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

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

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| **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

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| **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.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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.**

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| **Motor Skills (MS)** |
| **Locomotor** | Hopping, galloping, running, sliding, skipping, leaping, jumping, dance and combinations. |
| **Nonlocomotor** | Balance, weight transfer, curling, stretching, twisting and bending. |
| **Manipulatives**  | Throwing, catching, dribbling, passing with feet, kicking, volleying, striking and jump rope. |
| **Dance & Rhythms** | Dance, gymnastics, or fitness.  |
| **Specialized Skills & Movement Patterns** | Fitness, track and field, martial arts. |
| **Application of Specialized Manipulative Skills** | Volley, dribbles, shoots, strikes and fields, and sends an object to a target. |
| **Outdoor Pursuits** | Hiking, orienteering, mountain biking, trail run, lawn games, disc golf, roller skating, etc. |
| **Individual Performance Activities** | Fitness, swimming, kickboxing, yoga, pilates, zumba, wrestling, etc. |
| **Combined Movement Skills and Patterns** | Dance, gymnastics, resistance training, yoga, kickboxing, fitness walking, etc. |
| **Specialized Skill Performance** | Invasion games, net games, striking and fielding games, target games. |
| **Movement Concepts and Performance (MCP)** |
| **Space** | Movement in personal and general space |
| **Pathways, Shapes, & Levels** | Demonstrates appropriate shapes, levels and pathways in a variety of physical activities. |
| **Speed, Direction, & Force** | Demonstrates appropriate level of speed, direction and force in physical activities. |
| **Strategies & Tactics** | Applies basic offensive and defensive strategies and tactics in invasion games and activities. |
| **Tactics and Principles** | Chooses the best option for offensive or defensive tactics and principles during game play. |
| **Principles & Critical Elements** | Analyzes the similarities and differences of games, sports and dance among different cultures. Demonstrates critical elements and biomechanical principles to perform increasingly complex movement forms. Evaluates the performance of self and others across self-selected multiple movement forms. |
| **Level of Fitness (LF)** |
| **Physical Activity Knowledge** | Explains why physical activity is important to becoming healthier. |
| **Engages in Physical Activity** | Actively engages in physical education class in response to instruction, feedback, and practice. |
| **Fitness Knowledge** | Demonstrates exercises that can enhance cardiovascular and muscular strength. Demonstrates warm-up and cool-down routines relative to vigorous physical activity. |
| **Nutrition** | Explains how food choices impact physical activity. |
| **Assessment & Program Planning** | Designs a fitness plan to address ways to use physical activity to enhance fitness. |
| **Healthy Habits in Relation to Fitness** | Applies nutritional concepts and strategies to balance healthy foods, snacks and beverages to improve or maintain healthy fitness levels. Demonstrates basic movements in stress-reducing activities. |
| **Health Related Fitness** | Demonstrates activities from a developed plan that improves or maintains cardioresporatory and muscular strength and endurance.  |
| **Accessing Information** | Demonstrates how to use valid and reliable personal health and wellness information, products, and services. |
| **Cooperative Skills and Positive Behavior (CSPB)** |
| **Personal Responsibility** | Works independently for extended periods of time. Demonstrates personal responsibility during class activities. |
| **Accepting Feedback** | Accepts and implements specific corrective feedback from the teacher. |
| **Working with Others** | Works cooperatively with others in physical activities. |
| **Cooperation** | Cooperation |
| **Rules & Etiquette** | Demonstrates rules and etiquette in physical activity with peers. |
| **Safety** | Works independently and safely in physical activity settings. |
| **Value of Physical Activity (VPA)** |
| **Health** | Describes how being physically active leads to a healthy lifestyle. |
| **Challenge** | Participates in activities that provide enjoyment and/or challenges to self and others. |
| **Self Expression & Enjoyment** | Describes how the benefits of moving competently in a physical activity setting provides enjoyment. |
| **Social Interaction** | Describes and compares the positive social interactions when engaged in a variety of physical activities. |

**Scope and Sequence**

**Physical Education**

1. **Grade Level:**

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1. **Choose the Topic:**

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1. **Choose the Physical Literacy Component(s):**

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1. **Choose Outcomes (List all Outcomes for each lesson – Be Realistic):**

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1. **Scope & Sequence of Skill-Based Outcomes & Activity for each lesson:**

|  |  |
| --- | --- |
| **Lesson 1 and Lesson 2 Outcome(s)** | **Lesson 1 and Lesson 2 Activity**  |
|  |  |

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| --- | --- |
| **Lesson 2 Outcome(s)** | **Lesson 2 Activity**  |
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|  |  |
| --- | --- |
| **Lesson 3 Outcome(s)** | **Lesson 3 Activity**  |
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|  |  |
| --- | --- |
| **Lesson 4 Outcome(s)** | **Lesson 4 Activity**  |
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| --- | --- |
| **Lesson 5 Outcome(s)** | **Lesson 5 Activity**  |
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|  |  |
| --- | --- |
| **Lesson 6 Outcome(s)** | **Lesson 6 Activity**  |
|  |  |

1. **Assessment of Skill-Based Outcomes: How do you know the student was successful?**

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| --- |
| Formative:  |
|  |
|  |
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| Summative: |
|  |