

USD 230 Curriculum Map

Grade: 6-8 **Subject:** Physical Education

Unit: Fitness/Strength Training

Quarter Taught: All Quarters

State Indicators	District Objectives/Outcomes/ Key Concepts	Instructional Strategies	Student Activities or Product(s)	Resources Used	Methods of Assessment
2.1.b 3.1.a 3.1.b 3.1.c 3.1.d 4.1.a 4.1.b 4.1.c 4.1.d 4.1.e 5.1.b 5.1.g 6.1.c 6.1.d	Set goals according to areas of fitness needed to maintain or improve. Show improvement in areas of need through pre and post fitness test.	Demonstration of techniques. Practice skills through a variety of movements. Explain the benefits of total fitness.	Cardiovascular, Muscular, Endurance, Flexibility, Body composition, Training	Mats Cones Boxes Weights Jump ropes Aerobics Fitness Equipment	Self-evaluation. Pre and Post Test evaluation.