

New Haven Elementary

Physical Education Curriculum Map

2013/2014

Month	Topic	Big Idea	Core Content
August	Locomotor Skills Non-Locomotor Skills Space, Time, Force, Body Awareness	Psychomotor Skills	PL-2.1.1 PL-2.1.2
	Importance of Rules/Practice	Lifetime Physical Wellness	PL-2.2.2, 2.2.4
September	Benefits of Exercise Nutrition/Dietary Guidelines Relationships/Levels/Pathways (Primary)	Lifetime Physical Wellness Nutrition Psychomotor Skills	PL-2.2.1 PL-1.2.2 PL-2.1.2
	Elements/Purposes of Dance	Dance	AH-1.2.1, 1.2.2, 3.2.1
October	Colonial American Dance Underhand/Overhand	Dance Psychomotor Skills	AH-2.2.1, 4.2.1, 4.2.3 PL-2.1.1
	Throwing and Catching Chasing, Fleeing, Dodging	Psychomotor Skills	PL-2.1.1
November	Components of Fitness FITT Principle Fitness Testing	Lifetime Physical Wellness	PL-2.2.3
	Dribbling with Feet	Psychomotor Skills	PL-2.1.1
December	Kicking Dribbling with Hands	Psychomotor Skills Psychomotor Skills	PL-2.1.1 PL-2.1.1
	Basketball Skills Holiday Break		
January	Elements/Purposes of Dance West African Dance	Dance	AH-1.2.1, 1.2.2, 3.2.1 AH-2.2.1, 4.2.2, 4.2.3
January	Striking-Hockey Skills (2 weeks)	Psychomotor Skills	PL-2.1.1

February	Rules/Sportsmanship Game Invention Jumping and Landing Effects of exercise on Heart Health (Jump Rope for Heart)	Lifetime Physical Wellness Psychomotor Skills Lifetime Physical Wellness	PL-2.2.4 PL-2.2.5 PL-2.1.1 PL-2.2.1
March	Hitting/Throwing/Catching Wiffle Ball Skills Health Fair	Psychomotor Skills ALL Topics In Health and Wellness	PL-2.1.1
April	Spring Break Volleying (2 weeks) Volleyball Skills Bowling (Importance of rules during recreations games)	Psychomotor Skills Lifetime Physical Wellness	PL-2.1.1 PL-2.2.4
May	Fitness Plans Track and Field	Lifetime Physical Wellness Psychomotor	PL-2.2.3 PL-2.1.1