

St. Anthony of Padua School
Physical Education Curriculum Map

3- 5TH GRADE

2019 - 2020 School Year

Mrs. Rubalcava

TIMELINE	UNIT/THEME	OBJECTIVE	ASSESSMENT	MATERIALS
5 WEEKS 1 HOUR A WEEK	UNIT 1 VOLLEYBALL	1. Use proper form and technique while performing the skills in class. 2. Participate in all drills to increase accuracy in the game of Volleyball. 3. Name the key words of the skills that we cover as a class.	1. written exam 2. Students will show improvement in all skills through Skills test at the end of the unit. 3. Students will demonstrate good sportsmanship and etiquette by giving classmates at least 2 positive comments each class period.	Volleyballs, cones, nets
5 WEEKS 1 HOUR A WEEK	UNIT 2 BASKETBALL	1. Accurately pass a ball to a partner using the bounce, chest, and overhead pass using proper form. 2. Catch a pass from a partner 50% of the time. 3. Maintain good control of	Visual assessment looking for correct form	Cones, Basketballs

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<p>5 WEEKS 1 HOUR A WEEK</p>	<p>UNIT 3 TEAM HANDBALL</p>	<p>the basketball while running and dribbling.</p> <p>4. Shoot a basketball with an overhand motion.</p> <p>1. Correctly throw a ball using an overhand motion with opposition.</p> <p>2. can accurately throw a ball to a specific target or partner at least 85% of the time.</p> <p>3. Catch a ball on at least 70% of attempts.</p> <p>4. Use overhand throwing and catching techniques in a competitive situation.</p> <p>5. Use offensive, defensive,</p>	<p>Visual assessment looking for correct form</p> <p>Proper form for the overhand throw</p> <p>Proper form for trapping</p> <p>The six pillars of character</p>	<p>Goals, cones, handballs</p>

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<p>5 WEEKS 1 HOUR A WEEK</p>	<p>UNIT 4 TRACK & FIELD</p>	<p>and teamwork strategies in a modified Team Handball game.</p> <p>1. Understand the concept of a relay and effectively perform a handoff within a small group.</p> <p>2. Correctly perform the 4-point sprinter stance.</p> <p>1. Accurately kick a soccer ball to a designated target 80% of the time.</p>	<p>Visual assessment looking for correct form</p>	<p>Batons, cones, stop watch</p>

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5 WEEKS 1 HOUR A WEEK	UNIT 5 SOCCER	2. Dribble a soccer ball around an obstacle and defensive player maintaining control of the ball. 3. Use the instep or laces kick 50% of the time.	Visual assessment looking for correct form	Soccer balls, cones goals
5 WEEKS 1 HOUR A WEEK	UNIT 6 FLAG FOOTBALL	1, Catch the football 7 out of ten times while using proper form and technique during skills test. 2. To properly execute 7 out of ten passes 3. Student will be able to recall at least three important components of gripping a football at the closure of class.	Visual assessment looking for correct form Partner assessment of the process and product assessment of number of successful catches. Students will practice the activity without saying the cues then they will be	Flags, footballs, cones

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5 WEEKS 1 HOUR	UNIT 7 FITNESS	Engage in enjoyable physical activity Change directions quickly in response to a signal Work together with a collaborate	instructed to tell the cues. Visual assessment looking for correct form At the end of the activity, have the students put their hands on their chest to feel their heart beat. You can also ask to see if there were any of the stations that the students didn't feel was a workout.	Jump ropes, cones, stop watches, mats