

**Trinity Area School District
Template for Curriculum Mapping**

Course: Physical Education Grade: K - 5 Designer(s):	Overview of Course Students will understand and be able to live a healthy and balanced life after engaging in this course.		
Overarching Big Ideas, Enduring Understandings, and Essential Questions (These “spiral” throughout the entire curriculum.)			
<u>Big Idea</u>	<u>Standard(s) Addressed</u>	<u>Enduring Understanding(s)</u>	<u>Essential Question(s)</u>
Movement/Fundamentals	10.3.3. D. 10.4.3. A. D. E. 10.5.3. A. B. C.	<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. • Your mind must know what your body is doing. • Proper form/technique increases the performance. • A good planner knows when and where to make adjustments. 	<ul style="list-style-type: none"> • How do I/we get better? • What do I do when I get stuck? • What do you know that could help you?
Personal Social Character Traits	10.4.3. D. E. F.	<ul style="list-style-type: none"> • Respecting your teachers and peers creates a more positive and conducive learning environment. • You are accountable to follow directions and understanding what is expected in this course. • Everyone should show sportsmanship towards opposing team and also teammates. 	<ul style="list-style-type: none"> • Am I being respectful? • Would my parents/guardians appreciate the way I am behaving right now? • Did I do the right thing? • What will I do next time? • Would I want me for a teammate?

		<ul style="list-style-type: none"> • Behaving well is as important as playing well. • Being a good teammate will make everyone want you on their team. 	
Competition/Teamwork	10.3.3. D 10.4.3. A. F.	<ul style="list-style-type: none"> • Competition can positively or negatively effect technique, behavior, attitude, and performance. • You can improve your performance regardless of who your competitor is. • A team is more than a collection of individuals. 	<ul style="list-style-type: none"> • What is healthy competition? • Who is my competitor? How does that influence me? • What are you trying to accomplish? • What makes a good team?
Well Being	10.3.3. D. 10.4.3. A. B. C. D. E. 10.5.3. A. B. C. D.	<ul style="list-style-type: none"> • Just because you can't do it today doesn't mean you won't be able to do it tomorrow. • Fit people engage in physical activity on a regular basis 	<ul style="list-style-type: none"> • What does it mean to be fit for me? • How did you challenge yourself today? • What adjustments do you need to make tomorrow?
Healthy Living	10.3.3. D 10.4.3. A. B. C. D. 10.5.3. A. B. C.	<ul style="list-style-type: none"> • Take care of yourself so you can be your best every day. • The best choices for you fit who you are and what you need. • There are many paths to achieve the same result. 	<ul style="list-style-type: none"> • How does PE relate to what I do every day? • How will physical activity help me now and in the future? • Where can I find the things I enjoy doing? • What physical activities inspire me?