

Curriculum Instruction Scope and Sequence

Group: Rebecca Fasano, Meghan McMahon, Will Flake, Christian Thomas,
Matt Ireland, Mike Helmstetter



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Scope and Sequence:

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Location: Glassboro, New Jersey

District: Suburban School District

Population: 11,000 people

District: 5,000 students

Ethnicity: 65% white, 10% hispanic, 10% african american, 15% other

Socio-economic: Median household income \$90,000

HPE Mission Statement: The Health and Physical Education program stresses the education of complete mental, physical, emotional and social well-being. Our students will understand how to manage a healthy and active lifestyle by responsibly making healthy and mature decisions on daily basis. Our activities include group/team skills, personal/group goals, strategies, and building quality character traits.

GOALS:

	K-5	6-8	9-12
Cognitive	<p>PE1- Students will explain the difference between small movements and big movements when asked to give an example in class.</p> <p>PE2- Students will understand basic exercises that are used to conduct a warm-up.</p> <p>H1- Students will explain what makes a healthy food nutritious compared to an unhealthy food.</p> <p>H2- Students will identify why bad hygiene is unhealthy for the body.</p>	<p>PE1- Students will understand what a target heart rate is.</p> <p>PE2- Students will recognize similar strategies in invasion games and recognize open space while playing games.</p> <p>H1- Students will write a list of ideas that may prevent domestic violence from occurring.</p> <p>H2- Students will understand how the reproductive system works.</p>	<p>PE1- Students will explain the correct form for each part of the fitnessgram.</p> <p>PE2- Students will be assessed on the rules and equipment necessary for each sport taught.</p> <p>H1- Students will comprehend the dynamics of specific forms of birth control and how they are effective.</p> <p>H2- Students will identify the possible side effects of drugs on a quiz.</p>
Psychomotor	<p>PE1- Students will demonstrate spatial</p>	<p>PE1- Students will demonstrate their ability to</p>	<p>PE1- Students will complete the fitnessgram</p>

	<p>awareness by participating in activities that involve moving within a different shape, level or speed.</p> <p>PE2- Students will exert their energy towards activities and learning.</p> <p>H1- Students will create a poster that represents healthy foods and unhealthy foods.</p> <p>H2- Students will list the daily steps one should take in order to have good hygiene.</p>	<p>play invasion games and team sports, while avoiding invading the personal space of others.</p> <p>PE2- Students will reach their target heart rate at least once per class.</p> <p>H1- Students will perform a skit that demonstrates what domestic violence may entail.</p> <p>H2- Students will label the different parts of the body.</p>	<p>by training for the test during the fitness station warm ups.</p> <p>PE2- Students will perform several team sport activities in class.</p> <p>H1- Students will present a powerpoint presentation on assigned contraception.</p> <p>H2- Students will label the description that corresponds to the drug on the board.</p>
Affective	<p>PE1- Students will rate from 1-3 how much they enjoyed the activity.</p> <p>PE2- Students will show interest and joy while being in class.</p> <p>H1- Students will show cooperation within the groups they were assigned.</p> <p>H2- Students will express why they think hygiene is important to the person sitting next to them.</p>	<p>PE1- Students will describe how they felt during exercise.</p> <p>PE2- Students will be observed having fun and being encouraged by their peers.</p> <p>H1- Students will anonymously write down how they felt about the “skit” activity.</p> <p>H2- Students will show maturity while working in groups.</p>	<p>PE1- Students will rate the activity on a scale of 1-5 of difficulty.</p> <p>PE2- Students will demonstrate good teamwork by communicating and assisting their peers.</p> <p>H1- Students will show maturity by asking appropriate questions in class.</p> <p>H2- 80% of the students will score higher than 85% on the quiz.</p>

Definitions:

Elementary PE:

1. Locomotor movement: movement where the body travels through space from one location to another
2. Spatial awareness: knowledge of oneself and objects in relation to oneself in space
3. Personal Space: physical area immediately surrounding a person
4. General Space: physical area surrounding a person’s personal space into which a person can move
5. Exercise: activity requiring physical effort, carried out especially to improve or maintain physical health and fitness

Elementary Health:

1. **Healthy Foods:** a natural food, grown without pesticides or chemicals, that promotes good health, containing vital nutrients and vitamins while having a low sodium and fat content.
2. **Hygiene:** a condition or practice conducive to the preservation of health, as cleanliness.
3. **Nutrition:** the process by which an animal or plant takes in and utilizes food and nutrients.

