.01 A.PA.00.01 A.AN.00.02 B.FB.00.01	Jumping is done with both feet taking off the ground at the same time and landing at the same time. Students should try to jump as high as possible. What sport or activity would you use the vertical jump?	(I can...) Demonstrate the preparation phase of the vertical jump correctly, starting from a standing position. Demonstrate the action phase of the vertical jump correctly at half speed following the execution of the preparation phase.	Stand Look Up, Crouch, Point Down Weight on Toes, Push Reach Up, Straight as Rocket, Look Up	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Galloping	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.04 M.MC.00.06 K.FB.00.01 K.MC.00.02 K.MC.00.04 K.MC.00.06 K.RA.00.01 A.PE.00.01 A.PA.00.01 B.FB.00.01	In Galloping, your feet are playing the game of follow the leader. The lead leg should lead and the trail leg should never catch up to the lead leg. What sport or activity would you use the skill of gallop? What skill would you perform if your trail leg catches up to the lead leg?	(I can...) Demonstrate the correct step-close pattern while galloping, leading first with the preferred foot and then with the other foot. Demonstrate mature form in a smooth, continuous motion while galloping at a moderate speed, leading first with the right foot and then with the left foot.	Step, Push, In Air, Close, Pump Arms, Front-Front-Back	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.

Sliding	2 Days	Locomotor Skills	M.MC.00.04 M.MC.00.06 M.MC.00.11 M.RA.00.01 K.FB.00.01 K.MC.00.04 K.MC.00.06 K.MC.00.11 K.RA.00.01 A.PE.00.01 A.PA.00.01 B.FB.00.01	Student should realize that sliding is a sideways gallop. Legs should not cross during a slide. What sport or activity would you use sliding?	(I can...) Demonstrate the correct step to side-jump-close pattern while sliding to both the right and the left. Demonstrate the correct body orientation while sliding to both the right and the left. Demonstrate matre form in a smooth, continuous motion while sliding at a moderate speed to both the right and the left.	Step to Side, Jump, In Air, Close, Look Ahead, Hands in Front, Soft Heels, Front-Front-Back	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Skipping	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.04 M.MC.00.06 M.MC.00.11 M.RA.00.01 K.FB.00.01 K.MC.00.02 K.MC.00.04 K.MC.00.06 K.MC.00.11 K.RA.00.01 A.PE.00.01 A.PA.00.01 B.FB.00.01	Skipping is putting walking and hopping together. Legs are taking turns in doing a step and hop on the same foot. Right step, hop, Left step, hop, etc.	(I can...) Demonstrate the correct step-hop movement pattern.	Step, Hop, Swing Knee, Swing Arm	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.
Leaping	2 Days	Locomotor Skills	M.MC.00.02 M.MC.00.10 K.FB.00.01 K.MC.00.02 K.MC.00.10 A.PE.00.01 A.PA.00.01 B.FB.00.01	Student should start on one foot, reach and land on the other foot. This skill should be tied in with in-step kick. What sport or activity would you use the skill of leaping?	(I can...) Demonstrate leaping off the front foot and landing on the opposite foot correctly, starting from a standing position.	Stand Bend, Push, Reach, Land Soft	Poly Spots, Poly Lines, Cones, Music with Tempo	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.

