

**Trinity Area School District  
Template for Curriculum Mapping**

<b>Course: P.E. &amp; Swimming Grade: 6-8 Designer(s):</b>	<b>Overview of Course: Students will understand and be able to live a healthy and balanced life after engaging in this course.</b>
--	--

**Overarching Big Ideas, Enduring Understandings, and Essential Questions**  
(These “spiral” throughout the entire curriculum.)

<b>Big Idea</b>	<b>Standard(s) Addressed</b>	<b>Enduring Understanding(s)</b>	<b>Essential Question(s)</b>
Leadership/ Sportsmanship	NASPE Standard 5  PA State Standards 10.3.6.D, 10.4.6.F	<ul style="list-style-type: none"> <li>• The best leaders lead by example.</li> <li>• Behaving well is as important as playing well.</li> <li>• You are accountable for how you treat people and your surroundings.</li> </ul>	<ul style="list-style-type: none"> <li>• What does a good leader do?</li> <li>• What are the characteristics of good sportsmanship?</li> <li>• Would I want me for a teammate or competitor?</li> </ul>
Well-Being	NASPE Standards 2,3,4  PA State Standards 10.4.6.A, 10.4.6.B, 10.4.6.C, 10.5.6.D	<ul style="list-style-type: none"> <li>• Just because you can’t do it today doesn’t mean you won’t be able to do it tomorrow.</li> <li>• Fit people engage in physical activity on a regular basis.</li> <li>• Regular physical activity effects the body systems.</li> <li>• Monitoring heart rate enables one to assess the effect physical activity has on the body.</li> <li>• Why do I need to know safety procedures?</li> </ul>	<ul style="list-style-type: none"> <li>• What does it mean to be fit for me?</li> <li>• How did you challenge yourself today?</li> <li>• What adjustments do you need to make tomorrow?</li> <li>• How do you maintain physical fitness?</li> <li>• Why do I need to know safety procedures?</li> </ul>
Strategies/Technique	NASPE Standards 1,2	<ul style="list-style-type: none"> <li>• Repetition of proper technique</li> </ul>	<ul style="list-style-type: none"> <li>• How do I/we get better?</li> </ul>

	PA State Standards 10.4.6.D, 10.4.6.E, 10.5.6.A, 10.5.6.B, 10.5.6.C, 10.5.6.E	<p>leads to improvement.</p> <ul style="list-style-type: none"> <li>• Think before you start.</li> <li>• A good planner knows when and where to make adjustments.</li> </ul>	<ul style="list-style-type: none"> <li>• What can I do to be prepared?</li> <li>• What is am I doing right or wrong?</li> </ul>
Competition/ Teamwork	NASPE Standards 2,5  PA State Standards 10.5.6.F	<ul style="list-style-type: none"> <li>• Competition can positively or negatively effect technique, behavior, attitude, or performance regardless of who your competitor is.</li> <li>• A team is more than a collection of individuals.</li> </ul>	<ul style="list-style-type: none"> <li>• What is healthy competition?</li> <li>• What role does cooperation play in physical activities/sports?</li> <li>• What makes a good team?</li> </ul>
Healthy Living	NASPE Standards 4, 5,6  PA State Standards 10.4.6.A, 10.4.6.D, 10.5.6.A	<ul style="list-style-type: none"> <li>• Take care of yourself so you can be your best every day.</li> <li>• The best choices for you fit who you are and what you need.</li> </ul>	<ul style="list-style-type: none"> <li>• How does physical education relate to what I do every day?</li> <li>• How will physical activity help me now and in the future?</li> </ul>
Water Safety	NASPE Standards 1,2,3,5  PA State Standards 10.5.6.E	<ul style="list-style-type: none"> <li>• Why do I need to know safety procedures?</li> <li>• Swimming is a lifetime activity that can improve fitness and relieve stress.</li> </ul>	<ul style="list-style-type: none"> <li>• Why do I need to know pool safety procedures?</li> <li>• How can developing my swimming strokes enhance my well-being now and in the future?</li> </ul>

**Big Ideas, Enduring Understandings, and Essential Questions Per Unit of Study**  
(These do NOT “spiral” throughout the entire curriculum, but are specific to each unit.)