Middle School PE:

1. **Target HR:** An appropriate heart rate aimed to reach in order to increase cardiovascular fitness.
2. **Strategies:** Plans put in place in order to achieve a goal in a sport or activity.
3. **Regulations:** Rules in place in order to provide structure and safety to activities.
4. **Vigorous Exercise:** Refers to the high amount of energy and work being exerted into an activity.
5. **Teamwork:** Groups of students working together in an attempt to complete a common goal.

Middle School Health:

1. **Domestic Violence:** Violent or aggressive behavior within the home, typically involving a spouse or partner.
2. **Reproductive System:** System of organs within an organism which work together for the purpose of reproduction. Many non living substances are just as important such as fluids, hormones, and pheromones.
3. **Values:** A person's principles or standards of behaving; ones judgement of what is important in life.

Secondary PE:

1. **Muscular Strength:** Maximum amount of force a muscle can output at one time.
Activity: One Max Rep
2. **Muscular Endurance:** A muscle's ability to exert force repetitively over a period of time.
Activity: 30 Push ups
3. **Cardiovascular Endurance:** The body's ability to intake and sent oxygen through the blood, to muscle groups over a prolonged period of time.
Activity: 1 Mile Run
4. **Flexibility:** The body's ability to move through an entire range of motion.
Activity: Sit n' Reach
5. **Body Composition:** The percentages of Fat, Bone, Water, and Muscle in the body.
Activity: Hydrostatic Weighing

Secondary Health:

1. **Drugs:** A medicine or substance that physiologically alters one's body.
2. **Contraception:** Methods or techniques to prevent pregnancy.
3. **Disease:** A disorder that changes one's structure or function negatively. There are often signs of symptoms that occur when affected by a disease.

K-5 Scope and Sequence Elementary PE								
			K	1	2	3	4	5
Locomotor Movement								
	Walk							
		Slow	1					
		Fast	1					
		High	1					
		Low	1					
		Straight	1					
	Run							
		Slow	1					
		Fast	1					
		High	1					
		Low	1					
		Straight	1					
	Hop							
		Small	1					
		Big	1					
		Forwards	1					
		Backwards		1				
		Left/Right Feet		1				
	Skip							
		Slow		1				
		Fast		1				
		Low		1				
		High		1				
		Straight		1				
		Zig-Zag		1				
	Leap							
		Small		1				
		Big		1				
		Straight			1			
		Zig Zag			1			
		Foot			1			
PE Broad Content Area 1			13	10	3	0	0	0
Striking								
	Feet							
		Stationary Dribble	1					
		Passing	1					
		Sides of feet	1					
		Shooting		1				
		Dribble while moving		1				
	Hand							

	Dribble							
		Stationary	1					
		On the Move	1					
		Slow	1					
		Fast		1				
		Straight		1				
		Around Obstacles		1				
	Passing							
		Stationary	1					
		Trapping Pass	1					
		To stationary target		1				
		On the Move		1				
		To Moving target			1			
	Shooting							
		Striking stationary	1					
		Striking Moving ball			1			
		Shooting for power				1		
		Shooting for				1		
		Shooting with both feet				1		
	Throw Ins							
		Proper Overhead		1				
		Throw for Power		1				
		Throw for Accuracy		1				
		Feet placement		1				
	Positioning							
		On ball Offense				1		
		Off ball offense				1		
		On ball defense				1		
		Off ball defense				1		
PE Broad Content Area 4			6	9	2	7	0	0
Basketball								
	Dribble							
		Stationary			1			
		On the Move			1			
		Slow			1			
		Fast			1			
		Straight			1			
		Around Obstacles			1			
	Passing							
		Stationary			1			
		Receiving pass			1			
		To stationary Target			1			
		To moving target				1		
		On the Move				1		
	Shooting							
		Hand positioning			1			
		Technical Form			1			
		Follow Through			1			
		Backboard use			1			
		Foul Shot				1		
		Long shot				1		
	Rules							

