

# WESTSIDE CURRICULUM MAP

**Westside Middle School**

**Teacher: Butts/Williams/Engle**

**Grade: 6th**

**Content: P.E.**

**Revised Date: 1- 6-15 \***

<b>Unit Goal:</b> kickball		
Frameworks / CCSS	Content	Skills
PEL 2.6.5	agility power	<i>The student will utilize learned motor skills</i>
Activities		Assessments
Regular kickball game 7 base Kickball Big Base 5 team 'Base'ket ball kickball game		Teacher Observation Performance Exit Ticket Thumbs Up Quick Write
		Resources
		P. E. Central website personal knowledge Workshops

<b>Unit Goal:</b> Exercise Stations		
<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>
PEL: 2.6.1 PEL 2.6.3 PEL 2.6.4 PEL 2.6.7 PEL 3.6.3 PEL 3.6.4 PEL 3.6.5 PEL 3.6.6 PEL 3.6.7	Muscles: Abdominal, hamstrings, quadriceps, deltoids  FITT principle  target/resting heart rate  muscular endurance	<i>The student will...</i>  <i>Refine basic musculoskeletal techniques</i>  <i>Practice and refine the sequences of rolling, balance, and weight transfer</i>  <i>Perform a variety of dances</i>  <i>Integrate academic content</i>  <i>Understand relationship between caloric intake and caloric expenditure</i>  <i>Participate in exercises than increase flexibility</i>  <i>Participate in muscle building activities</i>  <i>Evaluate benefits that result from muscular endurance</i>  <i>Participate ;in a nationally recognized health-fitness assessment</i>
<b>Activities</b>	<b>Assessments</b>	<b>Resources</b>
exercise circuits group stretches (toe touches, mountain climbers, situps, jumping jacks) game stations 1/2 mile walk dance activities literacy/assessment corner	Teacher Observation Performance Exit Ticket Thumbs Up Quick Write	P. E. Central website personal knowledge Workshops

**Unit Goal:** Dodging

<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>	
PEL 5.6.1	reaction time agility coordination	<i>The student will....</i>  <i>Understand the physical dangers associated with dodging activities.</i>	
<b>Activities</b>		<b>Assessments</b>	<b>Resources</b>
Scatterball 2 pin dodge Overload dodge Ffitness dodge Jailhouse		Teacher Observation Performance Exit Ticket Thumbs Up Quick Write	P. E. Central website personal knowledge Workshops

**Unit Goal:** Ultimate Unit

<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>	
PEL 4.6.1	speed balance	<i>The student will...</i>  <i>Participate in a variety of activities that will help build teamwork and individual skills (running, throwing, catching)</i>	
<b>Activities</b>		<b>Assessments</b>	<b>Resources</b>
Ultimate Football Ultimate Basketball Ultimate Frisbee Ultimate Spongeball		Teacher Observation Performance Exit Ticket Thumbs Up Quick Write	P. E. Central website personal knowledge Workshops

**Unit Goal:** Chasing/Fleeing Activities

<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>	
PEL 2.6.2 PEL 3.6.2 PEL 3.6.1	dynamic balance cardio endurance	<i>The student will...</i>  <i>Apply spatial awareness</i>  <i>Calculate the intensity of exercise</i>  <i>Apply safe practices of the FITT principle as it relates to cardio endurance</i>	
<b>Activities</b>		<b>Assessments</b>	<b>Resources</b>
Planet Invasion Battleship Star Wars Kingball Capture the Flag		Teacher Observation Performance Exit Ticket Thumbs Up Quick Write	P. E. Central website personal knowledge Workshops

<b>Unit Goal:</b> Target Games			
<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>	
PEL 2.6.6	spatial awareness	<i>The student will apply appropriate rules and strategies to improve performance in various physical activities</i>	
<b>Activities</b>		<b>Assessments</b>	<b>Resources</b>
Pin Defender Hula Hut Throwdown Toxic Blast Tchoukball 4 way volleyball Frisbee Hoop Baseball		Teacher Observation Performance Exit Ticket Thumbs Up Quick Write	P. E. Central website personal knowledge Workshops