<b>Title of Unit</b>	<b>Big Idea(s)</b>	<b>Standard(s) Addressed</b>	<b>Enduring Understanding(s)</b>	<b>Essential Question(s)</b>	<b>Common Assessment(s)*</b>	<b>Common Resource(s)* Used</b>
<b>Physical Fitness Testing</b>	<b>Well-Being</b>	NASPE Standards 2,3,4	<ul style="list-style-type: none"> <li>• Just because you can't do it today doesn't mean you won't be able to do it tomorrow.</li> </ul>	<ul style="list-style-type: none"> <li>• What does it mean to be fit for me?</li> <li>• How did you challenge</li> </ul>	Presidential Physical Fitness Tests	<a href="http://www.presidentialchallenge.org">www.presidentialchallenge.org</a>

		PA State Standards 10.4.6.A, B,C 10.5.6.D  10.4.9.A, B,C 10.5.9.D	<ul style="list-style-type: none"> <li>• Fit people engage in physical activity on a regular basis.</li> <li>• Regular physical activity effects the body systems.</li> <li>• Monitoring heart rate enables one to assess the effect physical activity has on the body.</li> <li>• Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<p>yourself today?</p> <ul style="list-style-type: none"> <li>• What adjustments do you need to make tomorrow?</li> <li>• How do you maintain physical fitness?</li> <li>• Why do I need to know safety procedures?</li> </ul>	*could be changing in the next year*	
<b>Soccer</b>	<b>Strategies/ Techniques</b>  <b>Competition / Teamwork</b>  <b>Well-Being</b>	NASPE Standards 1,2,5  PA State Standards 10.4.6.D,E 10.5.6.A,B,C,E,F  10.4.9.D,E 10.5.9.A,B,C,E,F	<ul style="list-style-type: none"> <li>• Think before you start.</li> <li>• A good planner knows when and where to make adjustments.</li> <li>• Repetition of proper technique leads to improvement.</li> <li>• Competition can positively or negatively effect technique, behavior, attitude, or performance regardless of who your competitor is.</li> <li>• A team is more than a collection of individuals.</li> <li>• Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>• How do I/we get better?</li> <li>• What can I do to be prepared?</li> <li>• What is the other team doing right or wrong? How does that change how I/we play?</li> <li>• What is healthy competition?</li> <li>• What role does cooperation play in physical activities/sports?</li> <li>• What makes a good team?</li> <li>• Why do I need to know safety procedures?</li> </ul>		
<b>Hockey</b>	<b>Leadership/</b>	NASPE	<ul style="list-style-type: none"> <li>• Behaving well is as important</li> </ul>	<ul style="list-style-type: none"> <li>• What are the</li> </ul>		

	<b>Sportsmanship</b>  <b>Well-Being</b>  <b>Strategies/Technique</b>	Standards 1,2,5  PA State Standards  10.4.6.D,E 10.5.6.A, B,C,E,F  10.4.9.D,E 10.5.9.A, B,C,E,F	as playing well. <ul style="list-style-type: none"> <li>Rules and procedures are put into place for the safety of yourself and others around you.</li> <li>Repetition of proper technique leads to improvement.</li> </ul>	characteristics of good sportsmanship? <ul style="list-style-type: none"> <li>Why do I need to know safety procedures?</li> <li>How do I/ we get better?</li> </ul>		
<b>Team Handball, Football, Frisbee</b>	<b>Leadership/Sportsmanship</b>  <b>Competition / Teamwork</b>  <b>Well-Being</b>	NASPE Standards 1,2,5  PA State Standards 10.4.6.D,E 10.5.6.A,B,C ,E,F  10.4.9.D,E 10.5.9.A,B,C ,E,F	<ul style="list-style-type: none"> <li>The best leaders lead by example.</li> <li>Behaving well is as important as playing well.</li> <li>Competition can positively or negatively effect technique, behavior, attitude, or performance regardless of who your competitor is.</li> <li>A team is more than a collection of individuals.</li> <li>Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>What does a good leader do?</li> <li>What are the characteristics of good sportsmanship?</li> <li>What is healthy competition?</li> <li>What role does cooperation play in physical activities/sports?</li> <li>What makes a good team?</li> <li>Why do I need to know safety procedures?</li> </ul>		
<b>Jump Rope</b>	<b>Well-Being</b>	NASPE Standards 2,3,4  PA State Standards 10.4.6.A,B,C	<ul style="list-style-type: none"> <li>Just because you can't do it today doesn't mean you won't be able to do it tomorrow.</li> <li>Fit people engage in physical activity on a regular basis.</li> <li>Regular physical activity</li> </ul>	<ul style="list-style-type: none"> <li>What does it mean to be fit for me?</li> <li>How did you challenge yourself today?</li> <li>What adjustments do you need to make tomorrow?</li> </ul>	Heart Rate Measurements	

