

# CMSD 9-12 PHYSICAL EDUCATION CURRICULUM

*\*This map is for suggested use. Please feel free to modify based on your equipment availability and facilities.\**

| TIMEFRAME:<br>Quarter 1       | FITNESS<br><i>Academic concepts and Activities that intentionally improve the fitness of students.</i>   | MOTOR SKILLS<br><i>Physical activities to teach movement patterns.</i>   | SOCIAL, EMOTIONAL & SAFETY  |
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| <b>SKILLS/<br/>ACTIVITIES</b> | <p><b>Fitness Testing (PRE):</b></p> <ul style="list-style-type: none"> <li>● FitnessGram PACER</li> <li>● FitnessGram Push-Ups</li> <li>● FitnessGram Curl-Ups</li> <li>● FitnessGram Sit &amp; Reach</li> <li>● FitnessGram Trunk Lift</li> </ul> <p><b>Functional Fitness:</b></p> <ul style="list-style-type: none"> <li>● Weight Room Activities</li> <li>● Resistance Training (e.g., kettlebells, resistance bands, calisthenics, dumbbells, plyometrics)</li> </ul> <p><b>Circuit Training:</b></p> <ul style="list-style-type: none"> <li>● Introduction to Circuit Training</li> <li>● Five for Life Circuit Training Manual</li> <li>● Darebee.com</li> </ul> | <p><b>Possible Activities/Skills:</b></p> <ul style="list-style-type: none"> <li>● FitnessGram Games/Skills</li> <li>● Kickball (Running, Kicking, Throwing, Catching, Dodging)</li> <li>● Flag Football (Running, Throwing, Catching, Dodging, “Tackling”)</li> <li>● Soccer (Running, Kicking, Passing, Blocking)</li> <li>● Ultimate Frisbee (Running, Throwing, Catching, Blocking)</li> <li>● Frisbee Golf (Throwing)</li> <li>● Golf (Striking)</li> </ul> | <p><b>Class Rules and Procedures:</b></p> <ul style="list-style-type: none"> <li>● Course Syllabus</li> <li>● Safety Rules</li> <li>● Class Responsibilities (e.g., PE jobs)</li> <li>● Sportsmanship/Teamwork</li> <li>● Leadership</li> <li>● Conflict Resolution</li> </ul>  |
| <b>ASSESSMENT</b>             | <p><b>3A Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Physical Activity Recall, Improvement Plan Development and Implementation)</li> </ul> <p><b>3B Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Fitness Plan Assessment)</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> <li>● <a href="#">WELNET</a></li> </ul>  | <p><b>1A Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Choice of Specialized Movement Patterns in Health-Related Fitness Activities, Specialized Locomotor Skills in Individual Performance Activities, or Movement Patterns and Dance)</li> </ul> <p><b>1B Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Choice of Invasion Games, Net/Wall</li> </ul>            | <p><b>4A Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Assessment of Students’ Safety and Self-Direction)</li> </ul> <p><b>4B Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Assessment of Students’ Cooperation, Respect of Others, and Resolving Conflict and Fair Play)</li> </ul> <p><b>Resources:</b></p> |

