The following curriculum map is part of a GaDOE collection of instructional resources for Physical Education.

| **Unit/**  **Themes** | **Fall Themes (9 weeks)** | **Fitness Themes**  **(9 weeks)** | **Winter Themes (9 weeks)** | **Spring Themes (9 weeks)** |
| --- | --- | --- | --- | --- |
| **GSE for Physical Education** | P.E. 4.1. (e,f,g,j,k,q)  P.E. 4.2 (a,b,c,e)  P.E. 4.4 (a,b,c,d)  P.E. 4.5 (a,b,c) | P.E. 4.1. (a,b,d,r)  P.E. 4.2 (a,b,c)  P.E. 4.3 (a,b,c,d,e,f,g,h,I,j)  P.E. 4.4 (a,b,c,d)  P.E. 4.5 (a,b,c) | P.E. 4.1. (a,b,c,d,h,m,n,o,p,q)  P.E. 4.2 (b,c,d,e)  P.E. 4.4 (a,b,c,d)  P.E. 4.5 (a,b,c) | P.E. 4.1. (e,f,g,I,j,l,p,q)  P.E. 4.2 (a,b,c,d,e)  P.E. 4.4 (a,b,c,d)  P.E. 4.5 (a,b,c) |
| **SAMPLE**  **Activities and Strategies** | * Tossing/Catching * Chasing/Fleeing/Dodging * Playground Games | * Fitness Testing * Jump Rope * Dance * Scooter boards | * Striking with hand * Striking with a racquet * Pass and catch large ball * Dribble ( hands) * Weight transfer * Paddle games * Tumbling | * Striking long object * Kicking * Dribble ( foot) * Striking a thrown object * Catch and throw * Fitness Post-Test * Field Day |
| **Sport Related**  **Activities** | * Flag Football |  | * Volleyball * Basketball * Tennis * Gymnastics | * Hockey * Soccer * Baseball |
| **Key Concepts** | Throws underhand and overhand using a mature form to a stationary partner or target with reasonable accuracy.  Throws to a moving partner or target with reasonable accuracy.  Catches a ball thrown from a partner at three different levels (high, medium, and low) with proper form.  Kicks an object along the ground and in the air.  Punts a ball using mature form.  Combines traveling with the manipulative skills of dribbling, throwing, catching, striking and kicking in small-sided games.  Applies the concepts of open and closed spaces in a movement setting.  Combines pathways, shapes and levels with skills in small-sided games, gymnastics and/or dance environments.  Applies the concepts of speed, endurance, and pacing movement activities.  Applies simple offensive and defensive tactics and strategies in a variety of activities.  Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities.  Exhibits independent and cooperative responsibility.  Listens respectfully to corrective feedback from others (peers and adults).  Works safely with peers and equipment in physical activity settings.  Examines the health benefits of participating in physical activity.  Ranks the enjoyment and/or challenge of various physical activities.  Describes and compares the positive social interactions when engaged in a variety of physical activities. | Uses various locomotor skills in a variety of small-sided games, dance, and educational gymnastic experiences.  Creates a repeatable dance, gymnastics, or exercise routine when combining locomotor movement patterns.  Transfers weight in gymnastics and/or dance environments.  Creates and/or performs a jump rope routine.  Applies the concepts of open and closed spaces in a movement setting.  Combines pathways, shapes and levels with skills in small-sided games, gymnastics and/or dance environments.  Applies the concepts of speed, endurance, and pacing movement activities.  Identifies physical activities which contribute to fitness.  Demonstrates warm-up and cool-down activities as they relate to cardiorespiratory fitness assessment.  Demonstrates the proper protocol and identifies form breaks for the Georgia Fitness Assessment components.  Identifies what the Health Fitness Zones are and connects their significance as a piece of the Georgia Fitness Assessment.  Participates in the Georgia Fitness Assessment Program with teacher supervision and determines if he/she is in the Healthy Fitness Zone.  Identifies areas to improve based upon the Georgia Fitness Assessment results.  Compares opportunities for participating in physical activity outside of the physical education class.  Independently engages in physical education class.  Discusses the importance of hydration related to physical activity.  Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities.  Exhibits independent and cooperative responsibility.  Listens respectfully to corrective feedback from others (peers and adults).  Works safely with peers and equipment in physical activity settings.  Examines the health benefits of participating in physical activity.  Ranks the enjoyment and/or challenge of various physical activities.  Describes and compares the positive social interactions when engaged in a variety of physical activities. | Uses various locomotor skills in a variety of small-sided games, dance, and educational gymnastic experiences.  Creates a repeatable dance, gymnastics, or exercise routine when combining locomotor movement patterns.  Balances on different bases of support while transferring weight (walk and balance on a low beam, log roll, transfer weight while stretching and transferring weight from one foot to the other).  Transfers weight in gymnastics and/or dance environments.  Dribbles with dominant and non-dominant hands in general space with control of ball and body while increasing and decreasing speeds.  Volleys underhand using a mature form in small-sided games.  Volleys a ball upward with a two-hand overhead pattern.  Strikes an object with a short-handled implement (lollipop-paddle or ping pong paddle) alternating hits with a partner over a low net, line, or against a wall demonstrating mature form.  Strikes an object with a long-handle implement (hockey stick, golf club, bat, tennis or badminton racket) while demonstrating three of five critical elements of a mature form (grip, stance, body orientation, swing, plane, and follow-through).  Combines traveling with the manipulative skills of dribbling, throwing, catching, striking, and kicking in small-sided games.  Combines pathways, shapes and levels with skills in small-sided games, gymnastics and/or dance environments.  Applies the concepts of speed, endurance, and pacing movement activities.  Applies the concepts of direction and force when manipulating an object.  Applies simple offensive and defensive tactics and strategies in a variety of activities.  Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities.  Exhibits independent and cooperative responsibility.  Listens respectfully to corrective feedback from others (peers and adults).  Works safely with peers and equipment in physical activity settings.  Examines the health benefits of participating in physical activity.  Ranks the enjoyment and/or challenge of various physical activities.  Describes and compares the positive social interactions when engaged in a variety of physical activities. | Throws underhand and overhand using a mature form to a stationary partner or target with reasonable accuracy.  Throws to a moving partner or target with reasonable accuracy.  Catches a ball thrown from a partner at three different levels (high, medium, and low) with proper form.  Dribbles (with feet) in general space with control of ball and body while increasing and decreasing speed.  Kicks an object along the ground and in the air.  Receives and passes the ball with the inside and outside of the feet to a stationary and moving target.  Strikes an object with a long-handled implement (hockey stick, golf club, bat, tennis or badminton racket) while demonstrating three of the five critical elements of a mature form (grip, stance, body orientation, swing, plane and follow-through).  Combines traveling with the manipulative skills of dribbling, throwing, catching, striking and kicking in small-sided games.  Applies the concepts of open and closed spaces in a movement setting.  Combines pathways, shapes and levels with skills in small-sided games, gymnastics and/or dance environments.  Applies the concepts of speed, endurance, and pacing movement activities.  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