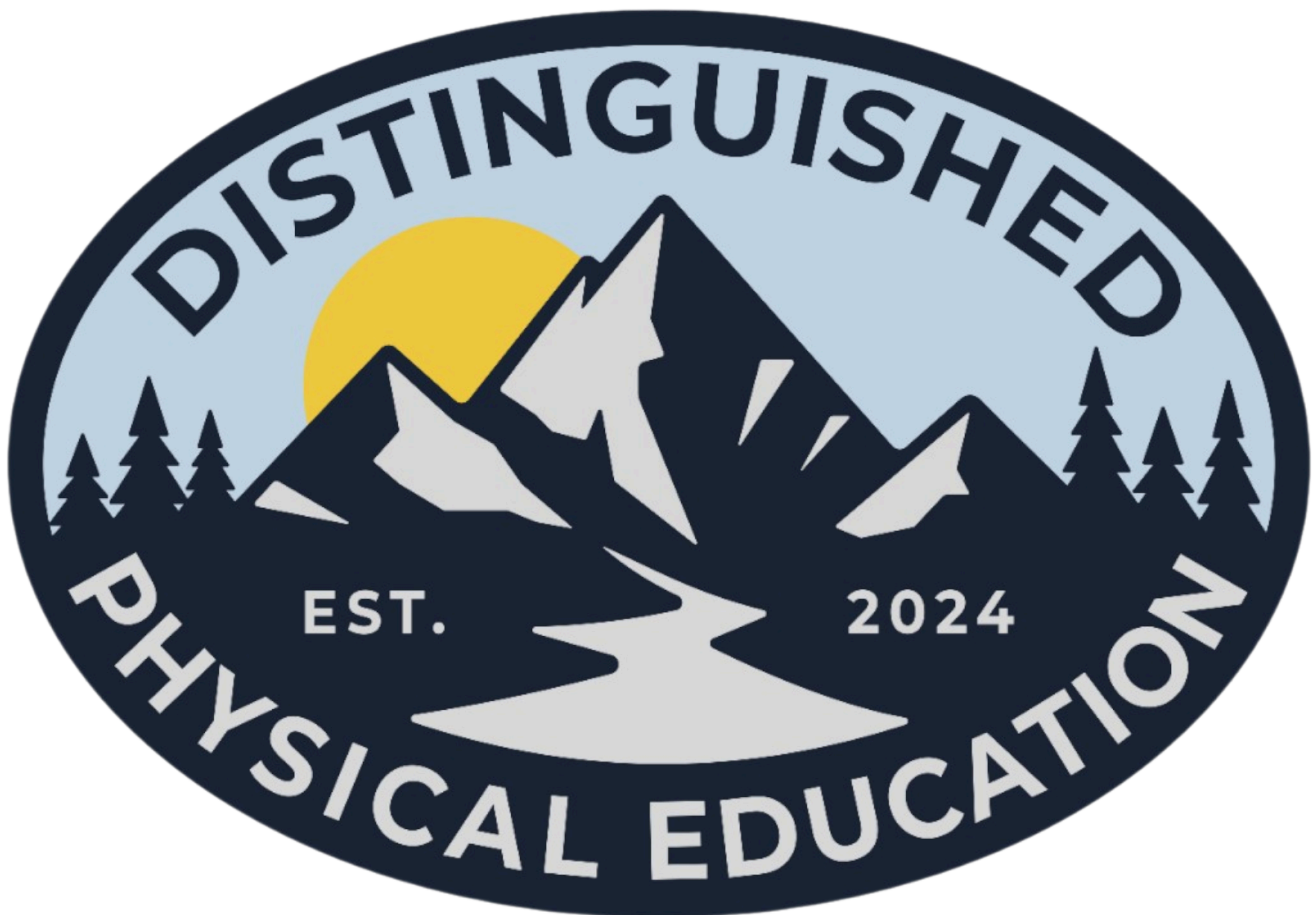


Distinguished Physical Education Curriculum (K-5)



Introduction & Implementation Guide

Welcome!

Welcome to the Distinguished Physical Education Elementary Curriculum! This curriculum is designed to provide K-5 physical education teachers with a comprehensive, standards-based program that goes beyond traditional physical skill development. You'll find everything you need to create a physical education experience where students physically demonstrate their learning, articulate what they know, show growth across all national standards, and participate in a program that is safe, welcoming, and inclusive.

Whether you're a new teacher looking for detailed lesson plans with scripted dialogue and detailed guidance, or an experienced educator seeking to enhance your current program, this comprehensive curriculum will meet your needs.