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|                                  | <ul style="list-style-type: none"> <li>● <a href="#">DAREBEE</a></li> </ul>  | <p>Games, Striking/Field Games, and/or Target Games)</p> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul>  | <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul>   |
| <b>STANDARDS/<br/>BENCHMARKS</b> | <p><b>3. DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS:</b></p> <ul style="list-style-type: none"> <li>● 3A, 3B</li> </ul>   | <p><b>1. DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS:</b></p> <ul style="list-style-type: none"> <li>● 1A, 1B</li> </ul>   | <p><b>4. EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS:</b></p> <ul style="list-style-type: none"> <li>● 4A, 4B</li> </ul>   |
| <b>EQUIPMENT/<br/>RESOURCES</b>  | <ul style="list-style-type: none"> <li>● FitnessGram General Needs: Score sheets, pencils</li> <li>● FitnessGram PACER: 15 or 20 Meter PACER audio track, audio player, 15 meter or 20 meter distance markers (tape or cones) <ul style="list-style-type: none"> <li>○ <a href="#">15 Meter Audio Track</a></li> <li>○ <a href="#">20 Meter Audio Track</a></li> </ul> </li> <li>● FitnessGram Push Ups and Curl Ups: Cadence audio tracks, fitness mats <ul style="list-style-type: none"> <li>○ <a href="#">Push-Up Audio Track</a></li> <li>○ <a href="#">Curl-Up Audio Track</a></li> </ul> </li> <li>● FitnessGram Sit &amp; Reach: Sit &amp; reach box</li> <li>● FitnessGram Trunk Lift: Ruler, fitness mats</li> <li>● Fitness Improvement Plan: Pencils, improvement plan templates</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">WELNET</a></li> <li>● <a href="#">Presidential Youth Fitness Programs</a></li> </ul> | <ul style="list-style-type: none"> <li>● Kickball: Kickball, bases, appropriate size field, scoreboard</li> <li>● Flag Football: Football, flag belts, football field or field with cones, scoreboard</li> <li>● Soccer: Soccer ball, soccer field or field with cones, goals, scoreboard</li> <li>● Ultimate frisbee: Football field or field with cones, scoreboard</li> <li>● Frisbee Golf: Frisbee, chain baskets, open field</li> <li>● Golf: Golf clubs, golf balls, holes, open field</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">US Games</a></li> <li>● <a href="#">SPARK PE</a></li> </ul> | <ul style="list-style-type: none"> <li>● Course Syllabus: paper, pencil, computer, printer</li> <li>● Class Rules: Paper, pencil, poster maker, computer, poster printer, tape</li> <li>● Character Tips (safety, job descriptions, conflict resolution, sportsmanship/safety, etc.): Paper, pencil, poster maker, computer, poster printer, tape</li> </ul> |

| <b>TIMEFRAME:</b><br><b>Quarter 2</b> | <b>FITNESS</b><br><i>Academic concepts and Activities that intentionally improve the fitness of students.</i>  | <b>MOTOR SKILLS</b><br><i>Physical activities to teach movement patterns.</i>   | <b>SOCIAL, EMOTIONAL &amp; SAFETY</b>  |
|---------------------------------------|--|---|--|
| <b>SKILLS/<br/>ACTIVITIES</b>         | <b>Activities:</b> <ul style="list-style-type: none"> <li>● Five Components of Fitness <ul style="list-style-type: none"> <li>○ <a href="#">Vocabulary p. 1.7</a></li> <li>○ <a href="#">Advanced Cardiorespiratory Graphing Activity p. 1.11</a></li> <li>○ <a href="#">Advanced Muscular Strength and Muscular Endurance Tag p. 1.16</a></li> <li>○ <a href="#">Advanced Flexibility Activity p. 1.19</a></li> <li>○ <a href="#">Energy In/Energy Out p. 1.28</a></li> </ul> </li> <li>● Circuit Training <ul style="list-style-type: none"> <li>○ Five for Life Circuit Training Manual</li> <li>○ Darebee.com</li> </ul> </li> </ul> | <b>Possible Activities/Skills:</b> <ul style="list-style-type: none"> <li>● Dance</li> <li>● Basketball (Running, Pass, Shoot, Side Slide)</li> <li>● Volleyball (Serve, Strike, Volley)</li> <li>● Tennis/Pickleball/Badminton/Table Tennis (Serve, Strike, Lob, Smash)</li> <li>● Speedball (Striking)</li> <li>● Target Games (e.g., Bowling, Bocce Ball, Cornhole, Ladder Toss, Kan Jam)</li> </ul>   | <b>Class Rules and Procedures:</b> <ul style="list-style-type: none"> <li>● Student follow through and enforcement of: <ul style="list-style-type: none"> <li>○ Course Syllabus</li> <li>○ Safety Rules</li> <li>○ Class Responsibilities</li> <li>○ Sportsmanship/Teamwork</li> <li>○ Leadership</li> <li>○ Conflict Resolution</li> </ul> </li> </ul> <b>Refereeing:</b> <ul style="list-style-type: none"> <li>● Teaching how to referee games</li> <li>● Enforce game rules</li> </ul> <b>Coaching:</b> <ul style="list-style-type: none"> <li>● Set-up needed equipment</li> <li>● Support</li> <li>● Clean-up</li> </ul> |
| <b>ASSESSMENT</b>                     | <b>3A Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 3A (Physical Activity Recall, Improvement Plan Development and Implementation)</li> </ul> <b>3B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 3B (Fitness Plan Assessment)</li> </ul> <b>Resources:</b> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> <li>● <a href="#">WELNET</a></li> </ul>   | <b>1A Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1A (Choice of Specialized Movement Patterns in Health-Related Fitness Activities, Specialized Locomotor Skills in Individual Performance Activities, or Movement Patterns and Dance)</li> </ul> <b>1B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1B (Choice of Invasion Games, Net/Wall Games, Striking/Field Games, and/or Target Games)</li> </ul> <b>2A and 2B Options:</b> | <b>4A Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1A (Assessment of Students' Safety and Self-Direction)</li> </ul> <b>4B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1B (Assessment of Students' Cooperation, Respect of Others, and Resolving Conflict and Fair Play)</li> </ul> <b>Resources:</b> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul>  |

