

Big Ideas, Enduring Understandings, and Essential Questions Per Unit of Study
Physical Education Grades 3-5

Month of Instruction (In what month(s) will you teach this unit?)	Title of Unit	Big Idea(s) (A Big Idea is typically a noun and always transferable within and among content areas.)	Standard(s) Addressed (What Common Core Standard(s) and/or PA Standard(s) address the Big Idea?)	Enduring Understanding(s) (SAS refers to Enduring Understandings as “Big Ideas.” EUs are the understandings we want students to carry with them after they graduate. EUs will link Big Ideas together. Consider having only one or two EUs per Big Idea.)	Essential Question(s) (Essential Questions are broad and open ended. Sometimes, EQs can be debated. A student’s answer to an EQ will help teachers determine if he/she truly understands. Consider having only one or two EQs per Enduring Understanding.)	Common Assessment(s)* (What assessments will all teachers of this unit use to determine if students have answered the Essential Questions?)	Common Resource(s)* Used (What resources will all teachers of this unit use to help students understand the Big Ideas?)
August	Introduction to PE, rules, safety procedures/ drills etc.	Summary or overview of rules/expectations of class.	N/A	<ul style="list-style-type: none"> • Try your Best every day. • Come to class dressed properly with a positive attitude. • You are accountable to follow directions and understanding of what is expected in this course. 	<ul style="list-style-type: none"> • Am I trying my best? • Am I dressed properly for PE? 	Formal Observation	School Handbook of rules/procedures and grading.
September	Kickball, Dodgeball	Movement/Fundamentals, Competition, Teamwork, Sportsmanship,	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> • Proper form/technique increases the performance. 	<ul style="list-style-type: none"> • What do you know that can help you? • Would my 	Formal observation of the students performing the tasks or activities using proper form.	Experience, websites, PA Standards

		Character Traits		<ul style="list-style-type: none"> You can improve your performance regardless of who your competitor is. Everyone should show sportsmanship to opposing teams and also teammates. Being a good teammate will make everyone want you on their team. 	<p>parents/guardians appreciate the way I am behaving right now?</p> <ul style="list-style-type: none"> Would I want me for a teammate? What are you trying to accomplish? 	Observation of the game/scrimmage to see if the students are adhering to all rules of the game while still displaying sportsmanship.	
October	Pre Fitness Testing/Screening, Soccer	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits, Well Being, Healthy Choices	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> There are many paths to achieve the same result Take care of yourself so you can be your best every day. Just because you can't do it today doesn't mean you won't be able to do it tomorrow. Your mind must know what your body is doing. 	<ul style="list-style-type: none"> How does PE relate to what I do every day? What physical activity inspires me? How will physical activity help me now and in the future? How do I/we get better? What will I do next time? 	Formal observation of the students performing the tasks or activities using proper form. Score cards that each student will keep their records/time/stats on. Observation of Soccer skills and scrimmage type play.	Experience, websites, PA Standards Presidential Fitness
November	Flag Football	Movement/Funda	10.3.6.D	<ul style="list-style-type: none"> Proper 	<ul style="list-style-type: none"> Am I being 	Formal observation	Experience, websites,

	Deer Hunter	mentals, Competition, Teamwork, Sportsmanship, Character Traits,	10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<p>form/technique increases performance.</p> <ul style="list-style-type: none"> You are accountable to follow directions and understanding what is expected of you in this course. Behaving well is as important as playing well. Your mind must know what your body is doing. 	<p>respectful?</p> <ul style="list-style-type: none"> Who is my competitor? How does that influence me? What do you know that could help you? What are you trying to accomplish? 	<p>of the students performing the tasks or activities using proper form. Observation of students performing football skill and then scrimmage type play. Observing them also playing the throwing game (Deer Hunter)</p>	PA Standards
December	4 Square Obstacle Course Capture the Flag	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> You can improve your performance regardless of who your competitor is. Competition can positively or negatively effect technique, behavior, attitude and performance. Fit people engage in physical activity on a regular basis. A good planner knows when and 	<ul style="list-style-type: none"> What do I do when I get stuck? Did I do the right thing? What is healthy competition? What adjustments do you need to make next time? 	<p>Formal observation of the students performing the tasks or activities using proper form. Observation of the students playing 4 square and Capture the Flag correctly while showing sportsmanship. Observing the students trying their best to complete the Obstacle Course as fast as they can.</p>	Experience, websites, PA Standards