GBCS Curriculum			K-5		SUBJECT: Physical Education				
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLEC
Grip	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Hold the racket correctly by shaking hands with racket with dominant hand.	(I can...) Demonstrate the correct grip when preparing to strike a ball.	Shake Hands, "V", Strong Wrist, On Edge	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01
Ready Positions	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Holding the racket with the correct grip, the student should face target standing on the forefoot, racket in front. Why would you need to get into a ready position?	(I can...) Demonstrate the correct ready position when preparing to strike a ball.	Grip, Ready Hands, Ready Feet, Ready You	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01
Forehand Strike	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Turn to the side and the racket should be pointing behind the student. As the ball bounces, start the low to high swing making contact in from of the body.	(I can...) Demonstrate a correct forehand stroke motion without hitting a ball, starting from side orientation.	Side to Target, Rock Back, Rock Forward, Swing and Twist, Low to High	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01
Backhand Strike	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Two hands on racket. Turn to the side and the racket should be pointing behind the student. As the ball bounces, start the low to high swing making contact in from of the body. What is the difference between the one handed vs. 2 handed backhand?	(I can...) Demonstrate a correct backhand stroke motion without hitting a ball, starting from side orientation.	Side to Target, Rock Back, Rock Forward, Swing and Twist, Low to High	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01

Self-Drop	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Turn to the side and the racket should be pointing behind the student. Drop the ball around the contact point, as the ball bounces up, start the low to high swing making contact in front of the body.	(I can...) Demonstrate a correct forehand stroke motion when striking a self-drop tennis ball, starting from a side orientation. I can hit ball over the net.	Grip, Side to Target, Rock Forward, Swing and Twist, Low-Hit-High,	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01
Self-Feed	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Turn to the side and the racket should be pointing behind the student. Drop the ball around the contact point, but do not let the ball bounce, start the low to high swing making contact in front of the body.	(I can...) Demonstrate a correct forehand stroke motion when striking a self-feed tennis ball, starting from a side orientation. I can hit feed a ball over the net.	Grip, Side to Target, Rock Forward, Swing and Twist, Low-Hit-High,	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01
Overhand Strike	1 Day	Tennis	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.03 M.MC.01.07 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01	Start from the side position and toss the ball up with opposite hand. At the highest point, strike ball over the net. What is rule for serving in the sport of tennis?	(I can...) Demonstrate a correct overhand strike motion without hitting a ball, starting from side orientation. I can serve over the net to the correct box.	Side to Target, Rock Back, Rock Forward, Swing and Twist, Reach high, hit the ball	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 K.MC.01.03 K.MC.01.07 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.03 K.MC.02.02 K.MC.02.03 K.MC.02.08 A.PA.02.01 B.FB.02.01
Rally	1 Day	Tennis	M.MC.03.02 M.MC.03.03 M.MC.03.07 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.07 M.MC.04.09 M.MS.04.04 M.TG.04.01 M.NG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.07 M.MC.05.09 M.MS.05.04 M.TG.05.04 M.NG.05.01 A.PE.05.01 B.RP.05.02	Using both forehand and backhand strikes, keep the ball in play by hitting it over the net. What is the rule for hitting a ball over the net in the game of tennis?	(I can...) Demonstrate a correct stroke motions hitting a ball over a net to keep ball in play. I can hit the ball back over the net with the ball is hot over to me.	Pivot, Open Door, Rock Forward, Swing and Twist, Over Net, Lands in-bounds	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.03 K.MC.03.07 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.MS.04.04 K.TG. 04.01 K.NG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.MS.05.04 K.TG. 05.01