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|                                  |   | <ul style="list-style-type: none"> <li>• ODE Physical Education Assessment 2A and 2B (Analytic Portfolio)</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">ODE PE Evaluations</a></li> </ul>  |   |
| <b>STANDARDS/<br/>BENCHMARKS</b> | <p><b>3. DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.</b></p> <ul style="list-style-type: none"> <li>• 3A, 3B</li> </ul>  | <p><b>1. DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.</b></p> <ul style="list-style-type: none"> <li>• 1A, 1B</li> </ul> <p><b>2. APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.</b></p> <ul style="list-style-type: none"> <li>• 2A, 2B</li> </ul>  | <p><b>4. EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.</b></p> <ul style="list-style-type: none"> <li>• 4A, 4B</li> </ul>        |
| <b>EQUIPMENT/<br/>RESOURCES</b>  | <ul style="list-style-type: none"> <li>• Cardiovascular Endurance Training: Track/running area, steps/stairs, boxes</li> <li>• Muscular Strength and Endurance Training: Kettlebells, dumbbells, barbells, plate weights, resistance bands, isolation machines, cable machines, medicine balls, fitness mats</li> <li>• Flexibility Training: Yoga mats, yoga blocks, yoga straps</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">WELNET</a></li> <li>• <a href="#">DAREBEE</a></li> </ul> | <ul style="list-style-type: none"> <li>• Dance: Music, step/cue sheets, appropriate space, stereo, video, computer, internet</li> <li>• Basketball/Basketball Target Games: Basketball, hoops/rims/nets, basketball court</li> <li>• Volleyball: Volleyballs, volleyball court, poles/net</li> <li>• Tennis/Pickleball/Badminton/Table Tennis (Striking)</li> <li>• Speedball: Kickball, appropriate field/court with tape/cones</li> <li>• Bowling: Bowling ball, pins, appropriate space</li> <li>• Yard Games <ul style="list-style-type: none"> <li>○ Kan Jam, Cornhole, Ladder Golf, Bocce Ball</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Refereeing: Game rules, whistle, shirt/jersey</li> <li>• Coach: Game related equipment, play book, skill sheets</li> </ul> |