What Makes This Curriculum Unique

Content and Language Objectives

The cornerstone of this curriculum is the integration of standards-based content and language objectives (CLOs) in every lesson. In the Distinguished PE philosophy, students are expected to do two things:

1. Physically demonstrate motor skills, movement concepts, fitness knowledge, or social behaviors (Content Objective)
2. Articulate their learning using content vocabulary and specific language forms (Language Objective)

This dual focus ensures that physical education is recognized as an academic subject where students engage in rigorous, standards-based learning, and not just a recreational period where kids "get red and sweaty." When students can explain *why* they make safe choices, *describe* what personal space looks like, or *compare and contrast* different locomotor movements, physical education gains credibility as an essential part of a well-rounded education.

Everything in One Place

This curriculum provides everything you need in one comprehensive package, eliminating the need to search for resources or spend hours planning lessons.

- Complete lesson plans with detailed teacher prompts, ideal student responses, and assessment guidance for every lesson across every unit.
- Standards-based Content and Language Objectives in every lesson. Along with developing physical skills, students also have opportunities to articulate their learning by sequencing, describing, explaining, comparing, justifying, and analyzing.
- Sentence stems in every lesson that give students the language they need to articulate their learning and demonstrate understanding.
- Check for understanding questions and ideal student responses in every lesson, so that teachers know exactly what to ask and what students' responses should sound like.
- Spanish vocabulary support is built into every lesson, making this curriculum accessible for schools serving English language learners.
- Clipboard guides that distill each lesson into a concise quick-reference format that teachers can carry during class.
- Google Slide decks for every lesson – ready to display with no additional preparation required. (Coming soon!)
- Unit preparation guides that give teachers everything they need before implementing the upcoming unit.
- Assessment tools, including rubrics and data trackers for every unit.
- Differentiation support, with modifications and extensions built into every activity.
- Mindfulness is integrated into every lesson through breathing activities connected to the skills learned in the lesson.

Seamless K-5 Implementation

This curriculum includes separate lesson plans for K-2 and 3-5 grade spans, with intentional design choices that make multi-grade teaching manageable. Gym setups remain largely consistent between grade levels, minimizing the time spent rearranging equipment between classes. While some adjustments are necessary to appropriately challenge different developmental levels, you'll be able to use the same core equipment and gym organization for most lessons across K-5.

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Curriculum Structure

Units and Lessons

The Distinguished Physical Education Curriculum K-5 includes:

- 12 units for K-2 (approximately 50 lessons total)
- 12 units for grades 3-5 (approximately 50 lessons total)
- 3-5 lessons per unit, each designed for approximately 45 minutes

Scope and Sequence

Units are designed to be taught in order, particularly at the beginning of the year when establishing routines, expectations, and foundational skills. However, you have flexibility to adjust the sequence based on:

- Your school calendar and schedule
- Equipment availability
- Facility constraints
- Seasonal considerations
- Student needs and interests

Each unit aims to address each of the four SHAPE America National Standards, ensuring comprehensive coverage across the school year. Over the course of the curriculum, students will have multiple opportunities to demonstrate growth in all four national standards.

Connection to *Distinguished Physical Education*

The book *Distinguished Physical Education: Creating a Rigorous, Standards-Based PE Program That is Safe and Welcoming For All Students* is a companion resource to this curriculum. While the curriculum provides complete, ready-to-use lessons, the book offers the pedagogical foundation and instructional strategies that make these lessons effective.

Teachers using this curriculum will benefit from having a copy of *Distinguished Physical Education* to reference concepts such as:

- Creating an inclusive environment
- Communicating high expectations for student behavior
- Incorporating standards-based Content and Language Objectives
- Collecting data on student learning and providing descriptive feedback
- Accountable talk structures
- Differentiation strategies
- Prioritizing standards-based social skills

The book and curriculum are sold separately but work together to provide both the "what" (lesson content) and the "how" (instructional methods) of the Distinguished Physical Education philosophy.

Lesson Plan Detail and Progression

Units One and Two are written with extensive detail, including full teacher dialogue, step-by-step instructions, and explicit examples of instructional strategies, like turn-and-talk protocols, checking for understanding questions, and differentiated options for all activities. This level of detail is intentional – it models best practices in physical education instruction so that you can internalize and adapt these strategies to fit your teaching style and student needs.

Beginning in Unit #3, lesson plans will become more streamlined. Once routines are established, you'll see prompts like "Follow the turn-and-talk procedure" rather than fully scripted dialogue. For detailed descriptions on the instructional methods utilized in this curriculum, reading the book *Distinguished Physical Education*, is strongly recommended.

