

CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL 4th&5th
COURSE LENGTH Year

REVIEWED 2018-2019

Student Goals:											
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;">I</td> <td>To participate regularly in physical activity.</td> </tr> <tr> <td style="text-align: center;">II</td> <td>To achieve and maintain a health-enhancing level of fitness.</td> </tr> <tr> <td style="text-align: center;">III</td> <td>To value physical activity for health, enjoyment, challenge, and/or self-expression.</td> </tr> </table>						I	To participate regularly in physical activity.	II	To achieve and maintain a health-enhancing level of fitness.	III	To value physical activity for health, enjoyment, challenge, and/or self-expression.
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Student Outcomes:											
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I	The students will be able to develop skills, knowledge, interest, and desire to independently maintain an active life-style.										
II	The students will be able to participate regularly in health-enhancing fitness activities.										
III	The students will be able to recognize that physical activity can provide opportunities for positive social interaction.										
UNIT/ WEEKS	STANDARD	OBJECTIVES	ACTIVITIES/ASSESSMENT	RESOURCES	BIBLICAL INTEGRATION						
Football Games Playground Fall	1.Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills) 2.Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the	1.1 Students will manipulate objects with accuracy and speed 1.3 Students will demonstrate beginning strategies for games and activities. 2.1 Students will use fundamental strategies in modified sports-related games. 3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health. 5.1 Students will remain on-task in a group activity without close teacher monitoring. 5.2 Students will complete teacher-directed attempts at skill work independently. 6.2 Students will celebrate personal	Expected behaviors Throw/catch, running, cutting, dodging, flag pulling, positions, punting, kicking, rules, strategy Team play Teacher evaluation of skills and participation Why is it important for each teammate to guard his/her receiver? What is the position your body is in when you throw the football?	Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Pinterest Bible National Standards	PE provides a venue for teaching Godly character: working as a member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that						

CCS COURSE MAP

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GRADE LEVEL 4th&5th
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	<p>learning and performance of physical activities. (Knowledge) 3. Participates regularly in physical activity. (Physical Activity) 5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) 6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>and or peer successes and achievements.</p>			<p>we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were brought with a price. Therefore honor God with your bodies.”</p>
<p>Soccer Fall</p>	<p>1.Demonstrates competency in motor skills and movement</p>	<p>1.1 Students will manipulate objects with accuracy and speed 1.3 Students will demonstrate beginning strategies for games and</p>	<p>Passing, trapping, scoring, goal-tending. Rules, strategy Team Play</p>	<p>Ready to Use PE Activities for Grades 5-6, Joanne M. &</p>	<p>PE provides a venue for teaching Godly character: working as a</p>

CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL 4th&5th
COURSE LENGTH Year

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	<p>patterns needed to perform a variety of physical activities.(Physical Skills)</p> <p>2.Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p> <p>3.Participates regularly in physical activity. (Physical Activity)</p> <p>5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</p> <p>6.Values physical activity for health, enjoyment, challenge, self-</p>	<p>activities</p> <p>2.1 Students will use fundamental strategies in modified sports-related games</p> <p>3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health</p> <p>5.2 Students will complete teacher-directed attempts at skill work independently</p> <p>6.2 Students will celebrate personal and or peer successes and achievements.</p>	<p>Why is it necessary to have offensive and defensive players? Why is it important to use all parts of your foot in dribbling?</p> <p>Teacher evaluation of skills and participation</p>	<p>Maxwell J. Landy Various teacher resources Pinterest Bible National Standards</p>	<p>member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God</p> <p>God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were brought with a price. Therefore honor God with your bodies.”</p>
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	expression, and social interaction. (Intrinsic Value)				
Volleyball Basketball Winter	<p>1.Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.(Physical Skills)</p> <p>2.Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p> <p>3.Participates regularly in physical activity. (Physical Activity)</p> <p>5.Exhibits responsible personal and</p>	<p>1.1 Students will manipulate objects with accuracy and speed</p> <p>1.3 Students will demonstrate beginning strategies for games and activities</p> <p>2.1 Students will use fundamental strategies in modified sports-related games</p> <p>3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health</p> <p>5.2 Students will complete teacher-directed attempts at skill work independently</p>	<p>Set, underhand pass, hitting, serving and receiving.</p> <p>Rules, strategy</p> <p>Shooting, passing, defense, dribbling.</p> <p>How can I become an effective team player?</p> <p>When is a forearm pass used?</p> <p>What three things happen on a side out?</p> <p>Why do I need to have ;eg strength when playing this game?</p> <p>How do I use upper body strength?</p> <p>Teacher evaluation of skills and participation</p>	<p>Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy</p> <p>Various teacher resources</p> <p>Pinterest</p> <p>Bible</p> <p>National Standards</p>	<p>PE provides a venue for teaching Godly character: working as a member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God</p> <p>God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have</p>

