**Columbus City Schools Curriculum Maps**

**Grade Band K-2**

**9 Week Plans (2)**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | Locomotor  Movements | 1A/ 2A | Hop, gallop/slide  Space |
| 2 | Locomotor  Movements | 1A/ 2A | Run  Speeds |
| 3 | Locomotor  Movements | 1A/2A | Rolling/ Balance  Levels |
| 4 | Throwing/ Catching  Basic Ball Skills | 1B | Practice |
| 5 | Throwing/ Catching  Basic Ball Skills | 1B/2A | Tossing/Effort |
| 6 | Throwing/ Catching  Basic Ball Skills | 1B | Catching |
| 7 | Fitness | 4A | 2 minutes Cardio |
| 8 | Fitness | 4A | Flexibility/ Strength Bear Walk |
| 9 | Fitness Games and Review | 4B | Written Test |

**K-2**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | Manipulatives | 1B | Practice soccer skills and lead-ups |
| 2 | Manipulatives | 1B | Kicking |
| 3 | Manipulatives | 1B | Practice basketball skills and lead-ups |
| 4 | Manipulatives | 1B | Dribbling |
| 5 | Manipulatives | 1B | Practice striking skills and lead-up |
| 6 | Manipulatives | 1B | Striking |
| 7 | Review basic movements/ Introduce Dance | 2B/1A | Written test |
| 8 | Dance | 1A | Line dances  rhythm |
| 9 | Dance | 2A/5B | Partner dance  Cooperation and distance |

**Columbus City Schools Curriculum Maps**

**Grade Band 3-5**

**9 Week Plans (2)**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | Playground games/ Physical Activity | 1B | Review appropriate recess activities and rules. Discuss activities that are leisure/recreational/and fitness related  Introduce 4 square |
| 2 | Playground games/Physical Activity | 1B/3A | Practice and review 4-square games for recess  complete PA Pyramid |
| 3 | Playground games/Physical Activity  Introduce team handball | 3B | Make a written plan to increase physical activity levels for the remainder of the year. |
| 4 | Invasion games  Team handball | 1B/2A | Practice Throwing and catching and moving down the floor |
| 5 | Invasion games  Team Handball | 1B/2A | Practice gameplay  Assess throwing |
| 6 | Invasion games  Team Handball | 2A | Game play  Assess game play positioning |
| 7 | Fitness | 4A | Pacer test and review of components of health related fitness |
| 8 | Fitness | 4A | Push up and curl up tests- review components of health related fitness |
| 9 | Fitness | 4A/4B | Flexibility- sit and reach-  Written test on the components of health related fitness |

**3-5**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | Modified Baseball | 1B | Practice throwing/catching and striking |
| 2 | Modified Baseball | 1B/5A | Catching with implement  Striking with bat |
| 3 | Modified Baseball | 1B/ 5A | Catching with implement  Striking with bat  Assess safety and self direction |
| 4 | Modified Soccer | 1B | Practice dribbling with feet, passing and shooting |
| 5 | Modified Soccer | 1B | Dribble/receive and pass  Introduce goalie punts |
| 6 | Modified Soccer | 1B | Dribble/receive and pass-  Punting |
| 7 | Modified Basketball | 1B | Introduce basic basketball skills- Focus on proper dribbling skills |
| 8 | Modified Basketball | 1B | Introduce basic basketball skills-  Assess dribbling skills |
| 9 | Modified Basketball | 1B | Introduce basic basketball skills-Assess dribbling skills  Written- watch dribbler- report weaknesses and strengths and ways to improve |

**Columbus City Schools Curriculum Maps**

**Grade Band 6-8**

**Semester (9 week) Plan**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | PE Fitness | 4A/4B | Pacer test/ Muscular Endurance  Strength/ Flexibility  Homework- Fitness goals and plans |
| 2/3 | Invasion games  Flag Rugby | 1B/2A | Invasion games  Passing, receiving, running, scoring,  In small sided games |
| 3/4 | Finish Rugby unit/ introduce Volleyball unit | 1B  5B | Rugby and Volleyball Skills  Cooperation with teammates- Volleyball |
| 4 | Volleyball unit | 1B  2A | Net games  Passing, receiving, moving to the ball  In small sided games  Skill analysis written assignment |
| 5 | Golf | 1B  5A | Target games  Striking, lining up to target, force etc…  Safety/ self direction |
| 6/7 | Softball/Fielding | 1B/2B | Striking, moving to the ball, field position |
| 7/8 | Dance | 1A  3A/3B | Small group dance steps and performance  Physical Activity Pyramid  Homework- PA plan |
| 8/9 | Finish Dance- Physical Activity-plan  Speedball | 1A  3A/3B | Written Assignment |
| 9 | Health-Related Fitness  Advocacy | 6A- 6B | Written Assignment |