Flexibility and Adaptation

While this curriculum provides detailed descriptions of activities for each lesson, you have the flexibility to modify or substitute activities based on your students' needs, available equipment, and teaching context.

The foundational elements are the standards, content and language objectives (CLOs), and assessments for each lesson. As long as you're teaching to the same standard and assessing the same skills, you can adapt the activities to fit your program.

For example, Unit Two | Lesson Two uses parachute activities to teach cooperation. If you have a different cooperative activity that your students love and that addresses the same standard (3.2.5), feel free to substitute it. The key is maintaining the instructional integrity of the lesson: communicate the CLO clearly, use the provided vocabulary and sentence stems, ask the assessment questions (CFU's), and collect data on the identified standards.

Think of the activities as strong recommendations, while the CLOs, standards and assessments are the essential framework. This approach allows you to honor the established culture and successful practices in your program while ensuring all students are working toward the same rigorous learning outcomes.

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Standards Alignment

SHAPE America National Standards

This curriculum aligns to the SHAPE America National Standards for K-12 Physical Education (2024). Standard numbers and grade-span learning indicators are cited throughout for reference. Each lesson clearly identifies which standards are being explicitly taught, and each unit ensures students have opportunities to demonstrate growth across multiple standards.

Full standards documentation is available at: <https://www.shapeamerica.org/standards/pe/>

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State Standards Crosswalk

This curriculum is aligned exclusively to SHAPE America National Standards. Teachers can independently crosswalk these national standards to their state's physical education standards as needed.

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Lesson Structure

Every lesson in this curriculum follows a consistent structure that maximizes student learning and engagement:

1. Entry Routine

Students enter the gym using established procedures and usually gather at home base spots, unless otherwise noted.

2. Intro Activity

A warm-up activity that gets students moving immediately and often connects to the lesson objectives and/or activates prior knowledge.

3. Communication of Content and Language Objectives

The teacher explicitly shares what students will physically demonstrate (content objective) and how they will articulate their learning (language objective). This includes introducing key vocabulary and sentence stems.

4. Leveled Activities

Two to three developmentally appropriate activities that provide:

- Multiple opportunities to make progress toward standards-based skills
- Built-in differentiation (modifications and extensions)
- Frequent checks for understanding
- Descriptive feedback aligned to the CLO

5. Closure

Students reflect on their learning by responding to a question that requires them to use the lesson's content vocabulary and language forms.

6. Mindfulness

A brief breathing activity that helps students transition out of physical education and prepares them for their next learning environment.

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What's Included with Each Lesson

Each lesson contains:

Full Lesson Plan

- Standards aligned
- Content and Language Objectives
- Complete equipment list and setup instructions
- Detailed activity descriptions with teacher prompts and ideal student responses
- Assessment guidance
- Modifications and extensions to differentiate for the diverse needs of students

Clipboard Reference Guide

A condensed 2-page version of each lesson that includes:

- Quick-reference activity descriptions
- Key questions to ask students
- Ideal student responses
- Timing/pacing reminders
- Space to take notes as you internalize and personalize the lesson

This format allows you to carry the essential elements of the lesson with you as you teach, without needing to reference the full lesson plan.

Assessment Tools

Each unit includes:

- Rubrics that define what it looks like when students meet, exceed, or are working toward demonstrating proficiency of the content and language objectives
- Data trackers where you can record evidence of student learning
- Assessment guidance on when and how to collect data efficiently

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Lesson Slide Decks

Every lesson includes a Google Slides deck designed to be displayed on a screen or projector during class. The slides are ready to use with no additional preparation required and are shared as view-only links. If you would like to customize the slides, click File and then Make a Copy to save your own editable version to Google Drive.

Each slide deck includes:

- The lesson's content and language objectives displayed clearly for students
- CFU Questions and sentence stems in both English and Spanish
- Activity visuals and instructional cues for students to use as resources

Two navigation features are built into every deck to make them easy to use during your school day. Clicking the Distinguished PE logo on the lesson title slide returns you to the table of contents at the beginning of the deck. Clicking the sneakers image at the end of the lesson returns you to the first slide of that lesson so you can reset quickly between classes without scrolling.

The slide decks are designed to complement the lesson plan, not replace it. Teachers should still read the full lesson plan before teaching, internalize the plan by taking notes in their Clipboard Guide, and use the slides as a visual support tool during instruction.

