**Covington High School Curriculum Map**

**Class: PE**

| ***TIME:*** *When and for how long will the content be taught* | ***Standard:***  *List the exact standard as adopted or our locally adopted skill* | ***Topic:***  *Brief explanation of what you will be doing to teach this standard* | ***Assessments:*** *How and when students will be assessed* |
| --- | --- | --- | --- |
| **August:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. high knees, butt kicks, A-skips, B-skips, dot drill, squatting, push vs. pull | **Assessments:**   |
| **September:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. static stretching routine, base plyometic ‘grid’ drills, hang clean, jumping, volleyball & football skills | **Assessments:**  |
| **October:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. power clean, front squats, team tag, partner sprint drills, nukem, ultimate frisbee | **Assessments:**  |
| **November:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. deadlift, resistant sprint drills, agilities, basketball | **Assessments:** |
| **December:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. deadlift, resistant sprint drills, agilities, basketball | **Assessments:** |
| **January:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. front squats, push press, plate pushes | **Assessments:** |
| **February:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. kickball, team handball | **Assessments:**  |
| **March:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. whiffleball, speed lunges | **Assessments:**  |
| **April:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. badminton, pickleball | **Assessments:**  |
| **May:** Dynamic & Static Flexibility, Sprint Mechanics, Bodyweight Exercises, Strength Training Exercises, Plyometric Drills, Variety of Physical Games/Activities (continuous) | **Standards:** 1.1.1A, 1.1.3A, 1.2.1B, 1.3.1B, 1.3.1C, 1.4.2A, 1.4.3A, 1.4.4A, 1.5.2A | **Teaching Methods:**Verbal, demonstration, visual (video), kinesthetice.g. archery | **Assessments:**  |

\*\*\*Assessment of these skills occurs periodically throughout the school year more on an individual basis. I pre test the following categories to begin the school year: push ups, sit ups, pull ups, 1 mile run, 40 yard dash, vertical jump, pro agility shuttle. I set up periodic checkpoints (typically mid quarter) to assess these skills. At the end of each semester, I post test these categories, where grades are based on individual improvements. Additionally many of the other skills listed (weight training exercises, plyometric exercises, speed development, etc.) are continually monitored throughout the semester by following a progression plan to not only improve performance, but also to monitor correct technique & movement patterns.