CCS COURSE MAP

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GRADE LEVEL 4th&5th
COURSE LENGTH Year

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	social behavior in physical activity settings. (Behavioral Skills)				received from God? You are not your own; you were brought with a price. Therefore honor God with your bodies.”
Fitness activities Rhythm and Dance Winter	3.Participates regularly in physical activity. (Physical Activity) 4.Achieves and maintains a health-enhancing level of fitness 5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) 6.Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health 3.2 Students will identify the benefits derived from physical activity 3.3 Students will participate in moderate to vigorous physical activity 4.4 Students will participate in moderate to vigorous activity in a variety of settings 5.4 Students will choose a partner that he or she can work with productively 6.3 Students will design games, gymnastics, and dance sequences that are personally interesting 6.5 Students will recognize physical activity as a positive opportunity for social and group interaction and communication	Finding the beat of music Learn step patterns Creating own dances Why do I need to understand muscle movement and the bones involved in the movement? How can you use rhythm in everyday life? Teacher evaluation of skills and participation	Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Spark Curriculum Pinterest Bible National Standards	Ephesians 4:32: Kindness to one another is important “Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you.” 1Thessalonians 5:11: Encouraging one another-“Therefore encourage one another and build each other up, just as in fact as you are doing.” Proverbs 1:5: Making wise choices-“Let the wise listen and add to their learning, and let the discerning get guidance.”

CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL 4th&5th
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<p>Racquet skills Badminton Speed Stacking Winter</p>	<p>1.Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.(Physical Skills) 3.Participates regularly in physical activity. (Physical Activity) 5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) 6.Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>1.1 Students will manipulate objects with accuracy and speed 3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health 5.3 Students will utilize safety principles in activity stations</p>	<p>Rules of games, strategy. Forehand/backhand and serve Eye-hand/foot coordination</p> <p>Why do I need to understand projection and angles? Why do I need to understand how to control power and speed? When do I use forehand and backhand hits? When do I use an overhead hit? What does it mean to be ambidextrous?</p> <p>Teacher evaluation of skills and participation</p>	<p>Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Spark Curriculum Pinterest Bible National Standards</p>	<p>PE provides a venue for teaching Godly character: working as a member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God</p> <p>God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not</p>
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					your own; you were brought with a price. Therefore honor God with your bodies.”t
Jump Rope Winter	<p>1.Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.(Physical Skills)</p> <p>3.Participates regularly in physical activity. (Physical Activity)</p> <p>5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</p>	<p>1.2 Students will develop specialized movement skills (juggling, jump rope)</p> <p>1.3 Students will perform sequences of rhythmic movement with a beginning, middle and end</p> <p>3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health</p> <p>3.3 Students will participate in moderate to vigorous physical activity</p> <p>5.1 Students will remain on-task in a group activity without close teacher monitoring</p> <p>5.3 Students will utilize safety principles in activity stations</p> <p>6.4 Students will demonstrate the acceptance of others skills/abilities</p>	<p>Forward/Backward Jumps Variety of foot patterns Eye-hand/foot coordination</p> <p>Why is rhythm and timing important in jump rope?</p> <p>Why is it important to work as a team member to achieve success for the whole team?</p> <p>Teacher evaluation of skills and participation</p>	<p>Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Spark Curriculum Pinterest Bible National Standards</p>	<p>PE provides a venue for teaching Godly character: working as a member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God</p> <p>God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that we take care of our physical bodies to</p>

CCS COURSE MAP

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GRADE LEVEL 4th&5th
COURSE LENGTH Year

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	6.Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)				the glory of God. 1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were brought with a price. Therefore honor God with your bodies.”
Floor Hockey Winter	1.Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.(Physical Skills) 2.Demonstrates understanding of movement concepts, principles, strategies and tactics as they	1.1 Students will manipulate objects with accuracy and speed 1.3 Students will demonstrate beginning strategies for games and activities 2.1 Students will use fundamental strategies in modified sports-related games 3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health 5.3 Students will utilize safety principles in activity stations 6.2 Students will celebrate personal and or peer successes and	Rules/Strategy Team Play What are some of the safety concerns when doing hockey activities? Can you identify three parts of the hockey stick? Teacher evaluation of skills and participation	Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Spark Curriculum Pinterest Bible National Standards	PE provides a venue for teaching Godly character: working as a member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God God has ordained the Holy Spirit to dwell within the body of the

CCS COURSE MAP

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GRADE LEVEL 4th&5th
COURSE LENGTH Year

