

## USD 230 Curriculum Map

**Grade:** 6-8    **Subject:** Physical Education

**Unit:** Fitnessgram    **Quarter Taught:** All Quarters

| State Indicators   | District Objectives/Outcomes/ Key Concepts   | Instructional Strategies  | Student Activities or Product(s)   | Resources Used   | Methods of Assessment  |
|--|--|---|--|--|--|
| 2.1.b<br>3.1.a<br>3.1.b<br>3.1.c<br>3.1.d<br>4.1.a<br>4.1.b<br>4.1.c<br>4.1.d<br>4.1.e<br>5.1.b<br>5.1.g<br>6.1.c<br>6.1.d | Set goals according to areas of fitness needed to maintain or improve.<br><br>Show improvement in areas of need through pre and post fitness test. | Explain/demonstrate the correct techniques for the tested components of fitness.<br><br>Practice for improvement of technique and fitness level.<br><br>Target areas for improvement after pre-testing. | Students will take a pre and post physical fitness test.<br><br>Students will set fitness goals by self-analyzing fitness test.<br><br>Students will work each day to maintain and/or improve according to goals. (THR)<br><br>Students will participate in activities that promote fitness. | Gym<br>Fitnessgram CD<br>Mats<br>Fitnessgram Guide<br>Cones<br>Flexibility Board | Self-evaluation using fitnessgram healthy zone.<br><br>Pre and Post Test evaluation. |