



Curriculum Mapping Project

Elementary



**ACTIVE HOME PHYSICAL EDUCATION LESSONS: ELEMENTARY GRADES**

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I will learn and perform jump rope endurance rhymes.	I will demonstrate cooperation & positive communication while creating a dance.	I will follow the rules and have fun with my friends and family.	I will demonstrate cooperation with family members in order to master difficult challenges.	I will perform exercises with perfect form and at a safe speed.
Academic Language for Today	<b>ENDURANCE</b> The ability or strength to continue or last. Stamina.	<b>FITNESS</b> The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	<b>ROUTINE</b> A set sequence of steps.	<b>SUCCESS</b> The accomplishment of a goal or purpose.	<b>SAFE</b> Protected from danger or risk.
Instant Activity	<a href="#">Ahh, Umm, Err</a>	<a href="#">Ahh, Umm, Err</a>	<a href="#">Ahh, Umm, Err</a>	<a href="#">Ahh, Umm, Err</a>	<a href="#">Ahh, Umm, Err</a>
OPEN Home Activity	<a href="#">Jump Rope Rhymes</a>	<a href="#">Dance Party</a>	<a href="#">Fitness Uno</a>	<a href="#">Parachute Pass</a>	<a href="#">Deck of Fitness</a>
Daily Fitness Activity	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
Assessment(s)	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>

**SHAPE America Grade-level Outcomes Focus**

**Standard 3 [E2.K-5]** Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction & practice (2); Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed & independent (4); Actively engages in all the activities (5).

**Standard 5 [E1.K-2]** Recognizes that physical activity is important for good health (K); Identifies physical activity as a component of good health (1); Recognizes the value of “good health balance” (2); Discusses the relationship between physical activity and good health (3); Examines the health benefits of participating in physical activity (4); Compares the health benefits of participating in selected physical activities (5).