



Curriculum Mapping Project

Elementary



ACTIVE HOME PHYSICAL EDUCATION: 6-8 Fitness Knowledge

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I can keep an active lifestyle while staying at home from school.	I can develop my personal fitness by staying active for 60 minutes each day.	I can develop my cardiorespiratory endurance at home.	I can develop my muscular strength at home to improve overall fitness.	I can flex and extend my muscles to improve my overall fitness.
Academic Language for Today	ACTIVE LIFESTYLE A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.	FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	CARDIORESPIRATORY ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort.	DYNAMIC STRETCHING An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.
Warm-up	RPS Victory Lap	RPS Victory Lap	RPS Victory Lap	RPS Victory Lap	RPS Victory Lap
OPEN Home Activity	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card	AMRAP This is AMRAP Teamwork. Complete each AMRAP station. You will identify the related components of fitness. AMRAP Cards	Cupid Fitness Capacity This is Cupid Fitness Shuffle. Complete the Cupid Shuffle using fitness movements in order to feel our body's physiological response. Cupid's Fitness Capacity	Planking Hockey Score points by rolling the ball between your opponent's hands. Full Activity Plan	Fitness Knowledge It's time to continue working on our flexibility and balance with Unplugged from Darebee.com. Unplugged Workout
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Sun Salutation #1 Follow the car to perform with family. Sun Salutation #1	Sun Salutation #2 Follow the car to perform with family. Sun Salutation #2	Sun Salutation #3 Follow the car to perform with family. Sun Salutation #3	Sun Salutation #4 Follow the car to perform with family. Sun Salutation #4	Sun Salutation Follow the car to perform with family. Full Sun Salutation



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Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log
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