		10.5.6.D 10.4.9.A,B,C 10.5.9.D	<p>effects the body systems.</p> <ul style="list-style-type: none"> <li>Monitoring heart rate enables one to assess the effect physical activity has on the body.</li> <li>Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>How do you maintain physical fitness?</li> <li>Why do I need to know safety procedures?</li> </ul>		
<b>Dance</b>	<b>Well-Being Healthy Living</b>	NASPE Standards 2,3,4,5,6  PA State Standards 10.4.6.A,B,C, 10.5.6.A,D  10.4.9.A,B,C, 10.5.9.A,D	<ul style="list-style-type: none"> <li>Just because you can't do it today doesn't mean you won't be able to do it tomorrow.</li> <li>Fit people engage in physical activity on a regular basis.</li> <li>Regular physical activity effects the body systems.</li> <li>Monitoring heart rate enables one to assess the effect physical activity has on the body.</li> <li>Take care of yourself so you can be your best every day.</li> <li>The best choices for you fit who you are and what you need.</li> <li>Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>What does it mean to be fit for me?</li> <li>How did you challenge yourself today?</li> <li>What adjustments do you need to make tomorrow?</li> <li>How do you maintain physical fitness?</li> <li>How does physical education relate to what I do every day?</li> <li>How will physical activity help me now and in the future?</li> <li>Why do I need to know safety procedures?</li> </ul>		
<b>Basketball</b>	<b>Leadership/ Sportsmansh</b>	NASPE Standards 1,2,5	<ul style="list-style-type: none"> <li>You are accountable for how you treat people and your</li> </ul>	<ul style="list-style-type: none"> <li>Would I want me for a teammate or competitor?</li> </ul>	6 <sup>th</sup> -Observation of B.E.E.F (Balance, Eyes,	

	<p><b>ip</b></p> <p><b>Strategies/ Techniques</b></p> <p><b>Competition / Teamwork</b></p> <p><b>Well-Being</b></p>	<p>PA State Standards 10.4.6.D,E 10.5.6.A,B,C, E,F</p> <p>10.4.9.D,E 10.5.9.A,B,C, E,F</p>	<p>surroundings.</p> <ul style="list-style-type: none"> <li>• Repetition of proper technique leads to improvement.</li> <li>• Competition can positively or negatively effect technique, behavior, attitude, or performance regardless of who your competitor is.</li> <li>• A team is more than a collection of individuals.</li> <li>• Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>• How do I/we get better?</li> <li>• What is healthy competition?</li> <li>• What role does cooperation play in physical activities/sports?</li> <li>• What makes a good team?</li> <li>• Why do I need to know safety procedures?</li> </ul>	<p>Elbow, Follow-through)</p> <p>7<sup>th</sup> &amp; 8<sup>th</sup> -Hot Shot Challenge</p>	
<p><b>Volleyball</b></p>	<p><b>Strategies/ Techniques</b></p> <p><b>Competition / Teamwork</b></p> <p><b>Well-Being</b></p>	<p>NASPE Standards 1,2,5</p> <p>PA State Standards 10.4.6.D,E 10.5.6.A,B,C,E,F</p> <p>10.4.9.D,E 10.5.9.A,B,C,E,F</p>	<ul style="list-style-type: none"> <li>• Think before you start.</li> <li>• A good planner knows when and where to make adjustments.</li> <li>• Repetition of proper technique leads to improvement.</li> <li>• Competition can positively or negatively effect technique, behavior, attitude, or performance regardless of who your competitor is.</li> <li>• A team is more than a collection of individuals.</li> <li>• Rules and procedures are put into place for the safety of</li> </ul>	<ul style="list-style-type: none"> <li>• How do I/we get better?</li> <li>• What can I do to be prepared?</li> <li>• What is the other team doing right or wrong? How does that change how I/we play?</li> <li>• What is healthy competition?</li> <li>• What role does cooperation play in physical activities/sports?</li> <li>• What makes a good team?</li> <li>• Why do I need to know</li> </ul>		