Playing a game	WEEK 4	Tennis	M.MC.03.02 M.MC.03.03 M.MC.03.07 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.07 M.MC.04.09 M.MS.04.04 M.TG.04.01 M.NG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.07 M.MC.05.09 M.MS.05.04 M.TG.05.04 M.NG.05.01 A.PE.05.01 B.RP.05.02	Using the serve to start the point, the student will use both forehand and backhand strokes to hit the ball over the next to play out the game. How is tennis scored?	(I can...) Demonstrate a correct stroke motions hitting a ball over a net to keep ball in play in a game situation. I can play a game in the sport of tennis.	Pivot, Open Door, Rock Forward, Swing and Twist, adjust distance, strike well in games	Tennis rackets, tennis balls or foam balls for indoor use, portable nets, poly spots and lines.	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.03 K.MC.03.07 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.MS.04.04 K.TG. 04.01 K.NG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.MS.05.04 K.TG. 05.01

GBCS Curriculum			K-5	SUBJECT: Physical Education					
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLEC
Grip	1 Day	Golf	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01 M.MC.03.02 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.09 M.TG.04.01 M.SG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.09 M.TG.05.04 M.SG.05.01 A.PE.05.01 B.RP.05.02	Hold the club correctly with dominant hand on top	(I can...) Demonstrate correct hand placement when preparing to a small ball off a golf tee.	Dominant hand on top, hand near end, hands together, knuckles	Safety Golf Balls Driving Mats and tees assortment of safety golf clubs, targets, nets	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.02 K.MC.02.08 A.PA.02.01 B.FB.02.01 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.TG.04.01 K.SG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.TG.05.01 K.SG.05.01
Stance and approach	1 Day	Golf	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01 M.MC.03.02 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.09 M.TG.04.01 M.SG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.09 M.TG.05.04 M.SG.05.01 A.PE.05.01 B.RP.05.02	Holding the club with the correct grip, the student should face the ball and turned sideways to the target	(I Can...) Demonstrate the correct stance when preparing to hit small ball off a golf tee.	Grip, Feet Ready, Body Ready, Arms Ready, Club Ready	Safety Golf Balls Driving Mats and tees assortment of safety golf clubs, targets, nets	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.02 K.MC.02.08 A.PA.02.01 B.FB.02.01 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.TG.04.01 K.SG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.TG.05.01 K.SG.05.01
Swing	2 Days	Golf	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01 M.MC.03.02 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.09 M.TG.04.01 M.SG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.09 M.TG.05.04 M.SG.05.01 A.PE.05.01 B.RP.05.02	Keeps eyes on the ball and hold the club with hands. Twist and swing down towards the ball by rolling hands to follow-through	(I can...) Demonstrate swinging correctly when hitting a ball off a golf tee	Rock Back, Twist, Rock Forward, Hands First	Safety Golf Balls Driving Mats and tees assortment of safety golf clubs, targets, nets	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.02 K.MC.02.08 A.PA.02.01 B.FB.02.01 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.TG.04.01 K.SG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.TG.05.01 K.SG.05.01
Arm Action	1 Days	Golf	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01 M.MC.03.02 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.09 M.TG.04.01 M.SG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.09 M.TG.05.04 M.SG.05.01 A.PE.05.01 B.RP.05.02	Swing the club towards the ball by extending elbows and wrist at contact. Roll the arms and wrist over and follow through.	Demonstrate correct arm action when hitting a small ball off a golf tee.	Side to Target, Rock Back, Rock Forward, Swing and Twist, hit the ball	Safety Golf Balls Driving Mats and tees assortment of safety golf clubs, targets, nets	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.02 K.MC.02.08 A.PA.02.01 B.FB.02.01 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.TG.04.01 K.SG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.TG.05.01 K.SG.05.01