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	<p>apply to the learning and performance of physical activities. (Knowledge)</p> <p>3.Participates regularly in physical activity. (Physical Activity)</p> <p>5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</p> <p>6.Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>achievements.</p>			<p>believer therefore it is important that we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were brought with a price. Therefore honor God with your bodies.”</p>
<p>Gymnastics Bowling Winter</p>	<p>3. Participates regularly in physical activity. (Physical Activity)</p> <p>5. Exhibits responsible</p>	<p>3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health</p> <p>5.2 Students will complete teacher-directed attempts at skill work independently.</p>	<p>Flexibility, balance, strength, tumbling</p> <p>3-step approach</p> <p>Scoring</p> <p>Rules/Strategy</p>	<p>Ready to Use PE Activities for Grades 5-6, Joanne M. & Maxwell J. Landy</p>	<p>PE provides a venue for teaching Godly character: working as a member of a team, being gracious</p>

CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL 4th&5th
COURSE LENGTH Year

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	<p>personal and social behavior in physical activity settings. (Behavioral Skills)</p> <p>6.Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>5.3 Students will utilize safety principles in activity stations 5.5 Students will use time wisely when given the opportunity to practice and improve performance 5.6 Students will identify responsible decisions about using time, applying rules and following through with the decisions resulting in good sportsmanship 6.2 Students will celebrate personal and or peer successes and achievements. 6.3 Students will designs games, gymnastics, and dance sequences that are personally interesting 6.4 Students will demonstrate the acceptance of others skills/abilities</p>	<p>What is the importance of a safety roll? What is an example of a gymnastics position (ex: tuck)? What is the difference between a spare and a strike?</p> <p>Teacher evaluation of skills and participation</p>	<p>Various teacher resources Spark Curriculum Pinterest Bible National Standards</p>	<p>when one has been the “winner” and the “loser”, doing one’s best to the glory of God</p> <p>God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were brought with a price. Therefore honor God with your bodies.”</p>
Track and Field	2.Demonstrates understanding of	2.1 Students will use fundamental strategies in modified sports-related	Knowledge of track and field events.	Ready to Use PE Activities for	Ephesians 4:32: Kindness to one

CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL 4th&5th
COURSE LENGTH Year

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<p>Softball Kickball</p> <p>Spring</p>	<p>movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p> <p>3.Participates regularly in physical activity. (Physical Activity)</p> <p>5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</p>	<p>games</p> <p>3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health</p> <p>3.3 Students will participate in moderate to vigorous physical activity</p> <p>5.1 Students will remain on-task in a group activity without close teacher monitoring</p> <p>5.3 Students will utilize safety principles in activity stations</p> <p>5.6 Students will identify responsible decisions about using time, applying rules and following through with the decisions resulting in good sportsmanship</p>	<p>Batting, throwing, catching, and fielding.</p> <p>Why do I run at a slower speed during a long distance run? What are some track events? What are some field events? What is a force out? When does the base runner “tag up?”</p> <p>Teacher evaluation of skills and participation</p>	<p>Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Spark Curriculum Pinterest Bible National Standards</p>	<p>another is important “Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you.” 1Thessalonians 5:11: Encouraging one another-“Therefore encourage one another and build each other up, just as in fact as you are doing.” Proverbs 1:5: Making wise choices-“Let the wise listen and add to their learning, and let the discerning get guidance.” Colossians 3:23-24: “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”</p>
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<p>Outdoor Recreation Games (Bocce Ball, Frisbee, Four square, Parachute, Juggling)</p> <p>Fall/Spring</p>	<p>1.Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.(Physical Skills)</p> <p>3.Participates regularly in physical activity. (Physical Activity)</p> <p>5.Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</p> <p>6.Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>1.2 Students will develop specialized movement skills (juggling, jump rope)</p> <p>3.1 Students will select and participate regularly in physical activities for the purpose of improving skill and health.</p> <p>4.4 Students will participate in moderate to vigorous activity in a variety of settings</p> <p>5.1 Students will remain on-task in a group activity without close teacher monitoring</p> <p>5.6 Students will identify responsible decisions about using time, applying rules and following through with the decisions resulting in good sportsmanship</p> <p>6.1 Students will identify opportunities to be physically active at home, school, and in the community.</p> <p>6.5 Students will recognize physical activity as a positive opportunity for social and group interaction and communication</p>	<p>What are the differences between individual, partner, and group activities? Why is it important for the eyes and hands to work together? Why are outdoor recreation games considered lifetime activities? Give some examples of when you can do these lifetime activities.</p> <p>Teacher evaluation of skills and participation.</p>	<p>Grades 5-6, Joanne M. & Maxwell J. Landy Various teacher resources Spark Curriculum Pinterest Bible National Standards</p>	<p>PE provides a venue for teaching Godly character: working as a member of a team, being gracious when one has been the “winner” and the “loser”, doing one’s best to the glory of God</p> <p>God has ordained the Holy Spirit to dwell within the body of the believer therefore it is important that we take care of our physical bodies to the glory of God.</p> <p>1 Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you</p>
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