		Scoring				1		
		Number of players				1		
		Positions				1		
		Teamwork				1		
	Positioning							
		On Ball Offense					1	
		On Ball Defense					1	
		Off Ball Offense					1	
		Off Ball Defense					1	
PE Broad Content Area 5			0	0	13	8	4	0
Food Groups								
	Vegetables/Legumes							
		Benefits	1					
		Identify foods	1					
		Disadvantages	1					
	Fruit							
		Benefits	1					
		Identify foods	1					
		Disadvantages	1					
	Grains							
		Benefits	1					
		Identify foods	1					
		Disadvantages	1					
	Meats/Poultry							
		Benefits	1					
		Identify foods	1					
		Disadvantages	1					
	Dairy							
		Benefits	1					
		Identify foods	1					
		Disadvantages	1					
HE Broad Content Area 1			15	0	0	0	0	0
Personal Hygiene								
	Washing							
		Steps to wash	1					
		Reasons to wash	1					
		Identify dirty objects	1					
	Dealing with Cough							
		Ways to cough			1			
		Ways to stop			1			
		Reasons to cover mouth			1			
	Cleaning Teeth							
		Brushing Teeth			1			
		Flossing			1			
		Mouth wash			1			
	Bathing							
		washing hair		1				

		washing body		1				
	Spreading of Germs							
		Spreading Germs					1	
		Stopping Germs					1	
HE Broad Content Area 2			3	2	6	0	2	0
Nutrition								
	Macronutrients							
		Carbs			1			
		Proteins			1			
		Fats			1			
	Food Labels							
		Serving Size			1			
		Daily Calories			1			
		Daily nutrient			1			
		Ingredients			1			
	Healthy Foods							
		Recap Food Groups				1		
		Identify healthy				1		
		Meal analysis				1		
	Unhealthy							
		Recap Food Groups				1		
		Identify unhealthy				1		
		Meal Analysis				1		
	Self Reflection							
		Calorie Intake					1	
		Calore Expendature					1	
		Meal Analysis					1	
HE Broad Content Area 3			0	0	7	6	3	0
PE Broad Content Areas			39	22	24	23	8	1
HE Broad Content Areas			18	2	13	6	5	0

6-8 Scope and Sequence					
			6	7	8
Soccer					
	Dribbling	Right foot	1		
		Left Foot	1		
		Both Feet	1		
		Inside of the foot	1		
		Outside of the foot		1	
		Stopping the ball	1		
	Passing	Short	1		
		Long		1	
		Straight	1		
		Power			
		Accuracy	1		
	Shooting				
		Right foot	1		
		Left Foot		1	
		Power	1		
		Aiming for targets		1	
	Positioning	Defense		1	1
		Offense		1	1
		Field positioning	1	1	1
		Space	1	1	1
PE Content Area 1 Totals			12	8	4
Basketball					
	Bounce pass				
		Releasing the ball	1		
		Hand positioning	1		
		Force	1		
		Aiming for targets	1		
		Distance	1		
	Chest pass				
		Releasing the ball	1		
		Hand positioning	1		
		Force	1		
		Aiming for targets	1		
		Distance	1		
	Dribbling				
		Right hand	1		
		Left hand	1		
		Proper stance	1		
		"finger tips"	1		
		Dribble forward	1		
		Dribble Backwards	1		
	Scoring				
		Form	1		
		Aiming at targets			
		Understanding backboard	1		

		Shootin from different distances		1	
		Lay-ups	1		
	Positioning				
		Offence	1		
		Defence	1		
		Names of positions	1		
		Zone defence			1
		Man Defence			1
PE Content Area 2 Totals			22	13	12
Volleyball					
	Forearm pass				
		Hand Positioning	1		
		Arm positioning	1		
		Ball positioning	1		
		Force	1		
		Accuracy	1	1	
	Setting				
		Using finger tips	1	1	
		Release point	1		
		Body position	1	1	
		Accuracy	1	1	
	Spike				
		Force		1	1
		Accuracy		1	1
		Technique		1	1
		Target		1	1
		Timing		1	1
	Potitioning				
		Rotation	1	1	
		Setter	1		
		Server	1	1	
		Outside hitter	1	1	1
		Blocking		1	1
PE Content Area 3 Totals			14	17	11
Softball					
	Hitting				
		Hand positioning	1	1	
		Stance	1	1	1
		Follow through	1	1	
		Using different implements	1	1	
	Throwing				
		Step	1		
		Weight transfer	1		
		Release point	1	1	
		Follow through	1	1	
		Force	1	1	1
	Pitching				
		Under hand throw	1		
		Over hand throw	1		
		step	1	1	
		Weight transfer	1	1	1

