

K-12 Sequential Curriculum Mapping Example

Performance Capability Grade	0 Beginning K-1	1 Developing 2-3	2 Capable 4-5	3 Fluent 6-8	4 Accomplished 9-10	5 Mastery 11-12
Active Lifestyle	Explores moderate-vigorous physical activity in Physical Education Class	Demonstrates a maintained level of moderate-vigorous physical activity in Physical Education Class	Maintains moderate-vigorous physical activity levels, in a variety of activity settings that utilize the skills learned in Physical Education Class	Regularly participates in physical activities during school & outside of school	Participates regularly in dance, games, outdoor activities, sports, & other physical activities which contributes to a physically active lifestyle	Continues to regularly participate in dance, games, outdoor activities, sports, & other physical activities which contributes to a physically active life
Choice and/or Preference	Shows preference in physical activity choices	Identifies & participates regularly, in diverse physical activities	Makes personal choices to develop skills & engage in more formal participation in physical activities	Explores different types of physical activities for personal interest, during school & outside of school	Pursue & choose physical activities from various movement forms, based on personal abilities & interest	Develops a personal fitness profile, keeping in mind that preference of activities will change throughout life
Adequate Level	Demonstrates awareness that physical activity is fun & good for you	Understands that to be physically active, the individual needs a sufficient level of fitness	Identifies the fitness components needed to pursue selected physical activities	Describes how personal fitness levels affect participation in physical activities	Participates in discussions relating fitness activities & physical activities (i.e. personal fitness level affects the level of physical activity & increased physical activities increases fitness level)	Participates in discussions regarding the long-term physiological, psychological, & social benefits of physical activity on the individual & society
Assessing Levels of Fitness	Explores the tasks for assessment of fitness (i.e. curl-ups, push-ups, cardiovascular fitness, & stretching/flexibility)	Begins to measure fitness performance (i.e. muscular strength & endurance, cardiovascular endurance, and flexibility)	Personal fitness level assessment & ability to explain the results while relating the results to their own fitness level/status	Continues to achieve or demonstrate improvement in regards to the Challenge Standards	Continues to achieve or demonstrate improvement in regards to the Challenge Standards	Continues to achieve or demonstrate improvement in regards to the Challenge Standards
Setting Goals	Explores fitness challenges & purposefully practices tasks to gain greater success	Begins to understand that formal measurements of fitness are important/significant	With teacher assistance, students begin to develop goals & strategies for improvement and maintenance of selected fitness components based on fitness assessments	Continues to develop & pursue fitness goals with some teacher guidance	Continues to set personal fitness goals, design & implement a personal fitness profile	Demonstrates knowledge & skills to assist in monitoring and adjusting activities & levels to meet personal fitness needs
Fitness Principles	Demonstrates awareness of perceived exertion (i.e. low, medium, & high energy output)	Recognizes the physiological indicators that accompany moderate-vigorous physical activity (i.e. increased heart rate)	Monitors intensity of exercise (i.e. recognize target heart rate & recovery time); Explores principles of fitness training (F.I.T.)	Understands & applies basic principles of training to improve physical fitness (F.I.T.)	Uses & synthesizes the principles of training (F.I.T.) to assist in modifying their level of fitness	Develops a personal fitness profile incorporating the principles of training (F.I.T.)