| <b>TIMEFRAME:</b><br><b>Quarter 3</b> | <b>FITNESS</b><br><i>Academic concepts and Activities that intentionally improve the fitness of students.</i>  | <b>MOTOR SKILLS</b><br><i>Physical activities to teach movement patterns.</i>   | <b>SOCIAL, EMOTIONAL &amp; SAFETY</b>   |
|---------------------------------------|--|---|---|
| <b>SKILLS/<br/>ACTIVITIES</b>         | <b>Activities:</b> <ul style="list-style-type: none"> <li>● Five Components of Fitness <ul style="list-style-type: none"> <li>○ <a href="#">Vocabulary p. 1.7</a></li> <li>○ <a href="#">Advanced Cardiorespiratory Graphing Activity p. 1.11</a></li> <li>○ <a href="#">Advanced Muscular Strength and Muscular Endurance Tag p. 1.16</a></li> <li>○ <a href="#">Advanced Flexibility Activity p. 1.19</a></li> <li>○ <a href="#">Energy In/Energy Out p. 1.28</a></li> </ul> </li> <li>● Circuit Training <ul style="list-style-type: none"> <li>○ Five for Life Circuit Training Manual</li> <li>○ Darebee.com</li> </ul> </li> </ul> | <b>Possible Activities/Skills:</b> <ul style="list-style-type: none"> <li>● Dance</li> <li>● Basketball (Running, Pass, Shoot, Side Slide)</li> <li>● Volleyball (Serve, Strike, Volley)</li> <li>● Tennis/Pickleball/Badminton/Table Tennis (Serve, Strike, Lob, Smash)</li> <li>● Speedball (Striking)</li> <li>● Target Games (e.g., Bowling, Bocce Ball, Cornhole, Ladder Toss, Kan Jam)</li> </ul>   | <b>Class Rules and Procedures:</b> <ul style="list-style-type: none"> <li>● Same as Quarters 1 &amp; 2</li> </ul> <b>Refereeing:</b> <ul style="list-style-type: none"> <li>● Enforce game rules</li> <li>● Keep score</li> </ul> <b>Coaching:</b> <ul style="list-style-type: none"> <li>● Same as Quarter 2 with:</li> <li>● Teach/run drills</li> <li>● Biomechanics (teaching/fixing player skills)</li> </ul>  |
| <b>ASSESSMENT</b>                     | <b>3A Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 3A (Physical Activity Recall, Improvement Plan Development and Implementation)</li> </ul> <b>3B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 3B (Fitness Plan Assessment)</li> </ul> <b>Resources:</b> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul>   | <b>1A Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1A (Choice of Specialized Movement Patterns in Health-Related Fitness Activities, Specialized Locomotor Skills in Individual Performance Activities, or Movement Patterns and Dance)</li> </ul> <b>1B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1B (Choice of Invasion Games, Net/Wall Games, Striking/Field Games, and/or Target Games)</li> </ul> <b>2A and 2B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 2A and 2B (Analytic Portfolio)</li> </ul> <b>Resources:</b> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul> | <b>4A Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1A (Assessment of Students' Safety and Self-Direction)</li> </ul> <b>4B Options:</b> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment 1B (Assessment of Students' Cooperation, Respect of Others, and Resolving Conflict and Fair Play)</li> </ul> <b>Resources:</b> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul> |

