

FLA Physical Education Curriculum Map				
6th-8th Grade				
2020-2021				
	Week	Unit	Competency	Standards
Q1	1	Motor Skills & Movement Patterns	Outdoor Pursuits; Outdoor Movement Concepts	1.22, 2.13
	2		Dance & Throwing	1.1, 1.2
	3		Catching, Passing, & Receiving	1.3, 1.4
	4		Passing, Receiving, & Offensive Skills	1.5, 1.6
	5		Offensive Skills & Dribbling/Ball Control	1.7, 1.8
	6		Dribbling/Ball Control & Shooting on Goal	1.9, 1.10
	7		Defensive Skills & Net/Wall Games (Serving)	1.11, 1.12
	8		Striking & Forward/Backhand	1.13, 1.14
	9		Weight Transfer & Volley	1.15, 1.16
Q2	10	Movement & Performance	Two-Hand Volley & Target Games	1.17, 1.18
	11		Striking	1.19, 1.20
	12		Individual-Performance Activities	1.24
	13		Invasion Games & Offensive Tactics; Creating Space	2.1, 2.2
	14		Creating Space & Reducing Space	2.3, 2.4
	15		Reducing Space & Transitions	2.5, 2.6
	16		Net/Wall Games; Tactics & Shots	2.7, 2.8
	17		Target Games; Fielding & Striking Games	2.9, 2.10
	18		Reducing Space	2.11, 2.12
Q3	19	Maintaining a Health-Enhancing Level of Physical Activity & Fitness	Catching	1.21
	20		Body Weights; Free Weights	3.3
	21		Pilates, Resistance Training	3.4
	22		Lifetime Sports & Bone Strengthening	3.5, 3.6
	23		Health & Skill Related Fitness	3.7, 3.8
	24		Dynamic & Static Stretches	3.9, 3.10
	25		Weight Management	3.11, 3.12
	26		RPE Scale	3.13, 3.14
	27		Muscles & Bones	3.15, 3.16
Q4	28	Personal & Social Behavior Respecting Self & Others	Nutrition & Stress Management	3.17, 3.18
	29		Personal Responsibility	4.1, 4.2
	30		Accepting Feedback & Working with Others	4.3, 4.4
	31		Problem Solving; Rules & Etiquette	4.5, 4.6
	32	Using Equipment Safely	4.7	
	33	Physical Activity for Health, Enjoyment, Challenge, Self-Expression and/or Social Interaction	Health Impact	5.1, 5.2
	34		Self Expression & Enjoyment	5.3, 5.4
	35		Appropriate Social Interaction	5.6
	36	Aquatics	Water Safety & Aquatic Skill	1.25, 1.26, 1.27

*3.1, 3.2 Covered in Health Curriculum