Hitting off tee	1 Day	Golf	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01 M.MC.03.02 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.09 M.TG.04.01 M.SG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.09 M.TG.05.04 M.SG.05.01 A.PE.05.01 B.RP.05.02	Approach the ball and prepare to swing by extending arms and wrist towards the ball. After contact, the student should finish swing with the follow through	(I can...) Demonstrate mature form when hitting a small ball off a golf tee.	Grip, Stance, Rock Back, Swing and Twist, Hit the ball, Roll Hands Finish.	Safety Golf Balls Driving Mats and tees assortment of safety golf clubs, targets, nets	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.02 K.MC.02.08 A.PA.02.01 B.FB.02.01 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.TG. 04.01 K.SG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.TG. 05.01 K.SG.05.01
Playing a game	2 Days	Golf	K.FB.00.01 M.MC.00.02 A.PE.00.01 K.FB.01.01 M.MC.01.02 M.MC.01.08 A.PE.01.01 M.MC.02.02 M.MC.02.03 M.MC.02.07 M.MC.02.08 K.FB.02.01 A.PE.02.01 M.MC.03.02 M.MC.03.08 A.PE.03.01 B.RP.03.02 M.MC.04.05 M.MC.04.09 M.TG.04.01 M.SG.04.01 A.PE.04.01 B.RP.04.02 M.MC.05.05 M.MC.05.09 M.TG.05.04 M.SG.05.01 A.PE.05.01 B.RP.05.02	Approach the ball and prepare to hit the ball where it lies. Keep track of the number of strokes it takes to get ball to target	(I can...) Demonstrate mature form when hitting small ball in physical activities.	Watch ball, Twist, Swing and Twist, adjust distance, strike well in games	Safety Golf Balls Driving Mats and tees assortment of safety golf clubs, targets, nets,	Demonstration of the skill, Oral communication of the skill, Identify the skill when it is performed. Rubric checklist of the skill and application of the skill during game play.	K.MC.00.02 A.PA.00.01 B.FB.00.01 K.MC.01.02 A.PA.01.01 B.FB.01.01 M.OP.02.03 K.MC.02.02 K.MC.02.08 A.PA.02.01 B.FB.02.01 M.OP.03.01 M.OP.03.03 K.MC.03.02 K.MC.03.08 M.OP.04.01 M.OP.04.03 M.OP.04.04 K.MC.04.14 K.TG. 04.01 K.SG.04.01 M.OP.05.01 M.OP.05.03 M.OP.05.04 K.MC.05.15 K.TG. 05.01 K.SG.05.01

GBCS Curriculum Guide			Grade(s)	Kdg - 5th	SUBJECT: Physical Educaton - Physical Fitness				
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments	Additional GLCE
Kdg - Health-Related Fitness	4 days	FITNESS	K.HR.00.01 identify one of the five components of health-related fitness	Run and play for a long time without getting tired.	Concept of PACING I can jog for 3 minutes without stopping	Aerobic Heart Lungs Breathing Strength Endurance	PACER CD Cont. Jog CD	No Assessment to be recorded	
Kdg - Physical Activity & Nutrition	4 days	FITNESS	K.AN.00.01 identify that physical activity can lead to increased heart rate, breathing reate, perspiration, etc. (e.g., running, galloping K.AN.00.02 identify that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) in selected activities	How is exercise good for the body?	Concept of PACING I can jog for 3 minutes without stopping	Aerobic Heart Lungs Breathing Strength Endurance	PACER CD Cont. Jog CD	No Assessment to be recorded	
1st - Health-Related Fitness	4 days	FITNESS	K.HR.01.01 identify three of the five components of health-related fitness	What is Aerobic Fitness? What is Muscular Strength? What is Flexibiity?	Concept of PACING I can jog for 5 minutes without stopping Ability to move joints through their full range of motion	Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Flexibility	PACER CD Cont. Jog CD	Fitnessgram Pacer EPEC 5-point Rubric	

1st - Physical Activity & Nutrition	4 days	FITNESS	<p>K.AN.01.01 identify that moderate levels of physical activity increase heart rate, breathing reate, perspiration, etc. (e.g., running, galloping)</p> <p>K.AN.01.02 understand that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) in selected activities</p> <p>A.AN.01.03 demonstrate flexibility through a full range of motion of major joints</p>	<p>What happens to your heart when you exercise and play?</p> <p>What can you do to build strength in your muscles?</p> <p>Why is stretching your muscles good for you?</p>	<p>Concept of PACING</p> <p>I can jog for 5 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Flexibility</p>	<p>PACER CD Cont. Jog CD</p>	<p>Fitnessgram Pacer EPEC 5-point Rubric</p>
