

Course Title: Physical Education – Fifth Grade

Board Approval Date: 10/15/12

Credit / Hours: NA

Course Description:

This course consists of fitness assessments, team sports, moderate and vigorous activities, aquatics, cooperative activities, and health and wellness. The fitness assessments consist of the mile run, curl ups, pull ups, push-ups, sit & reach, and shuttle run. During the team sports unit the students will learn the rules, skills, and boundaries used to participate in basketball, soccer, volleyball, tchoukball, dodge ball, and pilo polo. During the moderate and vigorous activities unit the students learn the differences between moderate and vigorous activities, participate in yoga, gymnastics, and dance. The aquatics unit emphasizes improving the different strokes and learning the rules and skills used to play various water games. During the cooperative activities unit the students participate in games and activities that focus on improving teamwork, cooperation, and strategies. The health and wellness unit concentrates on the three parts of health, nutrition, reading nutrition fact labels, balancing a diet, and proper amounts of daily physical activity. ***This unit complies with the CCSD Student Wellness Policy, specifically 7040.5: Nutrition Education.***

Learning Activities / Modes of Assessment:

Large group instruction	Teacher Observation
Fitness Assessments	Tests and Quizzes
Goal Setting	
Teamwork	
Strategizing	

Instructional Resources:

Teen Health-Course 1 (Glencoe/McGraw Hill, 2009)
Fitness for Life (Human Kinetics, 2007)

Course Pacing Guide

Course: **Physical Education – Grade Five**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Fitness Assessment	10 days
2. Team Sports	30 days
3. Moderate and Vigorous Activities	24 days
4. Aquatics	7 days
5. Cooperative Activities	7 days
6. Health and Wellness	<u>8 days</u>
DAYS TOTAL	86 Days

Topic: 1. Fitness Assessment

Days: 10

Subject(s): Physical Education

Grade(s): 5th

Know:

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.E – Compact

Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

- success-oriented activities
- school-community resources
- variety of activities
- time on task

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

Understand:

Fitness assessments help you to know your current fitness level.

Do:

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.D – Compact

Describe factors that affect childhood physical activity preferences.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

10.4.6.E – Compact

Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

- success-oriented activities
- school-community resources
- variety of activities
- time on task

10.5.6.D – Essential

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.

10.4.9.B - Analyze the effects of regular

Topic: 1. Fitness Assessment

Days: 10

Subject(s): Physical Education

Grade(s): 5th

Know:

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.D – Essential

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.

10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

Understand:

Do:

participation in moderate to vigorous physical activities in relation to adolescent health improvement.

10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.D - Describe factors that affect childhood physical activity preferences.

10.4.6.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

10.3.6.D - Analyze the role of individual responsibility for safety during physical activity.

10.4.6.F - Identify and describe positive and negative interactions of group members in physical activities.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

10.4.6.F - Identify and describe positive and negative interactions of group members in physical activities.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

- weight management
- personal choice
- developmental differences
- amount of physical activity
- authentic practice
- agility
- balance
- coordination

Topic: 1. Fitness Assessment

Days: 10

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.

10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.

10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.

10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.

10.3.6.D - Analyze the role of individual responsibility for safety during physical activity.

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

10.4.6.F - Identify and

- power
- reaction time
- speed

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

- success-oriented activities
- school-community resources
- variety of activities
- time on task

- leading
- following
- teamwork
- etiquette
- adherence to rules

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

- leading
- following
- teamwork
- etiquette
- adherence to rules

Topic: 1. Fitness Assessment

Days: 10

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

describe positive and negative interactions of group members in physical activities.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

10.4.6.D - Describe factors that affect childhood physical activity preferences.

- stress management
- disease prevention
- weight management
- exercise (e.g., climate, altitude, location, temperature)
- healthy fitness zone
- individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)
- skill competence
- social benefits

Topic: 1. Fitness Assessment

Days: 10

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

- previous experience
- activity confidence
- personal choice
- developmental differences
- amount of physical activity
- authentic practice
- group dynamics
- social pressure
- agility
- balance
- coordination
- power
- reaction time
- speed
- centripetal/centrifugal force
- linear motion
- rotary motion
- friction/resistance
- equilibrium
- number of moving segments
- success-oriented activities
- school-community resources
- variety of activities
- time on task
- leading
- following
- teamwork
- etiquette

Topic: 1. Fitness Assessment

Days: 10

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

- adherence to rules
- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

Topic: 1. Fitness Assessment

Subject(s): Physical Education

Days: 10

Grade(s): 5th

Which standards are students learning in this unit?

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.D – Compact

Describe factors that affect childhood physical activity preferences.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

10.4.6.E – Compact

Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

- success-oriented activities
- school-community resources
- variety of activities
- time on task

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.D – Essential

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

Topic: 2. Team Sports

Days: 30

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

10.4.6.D – Essential

Describe factors that affect childhood physical activity preferences.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

To be able to understand the mental, physical and social benefits of team sports

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.F – Essential

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B - Identify and apply the concepts of motor skill development to a variety of basic skills.

10.5.6.F - Identify and apply game strategies to basic games and physical activities.

