**Columbus City Schools Curriculum Maps**

**Grade Band K-2**

**9 Week Plans (2)**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Unit | Standard | Assessment |
| 1 | LocomotorMovements | 1A/ 2A | Hop, gallop/slideSpace |
| 2 | LocomotorMovements | 1A/ 2A | RunSpeeds |
| 3 | LocomotorMovements | 1A/2A | Rolling/ BalanceLevels |
| 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 dancesrhythm |
| 9 | Dance | 2A/5B | Partner danceCooperation 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 relatedIntroduce 4 square |
| 2 | Playground games/Physical Activity | 1B/3A | Practice and review 4-square games for recesscomplete PA Pyramid |
| 3 | Playground games/Physical ActivityIntroduce team handball | 3B | Make a written plan to increase physical activity levels for the remainder of the year.  |
| 4 | Invasion gamesTeam handball | 1B/2A | Practice Throwing and catching and moving down the floor |
| 5 | Invasion gamesTeam Handball | 1B/2A | Practice gameplayAssess throwing |
| 6 | Invasion gamesTeam Handball | 2A | Game playAssess 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 implementStriking with bat |
| 3 | Modified Baseball | 1B/ 5A | Catching with implementStriking with batAssess safety and self direction |
| 4 | Modified Soccer  | 1B | Practice dribbling with feet, passing and shooting |
| 5 | Modified Soccer | 1B | Dribble/receive and passIntroduce 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 skillsWritten- 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 EnduranceStrength/ FlexibilityHomework- Fitness goals and plans |
| 2/3 | Invasion gamesFlag Rugby | 1B/2A | Invasion gamesPassing, receiving, running, scoring, In small sided games |
| 3/4 | Finish Rugby unit/ introduce Volleyball unit | 1B5B | Rugby and Volleyball SkillsCooperation with teammates- Volleyball |
| 4 | Volleyball unit | 1B2A | Net gamesPassing, receiving, moving to the ballIn small sided gamesSkill analysis written assignment |
| 5 |  Golf | 1B5A | Target gamesStriking, 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 | 1A3A/3B | Small group dance steps and performance Physical Activity PyramidHomework- PA plan |
| 8/9 | Finish Dance- Physical Activity-planSpeedball | 1A3A/3B | Written Assignment |
| 9 | Health-Related FitnessAdvocacy | 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/ FlexibilityPhysical Activity Pyramid |
| 3 | FitnessSoccer Unitskills | 1B/3B | Physical Activity plan- written workSoccer skills practice |
| 4 | FitnessSoccer Tournament | 1B/4B | Fitness goals and plan written workInvasion gamesSoccer skills assessment |
| 5 | Football unitskills | 1B | Invasion games |
| 6 | Football unitTournament | 1B/2A | Invasion gamesFootball skills assessmentDecision making/strategies |
| 7 | Volleyball unit | 1B5A- 5B | Net gamesSafety- self directionsCooperation/respect |
| 8 | Volleyball Tournament | 1B5A-5B | Net gamesSkills assessmentSafety- self directionsCooperation/respect |
| 9 | Strike and targetSoftballSkills | 1B | Field games and target games |
| 10 | Softball Tournament | 1B | Fleld games skills assessment |
| 11 | BasketballSkills and lead-up games | 1B | Invasion games |
| 12 | Basketball Tournament | 1B | Invasion gamesBasketball skills assessment |
| 13 | Gymnastics and Dance | 1A | Practice- Introduction |
| 14 | Gymnastics and Dance | 1A | Practice |
| 15 | Gymnastics and DanceTalent Show | 1A | Practice/ perform and assess |
| 16 | Olympics | 6A/6B | Advocacy |
| 17 | Olympics | 6A/6B | Advocacy |
| 18 | OlympicsWritten project | 6A/6B2B | AdvocacyWritten 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/ FlexibilityFitness goals and plan written work |
| 3 | FitnessUltimate Frisbee | 1B/4B | Fitness goals and plan written work |
| 4 | Ultimate Frisbee Tournament | 1B | Offense/Defense |
| 5 | Team Handball | 1B2A/2B | Invasion gamesSkills analysis written work |
| 6 | Team Handball  | 1B-2A/ 2B | Invasion gamesSkills analysis written project |
| 7 | Volleyball unit | 5A- 5B | Net gamesSafety- self directionsCooperation/respect |
| 8 | Volleyball Tournament | 1B5A-5B | Net gamesSkills assessmentSafety- self directionsCooperation/respect |
| 9 | Leisure gamesPhysical Activity |  | Badminton/Tennis/ Bocce ball/Golf/Wii |
| 10 | Leisure gamesPhysical Activity |  | Badminton/Tennis/ Bocce ball/Golf/WiiPhysical Activity Pyramid |
| 11 | Leisure gamesPhysical Activity |  | Badminton/Tennis/ Bocce ball/Golf/Wii |
| 12 | Leisure gamesPhysical Activity |  | Badminton/Tennis/ Bocce ball/Golf/WiiPhysical Activity Plan |
| 13 |  Lacrosse unitskills | 1B | Invasion games |
| 14 | Lacrosse unitTournament | 1B | Invasion gamesManipulative skills |
| 15 | Gymnastics and Dance | 1A | Practice- Introduction |
| 16 | Gymnastics and DanceTalent show | 1A | Practice/ perform and assess |
| 17 | BasketballSkills and lead-up games | 1B | Invasion games |
| 18 | Basketball Tournament | 1B | Invasion gamesBasketball skills assessment |