				where to make adjustments.			
January	Volleyball Rockwall Technology using Wii	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> • A team is more than a collection of individuals. • You can improve your performance regardless of who your competitor is. • Respecting your teachers and peers creates a more positive and learning environment. • Your mind must know what your body is doing. 	<ul style="list-style-type: none"> • How do I/we get better? • Would I want me for a teammate? • What am I trying to accomplish? • How did you challenge yourself today? 	Formal observation of the students performing the tasks or activities using proper form. Observing the students perform volleyball technique to their best attempt using a modified volleyball and rules. Also observing the students participate and stay active through different stations.	Experience, websites, PA Standards Nintendo Wii
February	Ricochet Speedball Jump Roping (singles/buddy/long etc.) American Heart Association (Jump Rope for Heart)	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits, Well Being, Healthy Choices	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> • Try your best everyday • Proper form and technique increases the performance. • A good planner knows when and where to make adjustments. • Your mind must know what your body is doing. 	<ul style="list-style-type: none"> • What do you know that could help you? • How will physical activity help me now and in the future? • What does it mean to be fit for me? • Would I want 	Formal observation of the students performing the tasks or activities using proper form. Observation of the students participating in both team games (Speedball and Ricochet) Total amount we raised for AHA Formal Observation of Jump Rope Event	Experience, websites, PA Standards AHA Packets/supplies

				<ul style="list-style-type: none"> The best choices for you fit who you are and what you need. 	me for a teammate?	held at school	
March	Basketball Scooters Relay Races	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> Power of opposites, legs and arms differ one another during proper form. Repetition of proper technique leads to improvement. Being a good teammate will make everyone want you on their team. You can improve your performance regardless of who your competitor is. 	<ul style="list-style-type: none"> What makes a good team? Would I want me for a teammate? What will I do next time? 	Formal observation of the students performing the tasks or activities using proper form. Observing the students perform and try their best during basketball exercises and also scrimmage. Also observe that the students participate correctly in scooters and relay races.	Experience, websites, PA Standards
April	Hockey German Kickball	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> Your mind must know what your body is doing. Behaving well is as important as playing well. Repetition of 	<ul style="list-style-type: none"> What are you trying to accomplish? What adjustments do you need to make next 	Formal observation of the students performing the tasks or activities using proper form. Observing the students perform hockey skills and then also the	Experience, websites, PA Standards

				<p>proper technique leads to improvement.</p> <ul style="list-style-type: none"> • Competition can positively or negatively effect technique, behavior, attitude and performance. 	<p>time?</p> <ul style="list-style-type: none"> • Would I want me for a teammate? • How do I/we get better? 	<p>scrimmage. Again observing the students play the game after learning the different rules for German Kickball.</p>	
May into first week of June	Post Fitness Testing/Screening Wiffle Ball	Movement/Fundamentals, Competition, Teamwork, Sportsmanship, Character Traits, Well Being, Healthy Choices	10.3.6.D 10.4.6.A.B.C.D.E.F. 10.5.6.A.B.C.F.	<ul style="list-style-type: none"> • There are many paths to achieve the same result • Take care of yourself so you can be your best every day. • Just because you can't do it today doesn't mean you won't be able to do it tomorrow. • Your mind must know what your body is doing. 	<ul style="list-style-type: none"> • How does PE relate to what I do every day? • What physical activity inspires me? • How will physical activity help me now and in the future? • How do I/we get better? • What will I do next time? 	<p>Formal observation of the students performing the tasks or activities using proper form. Referring back to their Pre Score cards from October, the students will compare their numbers from pre and post. Observation of Wiffle Ball skills and scrimmage type play.</p>	<p>Experience, websites, PA Standards Presidential Fitness</p>

* Some teachers may need to think about the assessments and resources used in order to determine the Big Ideas, Enduring Understandings, and Essential Questions embedded in their courses. At this point in your curriculum mapping, you might want to ignore the "Common Assessments" and "Common Resources Used" columns. However, you may use them if you wish.