



PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES 3-5

WEEKS 1 – 4

Weeks 1-4 (2 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	<u>Back to School: Minute to Win</u>	<u>Back to School: Minute to Win</u>	<u>Fitness Knowledge</u>	<u>Fitness Knowledge</u>
Outcome Focus	<ul style="list-style-type: none"> • Move safely in personal and general space • Start/stop with signal 	<ul style="list-style-type: none"> • Cooperate with teammates • Responsibly share space and equipment 	<ul style="list-style-type: none"> • Design a fitness plan with a variety of activities 	<ul style="list-style-type: none"> • Identify components of Health-Related and Skill-Related Fitness
Instant Activity	Name Tag	Partner Scavenger Hunt	Food Card Warm-up	Dynamic Warm-up
Skill Development Activities	Chain Breakers Ice Cream Cone Races Beanbag Launcher Donut Dash Strikers United	Golf Bucket Challenge Bucket Head Bucket Bouncer Hoop It Up Cone Catcher	1-Minute Fitness Challenge Invisible Dumbbells Walk 'n Talk Cool-Down Dice Stretch	Plank Tag Health-Related Challenges Skill-Related Challenges Roll the Dice
Assessment Tools	Growth Mindset Journal	Performance Rubric	Self-Assessment	Student Fitness Portfolio
Academic Language	Safety, Respect, Teamwork, Personal Space, General Space	Integrity, Share, Cooperation, Communication	Circuit Training, Cool-Down, Warm-Up	Health-Related Fitness, Skill-Related Fitness
Other Resources	Classroom Rules Poster	Student Empowerment Rights Poster	1-minute Fitness Challenge Card	Fitness Plan



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WEEKS 5 – 8

Weeks 5-8 (2 classes/week)	Week 5	Week 6	Week 7	Week 8
OPEN Module	Instant Activities	Flag Football	Flag Football	Pumpkin Patch Games
Outcome Focus	<ul style="list-style-type: none"> Cooperate with teammates Safely share space and equipment 	<ul style="list-style-type: none"> Accurately throw and catch Identify strategies for flag pulling 	<ul style="list-style-type: none"> Apply movement concepts to safely chase or flee 	<ul style="list-style-type: none"> Demonstrate cooperation and teamwork skills
Instant Activity	First Things First	Toss 3	High 5 Bank Account	Candy Crushers
Skill Development Activities	Hoop Tower Relay Catch Me If You Can Super Chicken High 5 Bank Account	Partner Pass and Chase 2 Steps Forward, 1 Step Back Bee Hive	Partner Catch and Flip 1v1 Catch and Score Look It In Wristband Wranglers	Ghost Tossers The Pumpkin Patch Ghost Hunt Spooky Stations
Assessment Tools	DOK Questions	Academic Language Quiz	Performance Rubric	DOK Questions
Academic Language	Cooperation, Teamwork, Communication	Chase, Flee, Offense, Defense	Huddle, Movement Concepts, Strategy	Cooperation, Teamwork, Honesty, Encourage
Other Resources	Tag of the Month Activities	Skill Cards	Universal Design for Learning	Ghost Hunters Exercise Chart



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WEEKS 9 – 12

Weeks 9-12 (2 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	<u>Pumpkin Patch Games</u>	<u>Soccer Skills</u>	<u>Soccer Skills</u>	<u>Gratitude Games</u>
Outcome Focus	<ul style="list-style-type: none"> Safely move and increase heart rate 	<ul style="list-style-type: none"> Demonstrate control of soccer ball while dribbling and passing 	<ul style="list-style-type: none"> Identify ways to look for and move to open space to pass/receive 	<ul style="list-style-type: none"> Demonstrate teamwork and cooperation
Instant Activity	Ghostbusters Tag	R, P, S, Victory Lap	Soccer Tag	Thankful Turkey Toss
Skill Development Activities	Pass the Pumpkin Relay Pumpkin Tic-Tac-Toe The Great Pumpkin Hunt Pumpkin Races	Scramble Pass vs. Dribble Shark Attack Keep Away	Windows Soccer Golf Shooting Thunder Station Day	Trap the Turkey Rows of Gratitude Gratitude Wreath Food Collectors
Assessment Tools	DOK Questions	Self-Assessment	Academic Language Quiz	DOK Questions
Academic Language	Responsibility, Physical Activity, Self-Control	Ball Control, Dribble, Pass, Trap	Receive, Ready Position, Offense, Defense	Gratitude, Cooperation, Etiquette
Other Resources	Trick or Treat Fitness Stations	Universal Design for Learning	Academic Language Cards	Rows of Gratitude Yoga Cards