2nd - Health-Related Fitness	4 days	FITNESS	<p>K.HR.02.01 identify three of the five components of health-related fitness</p> <p>K.HR.02.02 identify the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>K.HR.02.03 identify the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>K.HR.02.04 identify the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit & Reach, Shoulder Stretch).</p> <p>K.HR.02.05 identify the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).</p>	<p>What is Aerobic Fitness?</p> <p>What is Muscular Strength?</p> <p>What is Flexibility?</p> <p>What is a good PACER score for your age and grade?</p> <p>What is a good score for the sit & reach for your age and grade?</p> <p>What is BMI?</p>	<p>Concept of PACING</p> <p>I can jog for 7 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p> <p>The amount of fat and muscle your body is made up of</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Vigorous Joints Flexibility</p>	<p>PACER CD Cont. Jog CD</p>	<p>Fitnessgram Pacer EPEC 5-point Rubric</p>

<p>2nd - Physical Activity & Nutrition</p>	<p>4 days</p>	<p>FITNESS</p>	<p>K.AN.02.01 differentiate between moderate to vigorous levels of physical activity. K.AN.02.02 explain that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) in selected activities K.AN.02.03 recognize flexibility through a full range of motion of the major joints. K.AN.02.04 identify that the body is made up of lean body mass and body fat A.AN.02.03 demonstrate flexibility through a full range of motion of major joints</p>	<p>Is the continuous jog test a moderate or vigorous form of exercise? What can you do to build strength in your muscles? What can you do to build muscular endurance? Why is stretching your muscles good for you? What is lean body mass?</p>	<p>Concept of PACING I can jog for 7 minutes without stopping Ability to move joints through their full range of motion The amount of fat and muscle your body is made up of</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Vigorous Joints Flexibility</p>	<p>PACER CD Cont. Jog CD</p>	<p>Fitnessgram Pacer EPEC 5-point Rubric</p>	
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3rd - Health-Related Fitness	4 days	FITNESS	<p>K.HR.03.02 identify the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>K.HR.03.03 describe the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>K.HR.03.04 describe the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit & Reach, Shoulder Stretch).</p> <p>K.HR.02.05 describe the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).</p>	<p>What is Aerobic Fitness?</p> <p>What is Muscular Strength?</p> <p>What is Muscular Endurance?</p> <p>What is Flexibility?</p> <p>What is a good PACER score for your age and grade?</p> <p>How many Curl-ups do you need to complete?</p> <p>How many Push-ups do you need to complete?</p> <p>What is a good score for the sit &</p>	<p>Concept of PACING</p> <p>I can jog for 9 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p> <p>The amount of fat and muscle your body is made up of</p> <p>I can perform Curl-ups to grade level standards</p> <p>I can perform Push-ups to grade level standards</p> <p>Ability to perform Flexed arm hang to grade level standards</p>	<p>Aerobic Heart Lungs</p> <p>Breathing Strength</p> <p>Endurance</p> <p>Moderate Perspiration</p> <p>Vigorous Joints</p> <p>Flexibility</p> <p>Lean Body Mass</p>	<p>PACER CD</p> <p>Cont. Jog CD</p> <p>Yoga Mats</p> <p>Exercise Bands</p> <p>4" Fitness Steps</p> <p>Core Balance Disc's</p> <p>Stability Balls</p> <p>Stability Ball Charts</p> <p>Kickboxing DVD's</p> <p>Fitness Workout DVD's</p> <p>Sit & Reach boxes</p>	<p>Fitnessgram Pacer</p> <p>EPEC 5-point Rubric</p> <p>EPEC 9 minute Continuous Jog</p> <p>Fitnessgram Backsaver Sit & Reach</p> <p>Number of Push-ups completed in 1 min</p> <p>Number of Curl-ups completed in 1 min</p>	<p>A.HR.03.02 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>A.HR.03.03 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>A.HR.03.04 meet the criterion-referenced flexibility health-related fitness</p>
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3rd - Physical Activity & Nutrition	4 days	FITNESS	<p>K.AN.03.01 identify that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk for some chronic diseases; provides nutrients vital for health and maintenance body; reduces the risk of low bone mass)</p> <p>K.AN.03.02 describe the physiological indicators associated with moderate physical activity (e.g., sweating, increased heart rate, increased respiration, palpitating pulse) and adjust participation/effort in isolated settings.</p> <p>K.AN.03.03 understand how supporting body weight, while participating in activities, improves physical fitness.</p> <p>K.AN.03.04 identify non-manipulative activities that promote healthy joint flexibility.</p> <p>A.AN.03.02 support body weight in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength & endurance.</p>	<p>What is Aerobic Fitness?</p> <p>What is Muscular Strength?