

# Physical Education – Grade 5

Month	Content	Skills	Assessment	Essential Questions
September- November (4 weeks)	<ul style="list-style-type: none"> <li>Lacrosse</li> </ul>	<ul style="list-style-type: none"> <li>cradling</li> <li>raking</li> <li>scooping</li> <li>catching</li> <li>throwing</li> </ul>	<ul style="list-style-type: none"> <li>points for skills</li> <li>written quiz (rubric of history &amp; general game information)</li> </ul>	<ul style="list-style-type: none"> <li>How do team sports prepare an individual for life?</li> </ul>
September-November (4 weeks)	<ul style="list-style-type: none"> <li>Flag Football                             <ul style="list-style-type: none"> <li>positions</li> <li>offensive/defensive</li> <li>concepts                                     <ul style="list-style-type: none"> <li>flag use</li> <li>penalties</li> <li>safety</li> <li>rules</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>passing</li> <li>catching</li> <li>carrying</li> <li>blocking</li> <li>kicking</li> <li>4 to score games</li> </ul>	<ul style="list-style-type: none"> <li>written quiz</li> <li>partners observation of student behavior &amp; social skills</li> </ul>	<ul style="list-style-type: none"> <li>How do team sports prepare an individual for life?</li> </ul>
September – December	<ul style="list-style-type: none"> <li>Swimming                             <ul style="list-style-type: none"> <li>safety lesson</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>bobbing</li> <li>front float/back float</li> <li>treading water</li> <li>underwater swimming (lung busters)</li> <li>front crawl (rhythmic breathing)</li> <li>back crawl</li> <li>elementary backstroke</li> <li>water games</li> </ul>	<ul style="list-style-type: none"> <li>pre-test – observation of skill performance</li> <li>post-test – observation of skill improvement</li> <li>safety quiz</li> <li>observation of personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Why is physical activity important to an individual's quality of life?</li> <li>Why do we participate in life long activities and individual sports?</li> </ul>
December (2 weeks)	<ul style="list-style-type: none"> <li>Bowling                             <ul style="list-style-type: none"> <li>scoring</li> <li>rules</li> <li>etiquette</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>pin setting</li> <li>approach steps &amp; technique</li> </ul>	<ul style="list-style-type: none"> <li>score sheet</li> <li>observe responsible, cooperative behavior &amp; proper technique</li> </ul>	<ul style="list-style-type: none"> <li>Why do we participate in life long activities and individual sports?</li> </ul>

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December (1 week)	<ul style="list-style-type: none"> <li>Cup Stacking</li> </ul>	<ul style="list-style-type: none"> <li>3 stacking, left &amp; right</li> <li>6 stacking</li> <li>3-6-3 sequencing</li> <li>1-10-1 sequencing</li> <li>up stacking, down stacking</li> </ul>	<ul style="list-style-type: none"> <li>observe motor planning skills</li> <li>observe responsible behavior &amp; good sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>Why do we participate in life long activities and individual sports?</li> </ul>
January-February (2 weeks)	<ul style="list-style-type: none"> <li>Cross Country Skiing/Snowshoeing                             <ul style="list-style-type: none"> <li>equipment orienting</li> <li>technique</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>level skiing</li> <li>downhill skiing</li> <li>snowshoeing</li> </ul>	<ul style="list-style-type: none"> <li>observe safe behavior</li> <li>observe proper technique</li> <li>observe personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Why do we participate in life long activities and individual sports?</li> </ul>
January-February (2 weeks)	<ul style="list-style-type: none"> <li>Climbing</li> </ul>	<ul style="list-style-type: none"> <li>horizontal climbing</li> <li>incline wall climbing</li> <li>cargo net climbing</li> <li>fidget ladder climbing</li> <li>rope climbing</li> <li>ring swinging</li> </ul>	<ul style="list-style-type: none"> <li>observe personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Why do we participate in life long activities and individual sports?</li> </ul>
January-February (2 weeks)	<ul style="list-style-type: none"> <li>Cooperative Games                             <ul style="list-style-type: none"> <li>teamwork/cooperation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>problem solving</li> <li>completing initiatives</li> </ul>	<ul style="list-style-type: none"> <li>debrief class activity (positive/negative)</li> <li>observe personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>How do team sports prepare you for life?</li> <li>How does leadership and problem solving affect group activity?</li> </ul>
January-February	<ul style="list-style-type: none"> <li>Floor Hockey                             <ul style="list-style-type: none"> <li>safety</li> <li>positions</li> <li>rules</li> <li>penalties</li> <li>strategies</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>stick-handling</li> <li>passing</li> <li>shooting</li> <li>game play</li> </ul>	<ul style="list-style-type: none"> <li>written quiz</li> <li>partners observations of student behavior &amp; social skills</li> </ul>	<ul style="list-style-type: none"> <li>How do team sports prepare you for life?</li> </ul>

