

New Haven Elementary

Physical Education Curriculum Map

Month	Topic	Big Idea/National Standard
August	Locomotor Skills Non-Locomotor Skills Space, Time, Force, Body Awareness Importance of Rules/Practice	Psychomotor Skills NASPE 1,2,5
		Lifetime Physical Wellness NSPE 2,3,5,6
September	Benefits of Exercise Nutrition/Dietary Guidelines Relationships/Levels/Pathways (Primary) Elements/Purposes of Dance	Lifetime Physical Wellness Nutrition NASPE 4,6 Psychomotor Skills NASPE 1,2,5,6 Dance
		Dance Psychomotor Skills 1,2,5,6
October	Colonial American Dance Underhand/Overhand Throwing Catching Chasing, Fleaing, Dodging	
		Lifetime Physical Wellness NASPE 3,4,5,6
November	Components of Fitness FITT Principle Fitness Testing Dribbling with Feet	Psychomotor Skills NASPE 1,2,5,6
		Psychomotor Skills NASPE 1,2,5,6
December	Kicking Dribbling with Hands Basketball Skills Holiday Break	Psychomotor Skills NASPE 1,2,5,6

January	Elements/Purposes of Dance Ceremonial Dance Striking-Hockey Skills (2 weeks)	Dance Psychomotor Skills NASPE 1,2,5,6
February	Rules/Sportsmanship Game Invention Jumping and Landing Effects of exercise on Heart Health (Jump Rope for Heart)	Lifetime Physical Wellness NSPE 3,4,5,6 Psychomotor Skills Lifetime Physical Wellness NASPE 3,4,5,6
March	Hitting/Throwing/Catching Wiffle Ball Skills Health Fair	Psychomotor Skills NASPE 1,2,5,6 ALL Topics In Health and Wellness
April	Spring Break Volleying (2 weeks) Volleyball Skills Bowling (Importance of rules during recreations games)	Psychomotor Skills NASPE 1,2,5,6 Lifetime Physical Wellness
May	Fitness Plans Track and Field	Lifetime Physical Wellness NASPE 3,4,5,6 Psychomotor NASPE 3,4,5,6