

St. Anthony of Padua School  
 Physical Education Curriculum Map  
 K-2<sup>TH</sup> GRADE  
 2019-2020 School Year  
 Mrs. Rubalcava

TIMELINE	UNIT/THEME	OBJECTIVE	ASSESSMENT	MATERIALS
5 WEEKS 1 HOUR A WEEK	<b>UNIT 1 VOLLEYBALL</b>	1. Review both individual and long jump rope skills.  2. Understand the concept of volleying as opposed to throwing and catching.  3. Understand the concept of volleying with a closed fist.  4. can volley a light object into the air more than one time in a row with no more than one bounce in between.	Visual assessment looking for correct form.	Volleyballs, cones, nets
5 WEEKS 1 HOUR A WEEK	<b>UNIT 2 BASKETBALL</b>	1. Accurately pass a ball to a partner using a bounce pass.  2. Catch a bounce pass from a partner 50% of the time.	Visual assessment looking for correct form.	Cones, Basketballs

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<p>5 WEEKS 1 HOUR A WEEK</p>	<p><b>UNIT 3 TEAM HANDBALL</b></p>	<p>3. Dribble a basketball with the fingertips maintaining basic control.</p> <p>1. Understand the difference between throwing overhand and underhand.</p> <p>2. can correctly throw a ball using an overhand motion.</p> <p>3. can throw a ball at a specific target and to a far distance.</p> <p>4. Consistently catch a ball when tossed to self.</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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5 WEEKS 1 HOUR A WEEK	<b>UNIT 4 TRACK &amp; FIELD</b>	1. Understand the meaning of the word "sprint" and can perform sprints of varying lengths.  2. Understand the concept of a relay race and can successfully perform a relay race with a small group.	Visual assessment looking for correct form.	Batons, cones, stop watch
5 WEEKS 1 HOUR A WEEK	<b>UNIT 5 SOCCER</b>	1. Understand the difference between the instep and laces kick and kick without using the toes.  2. Consistently trap a soccer using the foot. 3. Dribble a ball maintaining basic control.	Visual assessment looking for correct form.	Soccer balls, cones goals

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5 WEEKS 1 HOUR A WEEK	<b>Unit 6 Jumping and Landing</b>	4. Kick a ball with accuracy at least 50% of the time.  1. Understand the difference between jumping and hopping.  2. can skip at a basic level of proficiency  3. Understand the concept of individual jumping rope  4. can turn and jump an individual jump rope at least one time.	Visual assessment looking for correct form.	cones
5 WEEKS 1 HOUR	<b>UNIT 7 FITNESS</b>	1. Engage in enjoyable physical activity	Visual assessment looking for correct form.	Jump ropes, cones, stop watches, mats

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		<p>2. Change directions quickly in response to a signal</p> <p>3. Work together with a collaborate</p>	<p>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.</p>	