		Release point	1	1	1
	Fielding				
		Positioning	1	1	
		Catching	1	1	
		Ground Balls	1	1	1
		Fly balls(pop ups)	1	1	1
	Base running				
		Running form	1		
		Targeting			
		Timing	1	1	1
		Tagging up	1	1	1
PE Content Area 4 Totals			21	16	8
Football					
	Throwing				
		Step	1		
		Weight transfer	1		
		Release point	1		
		Follow through	1		
		Force	1		
	Catching				
		Hand positioning	1		
		"keep looking at the ball"	1		
		Receiving	1		
		Tucking the ball	1		
	Positions				
		Quarterback	1		
		Wide receiver	1		
		Running back	1		
	Rules				
		Downs	1		
		Touchdown	1		
		Point system	1		
		Field goals	1		
		Offsides	1		
		Incomplete passes	1		
	Offensive possession of ball				
		Receiving	1		
		Tucking ball away	1		
		Running behind blockers	1		
		Route running	1		
PE Content Area 5 Totals			22	0	0
Reproductive system					
	Female reproductive system				
		Vagina	1		
		Cervix	1		
		uterus	1		
		Fallopian tube	1		
		ovary	1		
		Ovum	1		

	Male reproductive system				
		Prostate	1		
		urethra	1		
		testicals	1		
		penis	1		
	Hormones				
		Beginnings	1		
		GnRH	1		
		Testosterone	1		
		Estrogen	1		
	Similarities				
		On set of puberty	1		
		mood swings	1		
		Increase in risky behaviors	1		
	Differences				
		Physical Changes	1		
		Menstrual Cycle	1		
		Estrogen	1		
		Testosterone	1		
HE Content Area 1 Totals			21	0	0
Reproductive organs					
	Female sex organs				
		vagina	1		
		cervix	1		
		urethra	1		
		fallopian tube	1		
		ovary	1		
		ovum	1		
	Male sex organs				
		urethra	1		
		prostate	1		
		penis	1		
		testicles	1		
	Accesory organs				
		tongue	1		
		pacreas	1		
		liver	1		
		gallbladder	1		
		salivary glands	1		
	Pregnancy				
		First trimester	1		
		second trimester	1		
		third trimester	1		
	Advanced age hormone decreases				
		Menopause	1		
		Low testosterone	1		
		Treatments	1		
HE Content Area 2 Totals			21	0	0
Domestic violence					
	Family Relationships				
		Acknowledgeing abuse	1		

		Who can you talk too	1		
		Services	1		
	Intimate relationships				
		Recognizing abuse	1		
		Expressing concerns (as a friend)	1		
		Developing a course of action	1		
		Getting help	1		
	Platonic Relationships				
		Recognizing who cares about you	1		
		Acknowledging positive traits in friends	1		
		Acknowledging negative traits in friends	1		
		How to approach "Abuser"	1		
	Signs				
		Unexplainable bruises	1		
		Making excuses partner	1		
		Making excuses friends	1		
		secluded behaviors	1		
	Being proactive				
		Talking with friends	1		
		Talking with relatives	1		
		Counseling	1		
		Support groups	1		
HE Content Area 3 Totals			19	0	0
Physical Education Total Offerings			91	54	35
Health Education Total Offerings			61	0	0

9-12 Scope and Sequence Secondary						
			9	10	11	12
Fitnessgram						
	Muscular Strength					
		Plyometrics	1			
		Free weights	1			
		Resistance training	1			
		Machines	1			
		Curcuit Training	1			
	Muscular Endurance					
		Pushups	1			
		Sit-ups	1			
		Squats	1			
		Pull-ups	1			
		Running	1			
	Cardiovascular Endurance					
		Biking	1			
		Swimming	1			
		Ergonomic Rowing	1			
		Running	1			
		Pacer	1			
	Flexibility					
		Static stretching	1			
		Dynamic stretching	1			
		PNF Stretching	1			
		Resistance Bands	1			
		Yoga	1			
	Testing					
		Aerobic Capacity	1			
		Body Composition	1			
		Muscular Strength and Endurance	1			
PE Content Area 1 Totals			23	0	0	0
Hockey						
	Dribbling					
		Stationary Dribble		1		
		Dribble while moving		1		
		Dribbling in a straight line		1		
		Dribbling in a zig zag		1		
		Dribbling around objects/defense		1		
	Passing					
		Stationary Passing		1		
		Passing on the move		1		
		Forehand pass		1		
		Backhand Pass		1		
	Shooting					

