

USD 230 Curriculum Map
Grade: K-2 Subject: Physical Education
Quarter Taught: All year

State Indicators	District Objectives/Outcomes/ Key Concepts	Instructional Strategies	Student Activities or Product(s)	Resources Used	Methods of Assessment
1.1a	Uses a variety of basic locomotor and nonlocomotor movements (e.g., running, skipping, hopping, galloping, sliding, bending, twisting, stretching and turning)	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade	Equipment, bean bags, jump ropes, hula hoops, stair steppers	Observation Class participation and demonstration Pictorial drawings
1.1c	Demonstrates body control in activities using a variety of body parts (e.g., balancing activities, traveling patterns, changing speeds and direction quickly and safely.	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement	Equipment, bean bags, jump ropes, hula hoops, stair steppers, balance beams, stilts, tumbling mats, deck rings, buddy walkers	Observation Class participation and demonstration Pictorial drawings
1.1d	Per forms manipulative skills using a variety of body parts and equipment (e.g., underhand and overhand throw, catch hand dribble, foot dribble, kick and strike.	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement	Equipment, bean bags, hula hoops, mats, deck rings, yarn balls, scarfs, balloons, soccer balls, basketballs, beach balls, wiffle balls, tennis balls, birdies, handballs, racquets	Observation Class participation and demonstration Pictorial drawings
1.1g	Uses locomotor skills in rhythmical patterns.	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement	Stereo, tinkling sticks, lumni sticks, carpet squares	Observation Class participation and demonstration Pictorial drawings
2.1a	Demonstrates walking, running, and hopping skills in a variety of situations	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement	Equipment, bean bags, jump ropes, hula hoops, stair steppers	Observation Class participation and demonstration Pictorial drawings

2.1b	Develop a beginning movement vocabulary (e.g., special awareness, patterns, over/under, balance, through, high/low, levels, low/high speeds) Apply movement concepts to a variety of basic skills	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement	Equipment, bean bags, jump ropes, hula hoops, stair steppers, tunnel, egg rollers	Observation Class participation and demonstration Pictorial drawings
3.1b	Use locomotor, nonlocomotor and manipulative movements with small equipment and objects.	Guided practice, demonstration, peer modeling, small group demonstration	Tag, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement	Equipment, bean bags, jump ropes, hula hoops, stair steppers	Observation Class participation and demonstration Pictorial drawings
2.1b	Uses feedback to improve performance.	Guided practice, demonstration, peer modeling, small group demonstration	Listening skills, skill application	Stereo, pedometers	Observation Class participation and demonstration Pictorial drawings
3.2a	Sustain moderate to vigorous physical activity for short periods of time.	Guided practice, demonstration, peer modeling, small group demonstration	Tag games, follow the leader, relays, stations, animal parade, tumbling, warm up exercises, musical movement, small group and team games	Various manipulatives and equipment, pedometers, stereo	Observation Class participation and demonstration Pictorial drawings
3.4a	Knows how to measure cardio respiratory fitness (e.g., listening to heartbeat and finding pulse rate).	Guided practice, demonstration, peer modeling, small group demonstration	Running, physical fitness activities	Various manipulatives and equipment, pedometers, stereo	Observation Class participation and demonstration Pictorial drawings
4.1c	Understands the meaning of cooperation in physical activity	Modeling, demonstration	Pair and small group activities	Various manipulatives and equipment	Observation Class participation and demonstration Pictorial drawings
4.2b	Follows class rules and directions for class activity and procedures, with little reinforcement	Modeling, demonstration, verbal reinforcement	All class activities	All equipment	Observation Class participation
4.2.5d	Demonstrates safety in movement, use of equipment, and working cooperatively while participating in physical activity.	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation

4.4a	Understands the purpose of rules in games.	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation
5.1.2.8	Interacts positively with peers and is respectful of others regardless of individual differences during physical activity.	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation
5.3e	Demonstrates pleasure in physical activity with others	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation
5.4e	Demonstrates socially acceptable ways to resolve conflicts.	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation
6.1.2	Enjoys physical activity while alone or working with others and expresses positive feelings during physical education class.	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation
6.3a	Willingness to try new activities.	Guided practice, demonstration, peer modeling, small group demonstration verbal reinforcement	All class activities	All equipment	Observation Class participation
6.4.5.9c	Accept and express feelings in an appropriate way about and during physical activity.	Guided practice, demonstration, peer modeling, small groups	All class activities	All equipment	Observation Class participation