



## Curriculum Map: Mid-level Physical Education

| Essential Questions   | Grade Level Scope and Sequence  |
|---|---|
| <p>Health:</p> <ol style="list-style-type: none"> <li>1. How does what I eat affect my physical health?</li> <li>2. What are some characteristics of healthy relationships?</li> <li>3. What does it mean to be mentally and emotionally healthy?</li> <li>4. How do I make healthy decisions in the face of peer, media and other pressures?</li> <li>5. Why do people choose to abuse alcohol, tobacco and drugs?</li> </ol> <p>Physical Education</p> <ol style="list-style-type: none"> <li>1. How can we move effectively and efficiently?</li> <li>2. What principles are involved when performing a sport specific skill?</li> <li>3. How do we interact with others during physical activity?</li> <li>4. Why is it important to be physically fit and how do we stay fit?</li> <li>5. How does sportsmanship carry over into everyday life?</li> <li>6. How will physical activity help me now and in the future?</li> </ol> | <p>5<sup>th</sup> Grade:</p> <ol style="list-style-type: none"> <li>1. Demonstrates leadership and willing to follow the lead from others</li> <li>2. Uses cooperation skills to accomplish group or team activities</li> <li>3. Understands the concept of sportsmanship and the importance of good behavior while engaging in an activity</li> </ol> <p>6<sup>th</sup> Grade</p> <ol style="list-style-type: none"> <li>1. Character Development</li> <li>2. Nutrition</li> <li>3. Personal Hygiene</li> <li>4. Fitness Activities</li> <li>5. Team Sports</li> <li>6. Life- time sports</li> </ol> <p>7<sup>th</sup> Grade</p> <ol style="list-style-type: none"> <li>1. Character Development</li> <li>2. Substance Abuse</li> <li>3. Abstinence education/ Healthy Relationships</li> <li>4. Fitness Activities</li> <li>5. Team Sports</li> <li>6. Life- Time sports</li> </ol> <p>8<sup>th</sup> Grade</p> <ol style="list-style-type: none"> <li>1. Fitness Actives</li> <li>2. Team Sports</li> <li>3. Life Time Sports</li> </ol> |

