

YEARLY PACING GUIDE: THIRD, FOURTH, FIFTH (3-5)

THIRD GRADE				
TIMEFRAME:	HEALTH & FITNESS ACADEMIC CONTENT <i>Academic concepts that students will learn</i>	FITNESS <i>Activities that intentionally improve the fitness of students</i>	MOTOR SKILLS <i>Physical activities to teach movement patterns</i>	SOCIAL, EMOTIONAL & SAFETY <i>Learning that promotes safety and emotional wellness</i>
Quarter 4 SOL's: 3.1a, 3.2c, 3.3, 3.4a, 3.4b, 3.4c	Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)	End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109 Fitness Measurement (protocol from Fitnessgram Manual) Goal Setting, 5FL-B pp. 4.110-4.122 Heart Health Pyramid (5FL-B) pp. 4.51-4.68	Manipulative Skills: - Striking w/ Implements - Throwing Sidearm (Frisbee) Complex Skills: - Manipulative skills while moving	Sportsmanship Cooperation

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FOURTH GRADE				
TIMEFRAME:	HEALTH & FITNESS ACADEMIC CONTENT <i>Academic concepts that students will learn</i>	FITNESS <i>Activities that intentionally improve the fitness of students</i>	MOTOR SKILLS <i>Physical activities to teach movement patterns</i>	SOCIAL, EMOTIONAL & SAFETY <i>Learning that promotes safety and emotional wellness</i>
Quarter 4 SOL's: 4.1a, 4.1d, 4.1e, 4.2, 4.3a 4.3b, 4.3e, 4.4	Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)	End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109 Fitness Measurement (protocol from Fitnessgram Manual) Goal Setting, 5FL-B pp. 4.110-4.122 Heart Health Pyramid (5FL-B) pp. 4.51-4.68	Manipulative Skills: - Striking w/ Implements - Throwing Sidearm (Frisbee) Complex Skills: - Manipulative skills while moving	Sportsmanship Cooperation

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FIFTH GRADE				
TIMEFRAME:	HEALTH & FITNESS ACADEMIC CONTENT <i>Academic concepts that students will learn</i>	FITNESS <i>Activities that intentionally improve the fitness of students</i>	MOTOR SKILLS <i>Physical activities to teach movement patterns</i>	SOCIAL, EMOTIONAL & SAFETY <i>Learning that promotes safety and emotional wellness</i>
Quarter 4 SOL's: 5.1a, 5.1e, 5.1f, 5.2a, 5.3a, 5.3e, 5.3f, 5.4	Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)	End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109 Fitness Measurement (protocol from Fitnessgram Manual) Goal Setting, 5FL-B pp. 4.110-4.122 Heart Health Pyramid (5FL-B) pp. 4.51-4.68	Manipulative Skills: - Striking w/ Implements - Throwing Sidearm (Frisbee) Complex Skills: - Manipulative skills while moving	Sportsmanship Cooperation