

Total Body Fitness PE Curriculum Map

	Activity	BIG Idea	Learning Target
Week 1-3	Invasion Games Soccer, Ultimate Frisbee, Modified Rugby	Team Sport Strategy	I can move to open space and share the ball. I help my team
	Fitness Testing	Self assessment based on fitness information	I do my best in each fitness test I can diagnose my strengths and weaknesses
Week 4-6	Net / Wall Games Tennis, Pickleball, Badminton	Striking / Volleying	I can hit an accurate forehand 7/10 I cooperate with others I respect individual differences
	Fitness Cross Training	Effects of exercise. Participation intensity Monitor my body Learn to challenge my physical limits	I know the 4 areas of fitness I know what exercises train the different areas of fitness. I work in my Target Heart Rate Zone
Weeks 7-9	Striking and Fielding Games	Throw targets Catching	I throw with form and accuracy.
	Fitness Testing	Improvement	I am improving my fitness level
Weeks 10-15	Invasion Games Basketball, Speedball	Basic BB skill and development Target shooting	I can dribble, pass, and pivot I can shoot with proper form and accuracy
	Net/Wall Game Volleyball	VB skill and strategy Sportsmanship	I improve my skill and knowledge of VB I can identify traits of a good sport
	Fitness Cross train	Awareness of fitness Progression this semester	I can report evidence to show my fitness improvement.
	Participation	choose to regularly participate Recognize opportunity for growth Practice self control and healthy hygiene	I practice good citizenship. I exhibit healthy hygiene before and after exercise.
Weeks 16-18	Swimming	Basic Swimming skill development.	I can demonstrate a front crawl, the backstroke, and breast stroke
	Fitness Testing	FIT principle Overload Specificity Meet standards	I know how to make a fitness plan.