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B - Identify and apply the concepts of motor

Topic: 2. Team Sports

Days: 30

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.C – Essential

Describe the relationship between practice and skill development.

10.5.6.F – Essential

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.D - Describe factors that affect childhood physical activity preferences.

10.4.6.F - Identify and describe positive and negative interactions of group members in

skill development to a variety of basic skills.

10.5.6.F - Identify and apply game strategies to basic games and physical activities.

10.5.6.C - Describe the relationship between practice and skill development.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)
- give and go
- one on one
- peer communication
- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)
- give and go
- one on one
- peer communication

Topic: 2. Team Sports

Days: 30

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

physical activities.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B - Identify and apply the concepts of motor skill development to a variety of basic skills.

10.5.6.C - Describe the relationship between practice and skill development.

10.5.6.F - Identify and apply game strategies to basic games and physical activities.

10.4.6.D - Describe factors that affect childhood physical activity preferences.

10.4.6.F - Identify and describe positive and negative interactions of group members in physical activities.

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B - Identify and apply the concepts of motor skill development to a variety of basic skills.

10.5.6.C - Describe the relationship between practice and skill

Topic: 2. Team Sports

Days: 30

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

development.
 10.5.6.F - Identify and apply game strategies to basic games and physical activities.
 10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

- leading
- following
- teamwork
- etiquette
- adherence to rules

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

- give and go
- one on one
- peer communication

- enjoyment
- personal interest

Topic: 2. Team Sports

Days: 30

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

- social experience
- opportunities to learn new activities
- parental preference
- environment

- leading
- following
- teamwork
- etiquette
- adherence to rules

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

- give and go
- one on one
- peer communication

Topic: 2. Team Sports

Subject(s): Physical Education

Days: 30

Grade(s): 5th

Which standards are students learning in this unit?

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.D – Essential

Describe factors that affect childhood physical activity preferences.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.C – Essential

Describe the relationship between practice and skill development.

10.5.6.F – Essential

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

Topic: 3. Moderate and Vigorous Activities

Days: 24

Subject(s): Physical Education

Grade(s): 5th

Know:

10.4.6.B – Essential

Explain the effects of regular participation in moderate to vigorous physical activities on the body systems

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.C – Essential

Describe the relationship between practice and skill development.

Understand:

The difference between moderate and vigorous activities and the benefits of participating in these types of activities

Do:

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.C – Essential

Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

- heart rate monitoring
- checking blood pressure
- fitness assessment

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

9.1.5.G – Essential

Identify the function and benefits of rehearsal and practice sessions.

Topic: 3. Moderate and Vigorous Activities

Days: 24

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

9.1.5.A – Essential

Know and use the elements and principles of each art form to create works in the arts and humanities.

- Elements
 - Dance:energy/force, space, time
 - Principles
 - Dance:choreography, form, genre, improvisation, style, technique

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.4.6.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

9.1.5.G - Identify the function and benefits of rehearsal and practice sessions.

9.1.5.A – Essential

Know and use the elements and principles of each art form to create works in the arts and humanities.

- Elements
 - Dance:energy/force, space, tim
 - Principles
 - Dance:choreography, form, genre, improvisation, style, technique

10.5.6.C - Describe the relationship between practice and skill development.

Topic: 3. Moderate and Vigorous Activities

Subject(s): Physical Education

Days: 24

Grade(s): 5th

Which standards are students learning in this unit?

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.B – Essential

Explain the effects of regular participation in moderate to vigorous physical activities on the body systems

10.4.6.C – Essential

Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

- heart rate monitoring
- checking blood pressure
- fitness assessment

10.3.3.D – Essential

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.C – Essential

Describe the relationship between practice and skill development.

9.1.5.G – Essential

Identify the function and benefits of rehearsal and practice sessions.

Topic: 3. Moderate and Vigorous Activities

Days: 24

Subject(s): Physical Education

Grade(s): 5th

9.1.5.A – Essential

Know and use the elements and principles of each art form to create works in the arts and humanities.

- Elements

Dance: energy/force, space, time

Music: duration, intensity, pitch, timbre

Theatre: scenario, script/text, set design

Visual Arts: color, form/shape, line, space, texture, value

- Principles

Dance: choreography, form, genre, improvisation, style, technique

Music: composition, form, genre, harmony, rhythm, texture

Theatre: balance, collaboration, discipline, emphasis, focus, intention, movement, rhythm, style, voice

Visual Arts: balance, contrast, emphasis/focal point, movement/rhythm, proportion/scale, repetition, unity/harmony

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

leading

following

teamwork

etiquette

adherence to rules

Topic: 4. Aquatics

Days: 7

Subject(s): Physical Education

Grade(s): 5th

Know:

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.D – Essential

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

Understand:

Students will understand the mechanics of the different swimming strokes, pool safety, and the benefits associated with aquatic games and activities.

Do:

10.5.6.D – Essential

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues

10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.4.6.F - Identify and describe positive and negative interactions of group members in physical activities.

