

Team Sports Curriculum Map

A.3.PE.1 Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/ wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.

A.4.HR.2 Meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand-cycle Test).

A.4.HR.3 Meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).

B.5.PS.1 Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.

K.2.HR.2 Evaluate cardiorespiratory fitness level using the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand-cycle Test).

M.1.IG.1 Demonstrate all elements of tactical problems, including off-the-ball movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., 5 vs. 5, 6 vs. 6, or 11 vs. 11).

M.1.IG.2 Demonstrate all elements of tactical problems, including on-the-ball movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating, and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., 5 vs. 5, 6 vs. 6, or 11 vs. 11).

Duration	Unit Name/Content	Standards	Assessments	Literacy Activities	Skills
10 days	Basketball <ul style="list-style-type: none"> Demonstrate tactical elements of the game. Maintaining 75% of target heart rate. Evaluate Respiratory Level 	M.1.IG.1 M.1.IG.2 A.3.PE.1 K.2.HR.2 B.5.PS.1	<ul style="list-style-type: none"> Teacher Observation Student Log 	Close Reading	<ul style="list-style-type: none"> Passing skills Hand dribble Maintaining possession Attacking goal Defending space and goal Monitor Cardio fitness level
10 days	Indoor Soccer <ul style="list-style-type: none"> Demonstrate tactical elements of the game. Maintaining 75% of 	M.1.IG.1 M.1.IG.2 A.3.PE.1 K.2.HR.2	<ul style="list-style-type: none"> Teacher Observation Student Log 	Close Reading	<ul style="list-style-type: none"> Foot dribble Kick Maintaining possession Attacking goal

	target heart rate. • Evaluate Respiratory Level	B.5.PS.1			• Defending space and goal • Monitor Cardio fitness level
10 days	• Team Handball • Demonstrate tactical elements of the game. • Maintaining 75% of target heart rate. • Evaluate Respiratory Level	M.1.IG.1 M.1.IG.2 A.3.PE.1 K.2.HR.2 B.5.PS.1	• Teacher Observation • Student Log	Close Reading	• Passing skills • Hand dribble • Maintaining possession • Attacking goal • Defending space and goal • Monitor Cardio fitness level
10 days	• Kin-Ball • Demonstrate tactical elements of the game. • Maintaining 75% of target heart rate. • Evaluate Respiratory Level	M.1.IG.1 M.1.IG.2 A.3.PE.1 K.2.HR.2 B.5.PS.1	• Teacher Observation • Student Log	Close Reading	• Striking with hand • Catching • Passing skills • Hand dribble • Maintaining possession • Defending space • Monitor Cardio fitness level
10 days	• Ultimate Frisbee • Demonstrate tactical elements of the game. • Maintaining 75% of target heart rate. • Evaluate Respiratory Level	M.1.IG.1 M.1.IG.2 A.3.PE.1 K.2.HR.2 B.5.PS.1	• Teacher Observation • Student Log	Close Reading	• Catching skills • Passing skills • Maintaining possession • Attacking goal • Defending space and goal • Monitor Cardio fitness level
10 days	• Board-ball • Demonstrate tactical elements of the game. • Maintaining 75% of target heart rate. • Evaluate Respiratory Level	M.1.IG.1 M.1.IG.2 A.3.PE.1 K.2.HR.2 B.5.PS.1	• Teacher Observation • Student Log	Close Reading	• Passing skills • Maintaining possession • Attacking goal • Defending space and goal • Monitor Cardio fitness level
10 days	Zone-ball • Demonstrate tactical	M.1.IG.1 M.1.IG.2	• Teacher Observation • Student Log	Close Reading	• Passing skills • Hand dribble

	elements of the game. <ul style="list-style-type: none"> • Maintaining 75% of target heart rate. • Evaluate Respiratory Level 	A.3.PE.1 K.2.HR.2 B.5.PS.1			<ul style="list-style-type: none"> • Maintaining possession • Attacking goal • Defending space and goal • Monitor Cardio fitness level
10 days	Team <ul style="list-style-type: none"> • Strategies • Positions • Team Drills 	M.1.IG.1 M.1.IG.2	<ul style="list-style-type: none"> • Teacher Observation 		<ul style="list-style-type: none"> • Learning different positions/strategies/drills • Maintaining possession • Attacking goal • Defending space and goal
10 days	Conditioning/Agility Testing <ul style="list-style-type: none"> • Pacer Test • Illinois Agility Test • X-Factor Test 	A.4.HR.2 A.4.HR.3	<ul style="list-style-type: none"> • Pre/Post Tests • Rubrics 	Close Reading	<ul style="list-style-type: none"> • Conditioning skills • Identify methods to help condition oneself.