**Part I:** **Number of classes in Physical Education**

**Question:** How many physical education lessons are taught at each grade level

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grade Levels** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Number of Lessons |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Part II: What Topics do you Teach?**

1. Use an (X) to mark all areas of the graph below to indicate the health topics you implement
2. Put an (O) to mark all areas you would like to add to address the gaps in your curriculum

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Motor Skills (MS) | Locomotor |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Motor Skills (MS) | Nonlocomotor |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Motor Skills (MS) | Manipulatives |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Motor Skills (MS) | Dance & Rhythms | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Specialized Skills & Movement Patterns | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Application of Specialized Manipulative Skills | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Outdoor Pursuits | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Individual Performance Activities | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Combined Movement Skills and Patterns | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| Motor Skills (MS) | Specialized Skill Performance | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Movement Concepts and Performance (MCP) | Space |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Movement Concepts and Performance (MCP) | Pathways, Shapes, & Levels |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Movement Concepts and Performance (MCP) | Speed, Direction, & Force |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Movement Concepts and Performance (MCP) | Strategies & Tactics |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Movement Concepts and Performance (MCP) | Principles & Critical Elements | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |  |  |  |
| Level of Fitness (LF) | Physical Activity Knowledge |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Level of Fitness (LF) | Engages in Physical Activity |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Fitness Knowledge |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Nutrition |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Assessment & Program Planning | **-** | **-** | **-** |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Healthy Habits in Relation to Fitness | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |  |  |  |
| Level of Fitness (LF) | Health Related Fitness | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| Level of Fitness (LF) | Accessing Information | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Cooperative Skills and Positive Behavior (CSPB) | Personal Responsibility |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cooperative Skills and Positive Behavior (CSPB) | Accepting Feedback |  |  |  |  |  |  |  |  |  |  | **-** | **-** | **-** |
| Cooperative Skills and Positive Behavior (CSPB) | Working with Others |  |  |  |  |  |  |  |  |  |  | **-** | **-** | **-** |
| Cooperative Skills and Positive Behavior (CSPB) | Cooperation |  |  |  |  |  |  |  |  |  |  | **-** | **-** | **-** |
| Cooperative Skills and Positive Behavior (CSPB) | Rules & Etiquette |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cooperative Skills and Positive Behavior (CSPB) | Safety |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Value of Physical Activity (VPA) | Health |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Value of Physical Activity (VPA) | Challenge |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Value of Physical Activity (VPA) | Self Expression & Enjoyment |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Value of Physical Activity (VPA) | Social Interaction | **-** | **-** | **-** | **-** |  |  |  |  |  |  |  |  |  |

**Part III: How many lessons of each topic area will you provide to your students using the chart.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Motor Skills (MS) | Locomotor |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Motor Skills (MS) | Nonlocomotor |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Motor Skills (MS) | Manipulatives |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Motor Skills (MS) | Dance & Rhythms | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Specialized Skills & Movement Patterns | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Application of Specialized Manipulative Skills | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Outdoor Pursuits | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Individual Performance Activities | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  | **-** | **-** | **-** |
| Motor Skills (MS) | Combined Movement Skills and Patterns | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| Motor Skills (MS) | Specialized Skill Performance | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Movement Concepts and Performance (MCP) | Space |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Movement Concepts and Performance (MCP) | Pathways, Shapes, & Levels |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Movement Concepts and Performance (MCP) | Speed, Direction, & Force |  |  |  |  |  |  |  | **-** | **-** | **-** | **-** | **-** | **-** |
| Movement Concepts and Performance (MCP) | Strategies & Tactics |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Movement Concepts and Performance (MCP) | Principles & Critical Elements | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |  |  |  |
| Level of Fitness (LF) | Physical Activity Knowledge |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Level of Fitness (LF) | Engages in Physical Activity |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Fitness Knowledge |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Nutrition |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Assessment & Program Planning | **-** | **-** | **-** |  |  |  |  |  |  |  |  |  |  |
| Level of Fitness (LF) | Healthy Habits in Relation to Fitness | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |  |  |  |
| Level of Fitness (LF) | Health Related Fitness | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| Level of Fitness (LF) | Accessing Information | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Cooperative Skills and Positive Behavior (CSPB) | Personal Responsibility |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cooperative Skills and Positive Behavior (CSPB) | Accepting Feedback |  |  |  |  |  |  |  |  |  |  | **-** | **-** | **-** |
| Cooperative Skills and Positive Behavior (CSPB) | Working with Others |  |  |  |  |  |  |  |  |  |  | **-** | **-** | **-** |
| Cooperative Skills and Positive Behavior (CSPB) | Cooperation |  |  |  |  |  |  |  |  |  |  | **-** | **-** | **-** |
| Cooperative Skills and Positive Behavior (CSPB) | Rules & Etiquette |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cooperative Skills and Positive Behavior (CSPB) | Safety |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical Literacy Component** | **Topic** | **K** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Value of Physical Activity (VPA) | Health |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Value of Physical Activity (VPA) | Challenge |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Value of Physical Activity (VPA) | Self Expression & Enjoyment |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Value of Physical Activity (VPA) | Social Interaction | **-** | **-** | **-** | **-** |  |  |  |  |  |  |  |  |  |

**Part IV: Fill in the gaps by creating block plans based on your responses in Part II and III.**