</p> <p>What is Muscular Endurance?</p> <p>What is Flexibility?</p> <p>What is a good PACER score for your age and grade?</p> <p>How many Curl-ups do you need to complete?</p> <p>How many Push-ups do you need to complete?</p> <p>What is a good score for the sit &</p>	<p>Concept of PACING</p> <p>I can jog for 9 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p> <p>The amount of fat and muscle your body is made up of</p> <p>I can perform Curl-ups to grade level standards</p> <p>I can perform Push-ups to grade level standards</p> <p>Ability to perform Flexed arm hang to grade level standards</p>	<p>Aerobic Heart Lungs</p> <p>Breathing Strength Endurance</p> <p>Moderate Perspiration Vigorous Joints</p> <p>Flexibility Lean Body Mass</p> <p>Nutrition</p>	<p>PACER CD</p> <p>Cont. Jog CD</p> <p>Yoga Mats</p> <p>Exercise Bands</p> <p>4" Fitness Steps</p> <p>Core Balance Disc's</p> <p>Stability Balls</p> <p>Stability Ball Charts</p> <p>Kickboxing DVD's</p> <p>Fitness Workout DVD's</p> <p>Sit & Reach boxes</p>	<p>Fitnessgram Pacer</p> <p>EPEC 5-point Rubric</p> <p>EPEC 9 minute Continuous Jog</p> <p>Fitnessgram Backsaver Sit & Reach</p> <p>Number of Push-ups completed in 1 min</p> <p>Number of Curl-ups completed in 1 min</p>
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4th - Health-Related Fitness	4 days	FITNESS	<p>K.HR.04.02 understand the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>K.HR.04.03 understand the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>K.HR.04.04 understand the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit & Reach, Shoulder Stretch).</p> <p>K.HR.04.05 understand the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).</p>	<p>What is Aerobic Fitness?</p> <p>What is Muscular Strength?</p> <p>What is Muscular Endurance?</p> <p>What is Flexibility?</p> <p>What is a good PACER score for your age and grade?</p> <p>How many Curl-ups do you need to complete?</p> <p>How many Push-ups do you need to complete?</p> <p>What is a good score for the sit &</p>	<p>Concept of PACING</p> <p>I can jog for 12 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p> <p>The amount of fat and muscle your body is made up of</p> <p>I can perform Curl-ups to grade level standards</p> <p>I can perform Push-ups to grade level standards</p> <p>Ability to perform Flexed arm hang to grade level standards</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Vigorous Joints Flexibility Body Mass Index Nutrition</p>	<p>PACER CD Cont. Jog CD Yoga Mats Exercise Bands 4" Fitness Steps Core Balance Disc's Stability Balls Stability Ball Charts Kickboxing DVD's Fitness Workout DVD's Sit & Reach boxes</p>	<p>Fitnessgram Pacer</p> <p>EPEC 5-point Rubric</p> <p>EPEC 12 minute Continuous Jog</p> <p>Fitnessgram Backsaver Sit & Reach</p> <p>Number of Push-ups completed in 1 min</p> <p>Number of Curl-ups completed in 1 min</p>	<p>A.HR.04.02 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>A.HR.04.03 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>A.HR.04.04 meet the criterion-referenced flexibility health-related fitness</p>
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<p>4th - Physical Activity & Nutrition</p>	<p>4 days</p>	<p>FITNESS</p>	<p>K.AN.04.01 describe selected effects that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk for some chronic diseases; provides nutrients vital for health and maintenance body; reduces the risk of low bone mass) K.AN.04.02 understand the physiological indicators associated with moderate physical activity (e.g., sweating, increased heart rate, increased respiration, palpating pulse) and adjust participation/effort in isolated settings. K.AN.04.03 explain how supporting body weight, while participating in activities, improves physical fitness. K.AN.04.04 identify non-manipulative activities that promote healthy joint flexibility. A.AN.03.02 support body weight in selected activities (e.g., climbing, hanging, hopping, jumping, animal</p>	<p>What is Aerobic Fitness? What is Muscular Strength? What is Muscular Endurance? What is Flexibility? What is a good PACER score for your age and grade? How many Curl-ups do you need to complete? How many Push-ups do you need to complete? What is a good score for the sit &</p>	<p>Concept of PACING I can jog for 12 minutes without stopping Ability to move joints through their full range of motion The amount of fat and muscle your body is made up of I can perform Curl-ups to grade level standards I can perform Push-ups to grade level standards Ability to perform Flexed arm hang to grade level standards</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Vigorous Joints Flexibility Body Mass Index Nutrition</p>	<p>PACER CD Cont. Jog CD Yoga Mats Exercise Bands 4" Fitness Steps Core Balance Disc's Stability Balls Stability Ball Charts Kickboxing DVD's Fitness Workout DVD's Sit & Reach boxes</p>	<p>Fitnessgram Pacer EPEC 5-point Rubric EPEC 12 minute Continuous Jog Fitnessgram Backsaver Sit & Reach Number of Push-ups completed in 1 min Number of Curl-ups completed in 1 min</p>	