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| <p><b>STANDARDS/<br/>BENCHMARKS</b></p> | <p><b>3. DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.</b></p> <ul style="list-style-type: none"> <li>• 3A, 3B</li> </ul>  | <p><b>1. DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.</b></p> <ul style="list-style-type: none"> <li>• 1A, 1B</li> </ul> <p><b>2. APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.</b></p> <ul style="list-style-type: none"> <li>• 2A, 2B</li> </ul>  | <p><b>4. EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.</b></p> <ul style="list-style-type: none"> <li>• 4A, 4B</li> </ul>        |
| <p><b>EQUIPMENT/<br/>RESOURCES</b></p>  | <ul style="list-style-type: none"> <li>• Cardiovascular Endurance Training: Track/running area, steps/stairs, boxes</li> <li>• Muscular Strength and Endurance Training: Kettlebells, dumbbells, barbells, plate weights, resistance bands, isolation machines, cable machines, medicine balls, fitness mats</li> <li>• Flexibility Training: Yoga mats, yoga blocks, yoga straps</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">ODE PE Evaluations</a></li> <li>• <a href="#">WELNET</a></li> <li>• <a href="#">DAREBEE</a></li> </ul> | <ul style="list-style-type: none"> <li>• Dance: Music, step/cue sheets, appropriate space, stereo, video, computer, internet</li> <li>• Basketball/Basketball Target Games: Basketball, hoops/rims/nets, basketball court</li> <li>• Volleyball: Volleyballs, volleyball court, poles/net</li> <li>• Tennis/Pickleball/Badminton/Table Tennis (Striking)</li> <li>• Speedball: Kickball, appropriate field/court with tape/cones</li> <li>• Bowling: Bowling ball, pins, appropriate space</li> <li>• Yard Games <ul style="list-style-type: none"> <li>○ Kan Jam, Cornhole, Ladder Golf, Bocce Ball</li> </ul> </li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">US Games</a></li> <li>• <a href="#">SPARK PE</a></li> </ul> | <ul style="list-style-type: none"> <li>• Refereeing: Game rules, whistle, shirt/jersey</li> <li>• Coach: Game related equipment, play book, skill sheets</li> </ul> |

| <b>TIMEFRAME:</b><br>Quarter 4 | <b>FITNESS</b><br><i>Academic concepts and Activities that intentionally improve the fitness of students.</i>   | <b>MOTOR SKILLS</b><br><i>Physical activities to teach movement patterns.</i>   | <b>SOCIAL, EMOTIONAL, &amp; SAFETY</b>   |
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| <b>SKILLS/<br/>ACTIVITIES</b>  | <p><b>Fitness Testing (Post):</b></p> <ul style="list-style-type: none"> <li>● FitnessGram PACER</li> <li>● FitnessGram Push-Ups</li> <li>● FitnessGram Curl-Ups</li> <li>● FitnessGram Sit &amp; Reach</li> <li>● FitnessGram Trunk Lift</li> </ul> <p><b>Functional Fitness:</b></p> <ul style="list-style-type: none"> <li>● Weight Room Activities</li> <li>● Resistance Training (e.g., kettlebells, resistance bands, calisthenics, dumbbells, plyometrics)</li> </ul> <p><b>Circuit Training:</b></p> <ul style="list-style-type: none"> <li>● Five for Life Circuit Training Manual</li> <li>● Darebee.com</li> </ul> | <p><b>Possible Activities/Skills:</b></p> <ul style="list-style-type: none"> <li>● FitnessGram Games/Skills</li> <li>● Kickball (Running, Kicking, Throwing, Catching, Dodging)</li> <li>● Flag Football (Running, Throwing, Catching, Dodging, “Tackling”)</li> <li>● Soccer (Running, Kicking, Passing, Blocking)</li> <li>● Ultimate Frisbee (Running, Throwing, Catching, Blocking)</li> <li>● Frisbee Golf (Throwing)</li> <li>● Golf (Striking)</li> </ul>  | <p><b>Class Rules and Procedures:</b></p> <ul style="list-style-type: none"> <li>● Same as Quarters 1 &amp; 2</li> </ul> <p><b>Refereeing:</b></p> <ul style="list-style-type: none"> <li>● Same as Quarter 3</li> </ul> <p><b>Coaching:</b></p> <ul style="list-style-type: none"> <li>● Same as Quarter 3</li> </ul> <p><b>Favorite Physical Activity Presentation:</b></p> <ul style="list-style-type: none"> <li>● Questionnaire</li> <li>● Poster presentation creation OR Computer-based presentation creation</li> <li>● Research self/physical activity</li> <li>● Presentation</li> </ul>           |
| <b>ASSESSMENT</b>              | <p><b>3B Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Fitness Plan Assessment)</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> <li>● <a href="#">WELNET</a></li> <li>● <a href="#">DAREBEE</a></li> </ul>  | <p><b>1A Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Choice of Specialized Movement Patterns in Health-Related Fitness Activities, Specialized Locomotor Skills in Individual Performance Activities, or Movement Patterns and Dance)</li> </ul> <p><b>1B Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Choice of Invasion Games, Net/Wall Games, Striking/Field Games, and/or Target Games)</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> </ul> | <p><b>4A Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Assessment of Students’ Safety and Self-Direction)</li> </ul> <p><b>4B Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Assessment of Students’ Cooperation, Respect of Others, and Resolving Conflict and Fair Play)</li> </ul> <p><b>5A Options:</b></p> <ul style="list-style-type: none"> <li>● ODE Physical Education Assessment (Analyzes a favorite physical activity to identify specific physical, mental and social health benefits.)</li> </ul> |