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Month	Content	Skills	Assessment	Essential Questions
January-February	<ul style="list-style-type: none"> <li>• Fitness Stations               <ul style="list-style-type: none"> <li>- goal setting</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• circuit activities</li> <li>• tallying scores</li> <li>• ball curl-ups</li> <li>• Hopscotch</li> <li>• biceps curls</li> <li>• high knees</li> <li>• striking</li> <li>• volleying</li> <li>• jumping rope</li> <li>• hula hoping</li> <li>• push-ups</li> </ul>	<ul style="list-style-type: none"> <li>• observation of partner cooperation</li> <li>• verbal Q &amp; A</li> </ul>	<ul style="list-style-type: none"> <li>• Why is physical activity important to quality of life?</li> </ul>
February (1 week)	<ul style="list-style-type: none"> <li>• Dance</li> </ul>	<ul style="list-style-type: none"> <li>• dancing</li> <li>• listening</li> <li>• learning beats/rhythms</li> </ul>	<ul style="list-style-type: none"> <li>• student &amp; teacher observation of videotape of dances performed</li> </ul>	<ul style="list-style-type: none"> <li>• How do individuals express themselves through movement?</li> </ul>
February–April	<ul style="list-style-type: none"> <li>• Volleyball               <ul style="list-style-type: none"> <li>- safety</li> <li>- rules</li> <li>- positions</li> <li>- strategy</li> <li>- scoring</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• bump</li> <li>• set</li> <li>• spike</li> <li>• serve</li> <li>• dig</li> <li>• game play</li> </ul>	<ul style="list-style-type: none"> <li>• written quiz</li> <li>• partners observation of student behavior &amp; social skills</li> </ul>	<ul style="list-style-type: none"> <li>• How do team sports prepare you for life?</li> </ul>
February–April	<ul style="list-style-type: none"> <li>• Basketball               <ul style="list-style-type: none"> <li>- defensive positioning</li> <li>- offensive play</li> <li>- position play</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• dribbling</li> <li>• passing</li> <li>• shooting</li> <li>• rebounding</li> <li>• game play</li> </ul>	<ul style="list-style-type: none"> <li>• observation of dribbling skills</li> <li>• rules/knowledge quiz</li> <li>• observation of personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• How do team sports prepare you for life?</li> </ul>

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Month	Content	Skills	Assessment	Essential Questions
March-April (3 weeks)	<ul style="list-style-type: none"> <li>• Jump Roping/Circus Arts</li> </ul>	<ul style="list-style-type: none"> <li>• jump roping</li> <li>• pogo sticking</li> <li>• stilt walking</li> <li>• Chinese yo-yoing</li> <li>• Diablo juggling</li> <li>• unicycling</li> </ul>	<ul style="list-style-type: none"> <li>• observation of skills</li> <li>• observation of personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Why is physical activity important to an individual's quality of life?</li> <li>• Why do we participate in life long activities and individual sports?</li> <li>• How do individuals express themselves through movement?</li> </ul>
May (3 weeks)	<ul style="list-style-type: none"> <li>• Field Day Events               <ul style="list-style-type: none"> <li>- team handball</li> <li>- 8 base kickball</li> <li>- 2 way Capture the Flag</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• throwing</li> <li>• catching</li> <li>• running</li> <li>• cooperating</li> <li>• pitching</li> <li>• kicking</li> <li>• dodging</li> </ul>	<ul style="list-style-type: none"> <li>• tournament play</li> <li>• observe personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• How do team sports prepare an individual for life?</li> </ul>
June (2 weeks)	<ul style="list-style-type: none"> <li>• Neighborhood Games               <ul style="list-style-type: none"> <li>- 4 square</li> <li>- Hopscotch</li> <li>- Capture the Flag</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• bounce passing</li> <li>• catching</li> <li>• cooperation</li> <li>• dodging</li> <li>• hopping</li> </ul>	<ul style="list-style-type: none"> <li>• Observe personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Why do we participate in life long activities and individual sports?</li> </ul>
June (1 week)	<ul style="list-style-type: none"> <li>• Slip &amp; Slide</li> </ul>	<ul style="list-style-type: none"> <li>• running</li> <li>• sliding</li> </ul>	<ul style="list-style-type: none"> <li>• observe personal &amp; social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Why do we participate in life long activities and individual sports?</li> </ul>