

Southington Public Schools

Curriculum Map

Subject: Physical Education

Grade: K-5

UNIT TITLE	#1 FITNESS
CONTENT	<ul style="list-style-type: none">• Fitness Test Components• Active Games and Activities
STATE STANDARDS	<p><i>Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness (3).</i></p> <p><u>K-1</u> 3K-2.3 Identify changes in body during physical activity.</p> <p><u>2-3</u> 3.3-4.1 Maintain continuous aerobic activity for a specified time.</p> <p><u>4-5</u> 3.5-6.4 Participate daily in some form of health – enhancing physical activity.</p>
ASSESSMENT	<p><u>PERFORMANCE TASK</u></p> <ul style="list-style-type: none">• Hiking through the woods• Bike riding/walking around the neighborhood• Stair climbing• Participating in a variety of recess activities <p><u>OTHER EVIDENCE</u></p> <ul style="list-style-type: none">• Subjective observation• Skills checklist/chart• CMT – Physical Fitness Test
SKILLS	<p><i>Students will be able to...</i></p> <p><u>K-1</u> Scooter, Parachutes, Chase/Flee Games</p> <p><u>2-3</u> Scooters, Parachutes, Obstacle Course</p> <p><u>4-5</u> Mile Run, Sit and Reach, Push-ups, Curl-ups</p> <ul style="list-style-type: none">• Jog for 2-minutes• Jump Rope for 1-minute• Recognize and appreciate the benefits of an active lifestyle