

COLUMBUS CITY SCHOOLS

PHYSICAL EDUCATION MIDDLE SCHOOL SCOPE AND SEQUENCE/TIMELINE



FIRST GRADING PERIOD

MONTH	CONTENT	CONTENT STANDARDS – GRADE LEVEL INDICATORS	
September	Cooperative Activities 1st Unit of Instruction	<p>_____ 5.1 Students will acknowledge the strong performance of another person or team with a score 3 or above on the rubric.</p> <p>_____ 5.2 While students are officiating a competition, listens to all sides of an issue before making a decision with a score of 3 or above on the rubric.</p> <p>_____ 5.3 Students will participate successfully in a cooperative learning group with a wide range of diverse members with a score of 3 or above on the rubric while participating in one of the team activity choices.</p> <p>_____ 5.4 Students will invite less-skilled students to participate in an activity during class with a score of 3 or above on the rubric.</p>	
October	Cooperative Activities 1st /2nd Units of Instruction	<p>_____ 5.5 Students will set up the safety procedures with a score of 3 or above on the rubric for all team activity choices.</p> <p>_____ 5.6 Students will show leadership by diffusing conflict during competition with a score of 3 or above on the rubric in all of the team activity choices.</p> <p>_____ 5.7 Students will dress appropriately for physical activity with a score of 3 or above on the rubric in all of the team activity choices.</p>	
November	Cooperative Activities 2nd Unit of Instruction	<p>_____ 6.1 Identifies reasons to participate with a score of 3 or above on the rubric in one of the team activity category choices (i.e. health, enjoyment, challenge, self-expression, and social interaction).</p> <p>_____ 6.3 Reflects on reasons for choosing to participate with a score of 3 or above on the rubric in one or all of the team activity choices.</p> <p>_____ 6.4 Students will dress appropriately for physical activity with a score of 3 or above on the rubric in all of the team activity choices.</p>	

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SECOND GRADING PERIOD

WEEK	CONTENT	CONTENT STANDARDS – GRADE LEVEL INDICATORS	
November	Rhythmic Activities 1st Unit of Instruction	<div> <div>_____</div> <div>1.2</div> </div> <div> <div>_____</div> <div>1.3</div> </div> <div> <div>_____</div> <div>1.4</div> </div> <div> <div>_____</div> <div>1.5</div> </div> <div> <div>_____</div> <div>1.6</div> </div> <div> <div>_____</div> <div>2.1</div> </div>	<p>Students will demonstrate with a score of 3 or above on the rubric their knowledge of kinesthetic awareness in rhythmic activities.</p> <p>Students will demonstrate with a score of 3 or above on the rubric increased spatial awareness in rhythmic activities.</p> <p>Students will demonstrate with a score of 3 or above on the rubric accurate memorization and reproduction of movement sequences using different styles of rhythmic activities.</p> <p>Students will demonstrate with a score of 3 or above on the rubric their ability to transfer a rhythmic pattern from the auditory to the kinesthetic.</p> <p>Students will demonstrate with a score of 3 or above on the rubric their ability to transfer a spatial pattern from visual to kinesthetic.</p> <p>Students will correctly identify the psychological factors that govern successful movement performance with a score of 3 or above on the rubric involved in any type of rhythmic movement.</p>
December	Team Activities 1st Unit of Instruction	<div> <div>_____</div> <div>6.2</div> </div>	<p>Enjoys working with others with a score of 3 or above on the rubric in one of the team choices to achieve a common goal.</p>
January	Team Activities 1st Unit of Instruction	<div> <div>_____</div> <div>6.5</div> </div>	<p>Creates self rewards for achieving personal skill related goals with a score of 3 or above on the rubric for any or all team activity choices.</p>

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THIRD GRADING PERIOD

MONTH	CONTENT	CONTENT STANDARDS – GRADE LEVEL INDICATORS	
January	Team Activities 2nd Unit of Instruction	____ 3.2	Students willingly participates in any type of rhythmic activity that is appropriate for maintaining or enhancing a healthy, active lifestyle with a score of 3 or above on the rubric.
February	Team Activities 2nd Unit of Instruction	____ 3.3	Students will monitor physical activity through the use of a pedometer and/or physical activity log while participating in any type of rhythmic activity with a score of 3 or above on the rubric.
March	Team Activities 3rd Unit of Instruction	____ 2.2	Students can create complex movement phrases through improvisation.
		____ 2.3	Students can compare and contrast rhythmic activities.
		____ 2.4	Students can explain the physical and mental benefits of rhythmic activities.

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FOURTH GRADING PERIOD

MONTH	CONTENT	CONTENT STANDARDS – GRADE LEVEL INDICATORS	
March	Team Activities 4th Unit of Instruction	____ 2.2	Students can create complex movement phrases through improvisation.
		____ 2.3	Students can compare and contrast rhythmic activities.
		____ 2.4	Students can explain the physical and mental benefits of rhythmic activities.
April	Team Activities 4th/5th Units of Instruction	____ 4.2	Students will achieve and maintain a health enhancing level of physical fitness with a score of 3 or above on the rubric in any type of rhythmic activity.
May	Team Activities 5th Unit of Instruction	____ 5.2	Students will acknowledge the strong performance of another person during a rhythmic activity with a score of 3 or above on the rubric.