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WEEKS 13 – 16

Weeks 13-16 (2 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	<u>Gratitude Games</u>	<u>Winter Wonderland</u>	<u>Snowman Championships</u>	<u>Snowman Championships</u>
Outcome Focus	<ul style="list-style-type: none"> Discussion about the true meaning of the Thanksgiving season 	<ul style="list-style-type: none"> Demonstrate etiquette and kindness 	<ul style="list-style-type: none"> Build teamwork and leadership 	<ul style="list-style-type: none"> Develop school spirit and community pride
Instant Activity	Catch the Turkey	Polar Bear Cave	Frostbite Tag	Snowman Builders
Skill Development Activities	Stuff the Turkey Pass the Joy Night Before Thanksgiving Turkey Feather Round Up	Elf on the Shelf Tag Gift Ninjas Red Nose Relay No Grinches Allowed	Snowman Run Snowball Toss Snowman & Sunshine Tag	Ornaments in the Attic Feed the Reindeer Snowman Run Snowflake Maps
Assessment Tools	DOK Questions	Discussion Starters	Academic Language Quiz	Performance Rubric
Academic Language	Integrity, Teamwork, Enthusiasm, Joy	Leadership, Generosity, Kindness	Challenge, Cooperation, Self-control	Respect, Support, Encourage
Other Resources	The Night Before Thanksgiving Cards	Classroom-based Snowman Games	Physical Education Scoring Instructions	Pep Rally Instructions and Ideas



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WEEKS 17 – 20

Weeks 17-20 (2 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Personal & Social Responsibility</u>	<u>Plug & Play Fitness</u>	<u>Yoga & Mindfulness</u>	<u>Yoga & Mindfulness</u>
Outcome Focus	<ul style="list-style-type: none"> Move safely in self-space Actively participate while following rules 	<ul style="list-style-type: none"> Ability to discuss the importance of form when exercising 	<ul style="list-style-type: none"> Define Mindfulness Demonstrate a variety of static balance positions 	<ul style="list-style-type: none"> Show control while transferring weight Discuss joy of being physically active
Instant Activity	Robotics Lab	Fitness UNO	Pass the Pose	Brr I am Cold
Skill Development Activities	Foam Ball Frenzy Machine Shop Down & Back Relay Station Day	Plank Tap Relay Free Foam Ball Fitness Color Crushers Aerobic Treasure Grab	Relaxation Reflection Fast to Slow Make Your Shape Flowing Movements	Sun Salutation Wordles Developing a Flow Breathing Bags
Assessment Tools	Performance Rubric	Academic Language Quiz	Self-Assessment	Breathing Bags Exit Slip
Academic Language	Listen, Rules, Follow Directions, Behavior	Core, Balance, Form, Plank, Aerobic Capacity	Mindfulness, Base of Support, Flow, Static Balance	Joy, Control, Transfer, Flexibility, Sequence
Other Resources	Station Cards	<u>3-5 Plug & Play Fitness YouTube Playlist</u>	Yoga Pose Cards	Meditation and Mindfulness Audio Files



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WEEKS 21 – 24

Weeks 21-24 (2 classes/week)	Week 21	Week 22	Week 23	Week 24
OPEN Module	Educational Gymnastics	Educational Gymnastics	Jump Rope	Jump Rope
Outcome Focus	<ul style="list-style-type: none"> Identify how to have a strong base of support for balances 	<ul style="list-style-type: none"> Identify how to transfer weight from one body part to another safely 	<ul style="list-style-type: none"> Ability to turn and jump a short rope 	<ul style="list-style-type: none"> Ability to turn and jump a long rope
Instant Activity	Balance Tag	Balance Tag	Jump Rope Battle Bags	Jump Rope Battle Bags
Skill Development Activities	Balancing Act The Equalizer Leaps and Bounds	Rocking and Rolling Step It Up Mix and Match	Back to Basics Creative Mode Stations Jump Routines Match Me If You Can	Long Rope Basics Long Rope Rhymes Survival Mode Stations Station Day
Assessment Tools	Self-Assessment	Holistic Dual Performance Rubric	Jump Rope Routine Task Card	Academic Language Quiz
Academic Language	Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity	Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight	Jump, Land, Turn, Rhythm	Success, Challenge, Cooperate, Rhyme
Other Resources	Educational Gymnastics YouTube Playlist	Gymnastics Cards Safety Checklist	Jump Rope YouTube Playlist	Station Cards



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WEEKS 25 – 28

Weeks 25-28 (2 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	Scooter Activities	Pi Day Activities	Basketball	Basketball
Outcome Focus	<ul style="list-style-type: none"> Move safely on a scooter with balance and control 	<ul style="list-style-type: none"> Cooperate with teammates while completing challenges 	<ul style="list-style-type: none"> Dribble with control Avoid defenders while dribbling 	<ul style="list-style-type: none"> Complete a variety of passes Move to open space to pass/receive
Instant Activity	Upside Down	Pi Day Races	High-5 Bank Account	Dribble Tag
Skill Development Activities	Scooter Switch Tag Scooter Volleyball Scooter Fitness Scooter Bowling	Pi Toss Pi Day Dice Relay Cake or Pi? Who Wants Pi?	Dribble Triathlon Hand Skills Driver's Test Knuckle Collectors	Passing Triathlon Shoot, Dribble, Pass, Dribble 3v3 Bounce Ball Station Day
Assessment Tools	Academic Language Quiz	Who Wants Pi Exercise Chart	Academic Language Quiz	Performance Rubric
Academic Language	Safety, Balance, Control, Force, Speed	Challenge, Cooperation, Pi, Target Heart Rate	Dribble, Control, Practice, Offense, Defense	Pass, Accuracy, Target, Strategy
Other Resources	Scooter Safety Video	Academic Language Cards	3-5 Basketball YouTube Playlist	Station Cards