Assessment Philosophy and Approach

The assessment philosophy for this curriculum is detailed in Chapter 5 of *Distinguished Physical Education*. Key principles include:

Balanced Assessment

Teachers collect data on both:

- Physical skill demonstration (content objectives)
- Articulation of learning (language objectives)

Manageable Data Collection

Rather than attempting to assess every student in every lesson, teachers should:

- Focus on 8-10 students per lesson
- Circulate through the gym with purpose
- Aim to collect data on every student at least once per unit
- Build a comprehensive picture of student growth over multiple units

Formative Focus in Unit One

Unit #1 prioritizes establishing routines, building relationships, and creating a safe learning environment. Formal data collection begins in Unit #2 for both K-2 and 3-5 grade levels. During Unit #1, teachers focus on formative observation, providing positive feedback, and noting students who may need additional support.

Standards-Based Grading

Over the course of multiple units, students accumulate data points across all four SHAPE America National Standards. This data can be used for:

- Standards-based report cards
- Progress monitoring and goal-setting
- Adjusting future instruction
- Parent communication
- Demonstrating the impact of the program

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Supporting All Learners

This curriculum is designed with inclusion and differentiation at its core:

Built-In Differentiation

Every activity includes:

- Modifications for students who need additional support or alternative ways to access the learning
- Extensions for students who are ready for increased challenge

English Language Learner Support

To support multilingual learners and create an inclusive learning environment, each lesson includes Spanish translations of essential vocabulary. You'll find two categories of translations:

- Content Vocabulary (words specific to the lesson's learning objectives)
- Behavior/Management Vocabulary (common words used for transitions, routines, and classroom expectations).

These translations are provided immediately following the lesson objectives and sentence stems. Teachers can use these translated words and phrases throughout the lesson to help Spanish-speaking students access content, follow directions, and participate fully in all activities. Even if you're not fluent in Spanish, incorporating these key terms shows students you value their language and helps build a more equitable learning environment.

Universal Design Principles

Activities are designed to be:

- Accessible to students with varying ability levels
- Adaptable for different learning styles
- Engaging for all students, regardless of prior motor experience
- Success-oriented while maintaining appropriate challenge

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Getting Started

Before Your First Lesson

To prepare for successful implementation:

1. Read the lesson thoroughly the day before teaching
2. Review the Clipboard Reference Guide to familiarize yourself with key questions and student responses and jot down relevant notes
3. Prepare equipment and set up your gym according to the lesson setup instructions
4. Reference *Distinguished Physical Education* for instructional strategies that will enhance lesson delivery (positive narration, gradual release, accountable talk structures, etc.)
5. Listen to episodes from the *Distinguished Physical Education Podcast* related to the unit topic. Episodes are linked at the end of each Unit Preparation Guide.

Establishing Routines

Unit #1 is specifically designed to establish the routines and expectations that will make the rest of the year successful. Invest time in teaching and reinforcing:

- Entry procedures and home base spots
- Start and stop signals
- Class rules and expectations

- Safe movement in general space
- Care of equipment

These foundational routines will pay dividends throughout the year.

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Additional Resources and Support

Have Questions or Need Help?

If you have questions about implementing this curriculum or need support, please reach out:

Email: gary@distinguishedpe.com

Learn More

To learn more about the philosophy and research behind this curriculum, please read the book *Distinguished Physical Education: Creating a Rigorous, Standards-Based PE Program That is Safe and Welcoming For All Students*.

Professional Development Courses

Distinguished PE offers self-paced, asynchronous courses designed to deepen your understanding of the instructional practices that make this curriculum effective. Whether you're a first-year teacher or a veteran educator, these courses provide job-embedded learning opportunities that will transform your teaching practice.

Available courses include:

DPE 101: Promoting Inclusivity and Engagement

DPE 102: High Expectations for Student Behavior

DPE 103: Optimizing Use of Space and Resources

DPE 104: Standards-Based Content and Language Objectives

DPE 105: Assessing Students' Progress and Understanding

DPE 106: Prioritizing Standards-Based Social Skills

Courses typically take about one month to complete, as you implement new practices in your gym and reflect on their impact. Upon completion, you can earn graduate-level credits through Colorado State University, 100 hours toward license renewal, or simply take the course for your own professional growth and development.

Learn more and register at: www.distinguishedpe.com

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Thank You!

This curriculum represents a commitment to physical education as a rigorous, standards-based discipline where all students develop not only physical competence, but also the ability to articulate their learning and think critically about movement. When students can demonstrate both physical and cognitive growth, physical education earns the respect and recognition it deserves.

Thank you for your commitment to Distinguished Physical Education and for being a part of our community. Your students are fortunate to have an educator dedicated to creating a physical education experience where every child can thrive.

Lastly, feedback is highly valued and always welcome. Please use this [form](#) to provide feedback on anything that you think would improve this curriculum.