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|   |  |  | <p><b>5B Options:</b></p> <ul style="list-style-type: none"> <li>• ODE Physical Education Assessment 5B (Expresses multiple, specific reasons (enjoyment, challenge, self-expression, social) to participate in a favorite physical activity.)</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">ODE PE Evaluations</a></li> </ul> |
| <p><b>STANDARDS/<br/>BENCHMARKS</b></p> | <p><b>3. DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.</b></p> <ul style="list-style-type: none"> <li>• 3B</li> </ul> | <p><b>1. DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.</b></p> <ul style="list-style-type: none"> <li>• 1A, 1B</li> </ul> <p><b>2. APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.</b></p> <ul style="list-style-type: none"> <li>• 2A, 2B</li> </ul> | <p><b>4. EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.</b></p> <ul style="list-style-type: none"> <li>• 4A, 4B</li> </ul> <p><b>5. RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.</b></p> <ul style="list-style-type: none"> <li>• 5A, 5B</li> </ul>           |



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| <p><b>EQUIPMENT/<br/>RESOURCES</b></p> | <ul style="list-style-type: none"> <li>● FitnessGram General Needs: Score sheets, pencils</li> <li>● FitnessGram PACER: 15 or 20 Meter PACER audio track, audio player, 15 meter or 20 meter distance markers (tape or cones) <ul style="list-style-type: none"> <li>○ <a href="#">15 Meter Audio Track</a></li> <li>○ <a href="#">20 Meter Audio Track</a></li> </ul> </li> <li>● FitnessGram Push Ups and Curl Ups: Cadence audio tracks, fitness mats <ul style="list-style-type: none"> <li>○ <a href="#">Push-Up Audio Track</a></li> <li>○ <a href="#">Curl-Up Audio Track</a></li> </ul> </li> <li>● FitnessGram Sit &amp; Reach: Sit &amp; reach box</li> <li>● FitnessGram Trunk Lift: Ruler, fitness mats</li> <li>● Fitness Improvement Plan: Pencils, improvement plan templates</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">ODE PE Evaluations</a></li> <li>● <a href="#">WELNET</a></li> </ul> | <ul style="list-style-type: none"> <li>● Kickball: Kickball, bases, appropriate size field, scoreboard</li> <li>● Flag Football: Football, flag belts, football field or field with cones, scoreboard</li> <li>● Soccer: Soccer ball, soccer field or field with cones, goals, scoreboard</li> <li>● Ultimate frisbee: Football field or field with cones, scoreboard</li> <li>● Frisbee Golf: Frisbee, chain baskets, open field</li> <li>● Golf: Golf clubs, golf balls, holes, open field</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">US Games</a></li> <li>● <a href="#">SPARK PE</a></li> </ul> | <ul style="list-style-type: none"> <li>● Refereeing: Game rules, whistle, shirt/jersey</li> <li>● Coach: Game related equipment, play book, skill sheets</li> <li>● Favorite Physical Activity: <ul style="list-style-type: none"> <li>○ Introduction questionnaire</li> <li>○ Presentation <ul style="list-style-type: none"> <li>■ Poster/pens/pencils/markers</li> <li>■ Computer/presentation program/projector, classroom</li> </ul> </li> </ul> </li> </ul> |
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