

Mamaroneck Avenue School Physical Education Grades 3-5 Curriculum Map

<u>Third Grade</u>	<u>Month</u>
1. Intro to PE	September
➤ Rules	
➤ Procedures	
2. Touch Football	September
➤ Introduction to basic touch football skills and games	
3. Fitness testing	October
➤ Cardiovascular, strength, and flexibility testing	
4. Soccer	November
➤ Introduction to basic soccer skills and games	
5. Team Handball	December
➤ Introduction to basic team handball skills and games	
6. Basketball	January
➤ Introduction to basic basketball skills and games	
7. Floor Hockey	February
➤ Introduction to basic floor hockey skills and games	
8. "Whoopeeball"	March
➤ Introduction to basic baseball/softball skills and games	
9. Fitness testing	April
➤ Cardiovascular, strength, and flexibility testing	
10. Lacrosse	May
➤ Refinement of basic lacrosse skills and games	
11. Capture the flag	June
➤ Continuation of the outdoor game	

<u>Fourth Grade</u>	<u>Month</u>
1. Intro to PE	September
➤ Rules	
➤ Procedures	
2. Touch Football	September
➤ Refinement of basic touch football skills and games	
3. Fitness testing	October
➤ Cardiovascular, strength, and flexibility testing	
4. Soccer	November
➤ Refinement of basic soccer skills and games	
5. Team Handball	December
➤ Refinement of basic team handball skills and games	
6. Basketball	January
➤ Refinement of basic basketball skills and games	
7. Floor Hockey	February
➤ Refinement of basic floor hockey skills and games	
8. "Whoopeeball"	March
➤ Refinement of basic baseball/softball skills and games	
9. Fitness testing	April
➤ Cardiovascular, strength, and flexibility testing	
10. Lacrosse	May
➤ Refinement of basic lacrosse skills and games	
11. Capture the flag	June
➤ Continuation of the outdoor game	

<u>Fifth Grade</u>	<u>Month</u>
1. Intro to PE	September
➤ Rules	
➤ Procedures	
2. Touch Football	September
➤ Mastery of basic touch football skills and games	
3. Fitness testing	October
➤ Cardiovascular, strength, and flexibility testing	
4. Soccer	November
➤ Mastery of basic soccer skills and games	
5. Team Handball	December
➤ Mastery of basic team handball skills and games	
6. Basketball	January
➤ Mastery of basic basketball skills and games	
7. Floor Hockey	February
➤ Mastery of basic floor hockey skills and games	
8. "Whoopeeball"	March
➤ Mastery of basic baseball/softball skills and games	
9. Fitness testing	April
➤ Cardiovascular, strength, and flexibility testing	
10. Lacrosse	May
➤ Mastery of basic lacrosse skills and games	
11. Capture the flag	June
➤ Continuation of the outdoor game	