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5th - Health-Related Fitness	4 days	FITNESS	<p>K.HR.05.02 predict results for the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>K.HR.05.03 predict results for the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>K.HR.05.04 predict results for the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit & Reach, Shoulder Stretch).</p> <p>K.HR.05.05 predict results for the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).</p>	<p>What is Aerobic Fitness?</p> <p>What is Muscular Strength?</p> <p>What is Muscular Endurance?</p> <p>What is Flexibility?</p> <p>What is a good PACER score for your age and grade?</p> <p>How many Curl-ups do you need to complete?</p> <p>How many Push-ups do you need to complete?</p> <p>What is a good score for the sit &</p>	<p>Concept of PACING</p> <p>I can jog for 15 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p> <p>The amount of fat and muscle your body is made up of</p> <p>I can perform Curl-ups to grade level standards</p> <p>I can perform Push-ups to grade level standards</p> <p>Ability to perform Flexed arm hang to grade level standards</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Vigorous Joints Flexibility Body Mass Index Nutrition</p>	<p>PACER CD Cont. Jog CD Yoga Mats Exercise Bands 4" Fitness Steps Core Balance Disc's Stability Balls Stability Ball Charts Kickboxing DVD's Fitness Workout DVD's Sit & Reach boxes</p>	<p>Fitnessgram Pacer</p> <p>EPEC 5-point Rubric</p> <p>EPEC 15 minute Continuous Jog</p> <p>Fitnessgram Backsaver Sit & Reach</p> <p>Number of Push-ups completed in 1 min</p> <p>Number of Curl-ups completed in 1 min</p>	<p>A.HR.05.02 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test)</p> <p>A.HR.05.03 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed arm hang).</p> <p>A.HR.05.04 meet the criterion-referenced flexibility health-related fitness</p>
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5th - Physical Activity & Nutrition	4 days	FITNESS	<p>K.AN.05.01 describe effects that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk for some chronic diseases; provides nutrients vital for health and maintenance body; reduces the risk of low bone mass)</p> <p>K.AN.05.02 measure the physiological indicators associated with moderate physical activity (e.g., sweating, increased heart rate, increased respiration, palpitating pulse) and adjust participation/effort in isolated settings.</p> <p>K.AN.05.03 evaluate how supporting body weight, while participating in activities, improves physical fitness.</p> <p>K.AN.05.04 evaluate how non-manipulative activities that promote healthy joint flexibility.</p> <p>A.AN.05.02 support body weight in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular</p>	<p>What is Aerobic Fitness?</p> <p>What is Muscular Strength?</p> <p>What is Muscular Endurance?</p> <p>What is Flexibility?</p> <p>What is a good PACER score for your age and grade?</p> <p>How many Curl-ups do you need to complete?</p> <p>How many Push-ups do you need to complete?</p> <p>What is a good score for the sit &</p>	<p>Concept of PACING</p> <p>I can jog for 15 minutes without stopping</p> <p>Ability to move joints through their full range of motion</p> <p>The amount of fat and muscle your body is made up of</p> <p>I can perform Curl-ups to grade level standards</p> <p>I can perform Push-ups to grade level standards</p> <p>Ability to perform Flexed arm hang to grade level standards</p>	<p>Aerobic Heart Lungs Breathing Strength Endurance Moderate Perspiration Vigorous Joints Flexibility Body Mass Index Nutrition</p>	<p>PACER CD Cont. Jog CD Yoga Mats Exercise Bands 4" Fitness Steps Core Balance Disc's Stability Balls Stability Ball Charts Kickboxing DVD's Fitness Workout DVD's Sit & Reach boxes</p>	<p>Fitnessgram Pacer</p> <p>EPEC 5-point Rubric</p> <p>EPEC 15 minute Continuous Jog</p> <p>Fitnessgram Backsaver Sit & Reach</p> <p>Number of Push-ups completed in 1 min</p> <p>Number of Curl-ups completed in 1 min</p>	
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