			yourself and others around you.	safety procedures?		
<b>Fitness/ Conditioning</b>	<b>Healthy Living Well-Being</b>	NASPE Standards 4, 5,6  PA State Standards 10.4.6.A,D 10.5.6.A  10.4.9.A,D 10.5.9.A	<ul style="list-style-type: none"> <li>• Take care of yourself so you can be your best every day.</li> <li>• The best choices for you fit who you are and what you need.</li> <li>• Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>• How does physical education relate to what I do every day?</li> <li>• How will physical activity help me now and in the future?</li> <li>• Why do I need to know safety procedures?</li> </ul>	Heart Rate Measurements  7 <sup>th</sup> & 8 <sup>th</sup> -Fitness Program Creation	7 <sup>th</sup> & 8 <sup>th</sup> Fitness Program Worksheet
<b>Tennis</b>	<b>Strategies/ Techniques Well-Being</b>	NASPE Standards 1,2,5  PA State Standards 10.4.6.D,E 10.5.6.A,B,C,E,F  10.4.9.D,E 10.5.9.A,B,C,E,F	<ul style="list-style-type: none"> <li>• Think before you start.</li> <li>• A good planner knows when and where to make adjustments.</li> <li>• Repetition of proper technique leads to improvement.</li> <li>• Rules and procedures are put into place for the safety of yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>• How do I/we get better?</li> <li>• What can I do to be prepared?</li> <li>• What is the other team doing right or wrong? How does that change how I/we play?</li> <li>• Why do I need to know safety procedures?</li> </ul>		
<b>Whiffle Ball/ Softball</b>	<b>Strategies/ Technique Well-Being</b>	NASPE Standards 1,2,5  PA State Standards 10.4.6.D,E 10.5.6.A,B,C,E,F	<ul style="list-style-type: none"> <li>• Think before you start.</li> <li>• A good planner knows when and where to make adjustments.</li> <li>• Repetition of proper technique leads to improvement.</li> <li>• Rules and procedures are put</li> </ul>	<ul style="list-style-type: none"> <li>• How do I/we get better?</li> <li>• What can I do to be prepared?</li> <li>• What is the other team doing right or wrong? How does that change how I/we play?</li> </ul>		

		10.4.9.D,E 10.5.9.A,B,C,E,F	into place for the safety of yourself and others around you.	<ul style="list-style-type: none"> <li>• Why do I need to know safety procedures?</li> </ul>		
<b>Swimming</b>	<b>Water Safety Well-Being</b>	NASPE Standards 1,2,3,5  PA State Standards 10.5.6.E  10.5.9.E	<ul style="list-style-type: none"> <li>• Rules and procedures are put into place for the safety of yourself and others around you.</li> <li>• Swimming is a lifetime activity that can improve fitness and relieve stress.</li> </ul>	<ul style="list-style-type: none"> <li>• Why do I need to know pool safety procedures?</li> <li>• How can developing my swimming strokes enhance my well-being now and in the future?</li> </ul>	American Red Cross Level Testing	<a href="http://www.redcross.org">www.redcross.org</a>

\* Some teachers may need to think about the assessments and resources used in order to determine the Big Ideas, Enduring Understandings, and Essential Questions embedded in their courses. At this point in your curriculum mapping, you might want to ignore the “Common Assessments” and “Common Resources Used” columns. However, you may use them if you wish.