



2020-21 Mapping Project



GRADES 3 - 5

OUTCOMES MAP FOR WEEKS 1-10

Weeks 1-3	Week 1	Week 2	Week 3
OPEN Module	Go Be Great! A back-to-school tour of physical education.		
Guiding Question	<i>How can I improve health and wellness for myself and others with routine physical activity?</i>		
Focus Outcomes Grade 3	(Values: PE 3) Reflects on the reasons for enjoying selected physical activities. (Responsibility: PRS 3) Works independently and safely in physical activity settings.	(Values: SI 3) Describes the positive social interactions that come when engaged with others in physical activity. (Responsibility: ETQ 3) Recognizes the role of rules and etiquette in physical activity with peers.	(Movement: MC 3) Recognizes open and closed spaces in a variety of movement contexts. (Fitness: PA 3) Identifies physical activity benefits as a way to improve health and personal fitness.
Focus Outcomes Grade 4	(Values: PE 4) Ranks the enjoyment of participating in different physical activities. (Responsibility: PRS 4) Exhibits responsible behavior in independent group situations.	(Values: SI 4) Describes and compares positive social interactions when engaged in partner, small-group, and large-group physical activities. (Responsibility: ETQ 4) Exhibits etiquette and adherence to rules in a variety of physical activities.	(Movement: MC 4) Combines movement concepts with skills in a variety of small-sided practice tasks. (Fitness: PA 4) Analyzes different opportunities for participating in physical activity outside physical education class for personal health benefits.
Focus Outcomes Grade 5	(Values: PE 5) Analyzes different activity choices for enjoyment and identifies reasons for positive or negative responses. (Responsibility: PRS 5) Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).	(Values: SI 5) Describes the social benefits gained from participating in physical activity. (Responsibility: ETQ 5) Critiques the etiquette involved in rules of various game activities.	(Movement: MC 5) Analyzes movement situations and applies movement concepts in small-sided games/practice tasks. (Fitness: PA 5) Charts and analyzes physical activity outside physical education class for personal fitness and health benefits.
SEL Alignment Focus	(Self-Awareness) Recognize emotions and thoughts and how they influence behavior.	(Self-Management) Regulate personal responses to different situations and challenges.	(Social Awareness) Accept others and discover empathy.



Weeks 4-7	Week 4	Week 5	Week 6	Week 7
OPEN Module	Loopy Laps with Rising New York Road Runners			
Guiding Question	<i>How can I make my body stronger and healthier with physical activities that I like?</i>			
Focus Outcomes Grade 3	(Values: PH 3) Discusses the relationship between physical activity and good health. (Fitness: FK 3) Describes the concept of fitness and provides examples of PA to enhance fitness.	(Movement: LS 3) Performs locomotor skills with balance at various speeds. (Responsibility: PRS 3) Works independently and safely in physical activity settings.	(Values: PH 3) Discusses the relationship between physical activity and good health. (Fitness: FK 3) Describes the concept of fitness and provides examples of PA to enhance fitness.	(Values: PH 3) Discusses the relationship between physical activity and good health. (Movement: MC 3) Recognizes open and closed spaces in a variety of movement contexts.
Focus Outcomes Grade 4	(Values: PH 4) Examines the health benefits of available physical activity options. (Fitness: FK 4) Identifies the component of health-related and skill-related fitness.	(Movement: LS 4) Uses various locomotor skills in a variety of small-sided games and practice tasks. (Responsibility: PRS 4) Exhibits responsible behavior in independent group situations.	(Values: PH 4) Examines the health benefits of available physical activity options. (Fitness: FK 4) Identifies the component of health-related and skill-related fitness.	(Values: PH 4) Examines the health benefits of available PA options. (Movement: MC 4) Combines movement concepts with skills in a variety of small-sided practice tasks.
Focus Outcomes Grade 5	(Values: PH 5) Compares the health benefits of available physical activity options. (Fitness: FK 5) Identifies activities that require and/or improve the components of fitness.	(Movement: LS 5) Combines traveling with manipulative skills in small-sided games & practice tasks. (Responsibility: PRS 5) Engages in PA with responsible interpersonal behavior.	(Values: PH 5) Compares the health benefits of available physical activity options. (Fitness: FK 5) Identifies activities that require and/or improve the components of fitness.	(Values: PH 5) Compares the health benefits of available PA options. (Movement: MC 5) Analyzes movement situations and applies movement concepts in small-sided games/practice tasks.
SEL Alignment Focus	(Relationship Skills) Learn how to communicate clearly and listen actively.	(Responsible Decision-Making) Think ahead about the consequences of choices.	(Self-Awareness) Recognize emotions and thoughts and how they influence behavior.	(Self-Management) Regulate responses to situations and challenges.



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Weeks 8-10	Week 8	Week 9	Week 10
OPEN Module	Meaningful Movement and Fitness Fun!		
Guiding Question	<i>What are physical activity and nutrition choices that can help me live a safe, healthy and active life?</i>		
Focus Outcomes Grade 3	(Movement: MC 3) Recognizes open and closed spaces in a variety of movement contexts. (Fitness: FP 3) Identifies physical activities that contribute to fitness without teacher direction.	(Values: PH 3) Discusses the relationship between physical activity and good health. (Fitness: NU 3) Identifies the 5 basic food groups.	(Values: PE 3) Reflects on the reasons for enjoying selected physical activities. (Responsibility: PRS 3) Works independently and safely in physical activity settings.
Focus Outcomes Grade 4	(Movement: MC 4) Combines movement concepts with skills in a variety of small-sided practice tasks. (Fitness: FP 4) Analyses personal fitness and identifies areas for improvement.	(Values: PH 4) Examines the health benefits of available physical activity options. (Fitness: NU 4) Identifies a variety of foods from each food group.	(Values: PE 4) Ranks the enjoyment of participating in different physical activities. (Responsibility: PRS 4) Exhibits responsible behavior in independent group situations.
Focus Outcomes Grade 5	(Movement: MC 5) Analyzes movement situations and applies movement concepts in small-sided games/practice tasks. (Fitness: FP 5) Designs a physical activity routine to enhance personal fitness.	(Values: PH 5) Compares the health benefits of available physical activity options. (Fitness: NU 5) Compares and contrasts the health benefits of different food choices.	(Values: PE 5) Analyzes different activity choices for enjoyment and identifies reasons for positive or negative responses. (Responsibility: PRS 5) Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).
SEL Alignment Focus	(Social Awareness) Accept others and discover empathy.	(Relationship Skills) Learn how to communicate clearly and listen actively.	(Responsible Decision-Making) Think ahead about the consequences of choices.

At the end of the first 10-week period, 11 out of 16 Priority Content Strands will be addressed.