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PHYSICAL EDUCATION CURRICULUM MAPS
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WEEKS 29 – 32

Weeks 29-32 (2 classes/week)	Week 29	Week 30	Week 31	Week 32
OPEN Module	<u>Volleyball</u>	<u>Volleyball</u>	<u>Dance</u>	<u>Dance</u>
Outcome Focus	<ul style="list-style-type: none"> Pass to a partner or designated space 	<ul style="list-style-type: none"> Hit continuously with a partner or team Serve to a designated space 	<ul style="list-style-type: none"> Actively engage during dances Move with the beat and tempo of music 	<ul style="list-style-type: none"> Perform correct movements with beat of the music
Instant Activity	Toss 3 (with volleyball passes)	Pass and Set Circles	Trolls Tag	Sea Creature Tag
Skill Development Activities	Pass and Set Circles Bump & Set 4-Square Volley Hoops I Got It! I Got It!	Volley Battleship Scooter Volleyball Helpful Net Doubles Trouble	Counting in 8's Dancin' Train Trolls September Dance Cupid Shuffle	Cha Cha Slide Space Jam Fjaskern Can't Stop the Feeling
Assessment Tools	Volley Hoops Partner Feedback Card	Performance Rubric	Self-Assessment	Academic Language Quiz
Academic Language	Pass, Set, Bump, Volley, Feedback	Rally, Cooperation, Teamwork, Encourage	8-count, Beat Rhythm	Choreography, Lyric, Four Wall Dance
Other Resources	Volleyball Cue Charts	Universal Design for Learning	Dance Activity Cards	Teacher Self-reflection Guide



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WEEKS 33 – 36

Weeks 33-36 (2 classes/week)	Week 33	Week 34	Week 35	Week 36
OPEN Module	Small Parachute Cooperatives	Field Day	Field Day	Pickleminton
Outcome Focus	<ul style="list-style-type: none"> Cooperate and communicate with teammates 	<ul style="list-style-type: none"> Demonstrate Spirit of the Game during all Field Day activities 	<ul style="list-style-type: none"> Demonstrate Spirit of the Game during all Field Day activities 	<ul style="list-style-type: none"> Identify proper grip Develop a SMART goal for health-related fitness
Instant Activity	Toss It Up	Alaskan Baseball	Cherry on Top	Hello Paddle
Skill Development Activities	Parachute Volleyball Launch Pad Fruit & Veggie Relay Parachute Fitness	4-way Capture the Flag Chicken Pot Pie Race through the Galaxy Mega Mat Ball	Bounce Back Bounce Ball Team Relay Mission Impossible Pie Pan Race	Birdie in the Cage Splat the Spot Time to Get SMART Station Day
Assessment Tools	Academic Language Quiz	National Field Day Certificate	National Field Day Certificate	SMART Goal Guidelines
Academic Language	Cooperation, Communication, Teamwork, Encourage	Respect, Collaboration, Spirit of the Game	Teamwork, Cooperation, Integrity	Balance, Toss, Strike, Serve, Goal
Other Resources	Small Parachute Cooperatives YouTube Playlist	Academic Language Cards	Spirit of the Game Student Contract	Pickleminton YouTube Playlist



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WEEKS 37 – 40

Weeks 37-40 (2 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	Street Racket	Hoop Ball	Bat and Ball Games	Backyard Games
Outcome Focus	<ul style="list-style-type: none"> Hit continuously with a partner 	<ul style="list-style-type: none"> Quick transitions from offense to defense 	<ul style="list-style-type: none"> Apply cues for throwing, catching, and batting 	<ul style="list-style-type: none"> Cooperate and Encourage Teammates
Instant Activity	Helpful Hoops	Quaffle Throw	Baseball Tag	Bean Bag Toss
Skill Development Activities	Street Racket Basics Switch It Up Fitness Frenzy Rotating Corners Follow Your Shot	Group Catch Keeper Practice Chasers vs Keepers Beater Tag	Two Ball Tossers Catch on the Sandlot Throw-Run Derby Sandlot Baseball Circle Sandlot Stations	Spike It Up Spike It Up: Paddle Style Bucket Golf Disc Golf
Assessment Tools	Academic Language Quiz	Performance Rubric	Self-Assessment	DOK Questions
Academic Language	Cooperation, Supportive, Encouraging	Quaffle, Pathway, Cooperation, Teamwork	Catch, Throw, Fielding, Overhand, Underhand	Cooperation, Teamwork, Target, Strike
Other Resources	Court Diagrams	Hoop Ball Positions & Rules	Bat and Ball YouTube Playlist	Academic Language Cards