**Columbus City Schools Curriculum Maps**

**Grade Band 6-8**

**Semester (18 week) plan**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | PE Fitness | 4A | Pacer test/ Muscular Endurance |
| 2 | Fitness | 4A/3A | Strength/ Flexibility  Physical Activity Pyramid |
| 3 | Fitness  Soccer Unit  skills | 1B/3B | Physical Activity plan- written work  Soccer skills practice |
| 4 | Fitness  Soccer Tournament | 1B/4B | Fitness goals and plan written work  Invasion games  Soccer skills assessment |
| 5 | Football unit  skills | 1B | Invasion games |
| 6 | Football unit  Tournament | 1B/2A | Invasion games  Football skills assessment  Decision making/strategies |
| 7 | Volleyball unit | 1B  5A- 5B | Net games  Safety- self directions  Cooperation/respect |
| 8 | Volleyball Tournament | 1B  5A-5B | Net games  Skills assessment  Safety- self directions  Cooperation/respect |
| 9 | Strike and target  Softball  Skills | 1B | Field games and target games |
| 10 | Softball Tournament | 1B | Fleld games skills assessment |
| 11 | Basketball  Skills and lead-up games | 1B | Invasion games |
| 12 | Basketball Tournament | 1B | Invasion games  Basketball skills assessment |
| 13 | Gymnastics and Dance | 1A | Practice- Introduction |
| 14 | Gymnastics and Dance | 1A | Practice |
| 15 | Gymnastics and Dance  Talent Show | 1A | Practice/ perform and assess |
| 16 | Olympics | 6A/6B | Advocacy |
| 17 | Olympics | 6A/6B | Advocacy |
| 18 | Olympics  Written project | 6A/6B  2B | Advocacy  Written skills analysis |

**Columbus City Schools Curriculum Maps**

**Grade Band 9-12**

**Semester (18 week) Plan**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | PE Fitness | 4A | Pacer test/ Muscular Endurance |
| 2 | Fitness | 4A/4B | Strength/ Flexibility  Fitness goals and plan written work |
| 3 | Fitness  Ultimate Frisbee | 1B/4B | Fitness goals and plan written work |
| 4 | Ultimate Frisbee Tournament | 1B | Offense/Defense |
| 5 | Team Handball | 1B  2A/2B | Invasion games  Skills analysis written work |
| 6 | Team Handball | 1B-  2A/ 2B | Invasion games  Skills analysis written project |
| 7 | Volleyball unit | 5A- 5B | Net games  Safety- self directions  Cooperation/respect |
| 8 | Volleyball Tournament | 1B  5A-5B | Net games  Skills assessment  Safety- self directions  Cooperation/respect |
| 9 | Leisure games  Physical Activity |  | Badminton/Tennis/ Bocce ball/Golf/Wii |
| 10 | Leisure games  Physical Activity |  | Badminton/Tennis/ Bocce ball/Golf/Wii  Physical Activity Pyramid |
| 11 | Leisure games  Physical Activity |  | Badminton/Tennis/ Bocce ball/Golf/Wii |
| 12 | Leisure games  Physical Activity |  | Badminton/Tennis/ Bocce ball/Golf/Wii  Physical Activity Plan |
| 13 | Lacrosse unit  skills | 1B | Invasion games |
| 14 | Lacrosse unit  Tournament | 1B | Invasion games  Manipulative skills |
| 15 | Gymnastics and Dance | 1A | Practice- Introduction |
| 16 | Gymnastics and Dance  Talent show | 1A | Practice/ perform and assess |
| 17 | Basketball  Skills and lead-up games | 1B | Invasion games |
| 18 | Basketball Tournament | 1B | Invasion games  Basketball skills assessment |