		Stationary Ball		1		
		Moving Ball		1		
		Slap shot		1		
		Forehand		1		
		Backhand		1		
	Positions					
		Right Wing		1		
		Left Wing		1		
		Center		1		
		Defensemen		1		
		Goalie		1		
	Field Hockey					
		Dribbling		1		
		Passing		1		
		Shooting		1		
		Positions		1		
PE Content Area 2 Totals			0	23	0	0
Football						
	Receiving					
		Stationary	1			
		On the move	1			
		Close passes	1			
		From a distance	1			
		High	1			
		Low	1			
	Throwing					
		Biomechanics	1			
		Short	1			
		Long	1			
		Loft	1			
		Hard	1			
	Running					
		Low	1			
		Middle	1			
		High	1			
		Changing Speed	1			
		Changing Direction	1			
	Offense					
		Quarterback	1			
		Runningback	1			
		Wide Receiver	1			
		Advancing the ball	1			
		Getting open	1			
	Defense					
		Secondary	1			
		Linebackers	1			
		Defensive Line	1			
		Interceptions	1			
		Stop	1			
PE Content Area 3 Totals			26	0	0	0
Soccer						
	Dribble					
		Stationary	1			

		On the Move	1			
		Slow	1			
		Fast	1			
		Straight	1			
		Around Obstacles	1			
	Passing					
		Stationary	1			
		On the Move	1			
		To stationary target	1			
		To Moving target	1			
		Trapping Pass	1			
	Shooting					
		Striking stationary ball	1			
		Striking Moving ball	1			
		Shooting for power	1			
		Shooting for Accuracy	1			
		Shooting with both feet	1			
	Throw Ins					
		Proper Overhead Technique	1			
		Throw for Power	1			
		Throw for Accuracy	1			
		Feet placement	1			
	Positioning					
		On ball Offense	1			
		Off ball offense	1			
		On ball defense	1			
		Off ball defense	1			
	PE Content Area 4 Totals		24	0	0	0
	Basketball					
	Dribble					
		Dominant Hand stationary		1		
		Non-Dominant hand Stationary		1		
		Cross-over Stationary		1		
		Dribble Forward & Backwards		1		
		Dribble Side to Side		1		
		Dribble Around Obstacles		1		
	Passing					
		Chest Pass		1		
		Bounce Pass		1		
		Overhead Pass		1		
		Passing while stationary		1		
		Passing on the move		1		
		With defense		1		
	Shooting					
		Layups Right-handed		1		
		Layups Left-handed		1		
		Foul Shot		1		
		Jump Shot		1		
		Baseline Shot		1		
		3-point Shot		1		
	Rebounding					
		Jumping		1		
		Catching		1		
		Boxing Out		1		

		Pivoting with ball		1		
	Positioning					
		Point guard		1		
		2 Guard		1		
		3 Forward		1		
		4 Forward		1		
		Center		1		
PE Content Area 5 Totals			0	27	0	0
Health Content						
Drugs						
	Alcohol					
		Short-term Effects		1		
		Long-term Effects		1		
		Risks/safety		1		
		Laws		1		
	Tobacco					
		Short-term Effects		1		
		Long-term Effects		1		
		Risks/safety		1		
		Laws		1		
	Stimulants					
		Types		1		
		Short-term effects		1		
		Long-term Effects		1		
		Risks/safety		1		
		Laws		1		
	Depressants					
		Types		1		
		Short-term effects		1		
		Long-term Effects		1		
		Risks/safety		1		
		Laws		1		
	Medicine					
		Types		1		
		Addiction		1		
		Laws		1		
		Risks/safety		1		
Health Content Area 1 Totals			22	0	0	0
Contraception						
	Abstinence					
		Definition		1		
		Benefits		1		
		Refusal Skills		1		
	Barrier Method					
		Male Condom		1		
		Female Condom		1		
		Diaphragm		1		
		Sponges		1		
		Spermicides		1		
	Hormonal Method					
		Pills		1		
		Patches		1		
		Shots		1		

		Rings	1			
		Rods	1			
		Emergency Contraceptive Pill	1			
	Intrauterine					
		Copper IUD	1			
		Hormonal IUD	1			
	Sterilization					
		Sterilization Implant	1			
		Tubal Ligation	1			
		Vasectomy	1			
Health Content Area 2 Totals			19	0	0	0
Disease						
	Bacterial					
		Causes			1	
		Prevention			1	
		Vaccines			1	
		Types			1	
	Cardiovascular					
		Causes			1	
		Prevention			1	
		Types			1	
		Treatments			1	
	Congenital					
		Causes			1	
		Prevention			1	
		Types			1	
		Treatments			1	
	STDs					
		Herpes			1	
		Ghonnorrhea			1	
		Chlamydia			1	
		HIV/AIDs			1	
		HPV			1	
	Mental					
		Depression/Anxiety			1	
		Bipolar Disorder			1	
		Eating Disorders			1	
Health Content Area 3 Totals			0	0	20	0