10.5.6.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

- leading
- following
- teamwork
- etiquette
- adherence to rules

- Newton's Laws of Motion

Topic: 4. Aquatics

Days: 7

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.E – Compact

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

- Newton's Laws of Motion
- application of force
- levers

- application of force
- levers

Topic: 4. Aquatics

Subject(s): Physical Education

Days: 7

Grade(s): 5th

Which standards are students learning in this unit?

10.5.6.A – Essential

Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.

10.5.6.D – Essential

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.E – Compact

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

- Newton's Laws of Motion
- application of force
- static/dynamic balance
- levers
- flight

Topic: 5. Cooperative Activities

Days: 7

Subject(s): Physical Education

Grade(s): 5th

Know:

10.4.6.D – Essential

Describe factors that affect childhood physical activity preferences.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.C – Essential

Describe the relationship between practice and skill development.

Understand:

Students will participate in cooperative games and activities to understand how relationships, peer influences, and teamwork contribute to positive or negative outcomes.

Do:

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.F – Essential

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

10.3.6.C – Compact

Describe strategies to avoid or manage conflict and violence.

- anger management
- peer mediation
- reflective listening
- negotiation

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.5.6.C - Describe the relationship between practice and skill development.

Topic: 5. Cooperative Activities

Days: 7

Subject(s): Physical Education

Grade(s): 5th

Know:

Understand:

Do:

10.5.6.F – Essential

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

10.3.6.C – Compact

Describe strategies to avoid or manage conflict and violence.

- anger management
- peer mediation
- reflective listening
- negotiation

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

Topic: 5. Cooperative Activities

Subject(s): Physical Education

Days: 7

Grade(s): 5th

Which standards are students learning in this unit?

10.4.6.A – Essential

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.D – Essential

Describe factors that affect childhood physical activity preferences.

- enjoyment
- personal interest
- social experience
- opportunities to learn new activities
- parental preference
- environment

10.4.6.F – Essential

Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.5.6.B – Essential

Identify and apply the concepts of motor skill development to a variety of basic skills.

- transfer between skills
- selecting relevant cues
- types of feedback
- movement efficiency
- product (outcome/result)

10.5.6.C – Essential

Describe the relationship between practice and skill development.

10.5.6.F – Essential

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

Topic: 5. Cooperative Activities

Days: 7

Subject(s): Physical Education

Grade(s): 5th

10.3.6.C – Compact

Describe strategies to avoid or manage conflict and violence.

- anger management
- peer mediation
- reflective listening
- negotiation

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

Topic: 6. Health and Wellness

Days: 8

Subject(s): Other

Grade(s): 5th

Know:

Understand:

Do:

10.1.6.A – Essential

Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- education
- socioeconomic

10.1.6.C – Unranked

Analyze nutritional concepts that impact health.

- caloric content of foods
- relationship of food intake and physical activity (energy output)
- nutrient requirements
- label reading
- healthful food selection

10.2.6.A – Unranked

Explain the relationship between personal health practices and individual well-being.

- immunizations
- health examinations

Understand how your physical, mental, and social health all play a key role in maintaining a healthy lifestyle.

10.1.6.A – Essential

Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- education
- socioeconomic

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.1.6.A - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- education
- socioeconomic

Topic: 6. Health and Wellness

Days: 8

Subject(s): Other

Grade(s): 5th

Know:

Understand:

Do:

10.2.6.B – Unranked

Explain the relationship between health-related information and consumer choices.

- dietary guidelines/food selection
- sun exposure guidelines/sunscreen selection

10.2.6.C – Unranked

Explain the media's effect on health and safety issues.

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.

10.1.6.A - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

10.1.6.C - Analyze nutritional concepts that impact health.

10.2.6.A - Explain the relationship between personal health practices and individual well-being.

10.2.6.B - Explain the relationship between health-related information and consumer choices.

Topic: 6. Health and Wellness

Days: 8

Subject(s): Other

Grade(s): 5th

Know:

Understand:

Do:

<p>10.2.6.C - Explain the media's effect on health and safety issues.</p> <ul style="list-style-type: none"> • education • socioeconomic • caloric content of foods • relationship of food intake and physical activity (energy output) • nutrient requirements • label reading • healthful food selection • immunizations • health examinations • dietary guidelines/ food selection • sun exposure guidelines/ sunscreen selection 		
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Topic: 6. Health and Wellness

Days: 8

Subject(s): Other

Grade(s): 5th

Which standards are students learning in this unit?

10.1.6.A – Essential

Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- education
- socioeconomic

10.1.6.C – Unranked

Analyze nutritional concepts that impact health.

- caloric content of foods
- relationship of food intake and physical activity (energy output)
- nutrient requirements
- label reading
- healthful food selection

10.2.6.A – Unranked

Explain the relationship between personal health practices and individual well-being.

- immunizations
- health examinations

10.2.6.B – Unranked

Explain the relationship between health-related information and consumer choices.

- dietary guidelines/food selection
- sun exposure guidelines/ sunscreen selection

10.2.6.C – Unranked

Explain the media's effect on health and safety issues.

10.3.6.D – Essential

Analyze the role of individual responsibility for safety during physical activity.