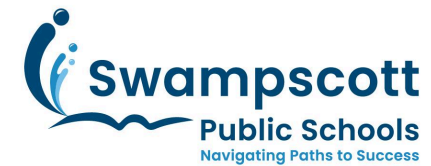


5th Grade Physical Education/Wellness



Our 5th & 6th-grade Wellness course offers a comprehensive approach to personal health through two distinct 25-day rotations. Students will engage in a dedicated Physical Education block designed to introduce a diverse range of activities, helping them discover personal interests that inspire them to become lifelong movers. Students return to Wellness for another 25-day rotation that combines physical activity with essential health education (5th grade only). By exploring the connection between active movement and informed lifestyle choices, students develop the tools necessary to maintain a balanced and healthy life. This dual-rotation structure ensures that every student gains both the physical confidence and the practical knowledge needed for lifelong well-being.

[Link to DESE Curriculum Guide in English for other languages](#) [click here for translations](#)

Unit	Timeframe	Goals	Major Learning Experiences
Net Sports	15 Days	1. Develop the basic skills used in net sports, including serving, striking, and rallying. 2. Learn and apply the rules and scoring of a variety of net sports. 3. Improve hand-eye coordination, movement, and teamwork through gameplay and skill practice. 4. Demonstrate good sportsmanship, cooperation, and respect for teammates, opponents, and officials.	Pickleball: Learn basic rules, how to use equipment, basic volleying Volleyball: Basic techniques (bump, set, underhand serve); modified rules Badminton: Forehand & backhand strokes, backhand serve; basic volleying Sportsmanship & Self-Management: conflict resolution strategies; positive attitude toward winning and losing.
Throwing & Catching	10 Days	1. 4-point overhand throwing technique: Balance, Step, Pivot and Follow Through 2. Backhand Throw: Grip, Same foot step, wrist flick, point on follow-through	Ultimate frisbee: How to throw and catch a frisbee, how to move in open space, working together as a team Target Games: How to aim at various stationary and moving targets, body control Teamwork: working with others to accomplish a goal Team Handball: How to move in open space, throwing

		3. Weight Transfer: how to transfer weight from the back foot to the front foot to increase velocity	toward a stationary target; working as a team to accomplish the goal of scoring
Goal Setting	2 Days	1. Measure current cardiovascular fitness. 2. Set a personal fitness goal based on individual performance. 3. Demonstrate growth and improvement in cardiovascular endurance.	Pacer Run: Students will run the pacer in the fall and the spring. In the first run, students are setting their baseline score. After the run, students will set a goal for the spring and the steps it will take to reach this goal. In the spring, they will attempt to reach their goal.
Team Sports	10 Days	1. Develop the skills needed to participate in team sports, including passing, receiving, dribbling, striking, and scoring. 2. Learn offensive and defensive strategies while working cooperatively with teammates during gameplay. 3. Demonstrate teamwork, communication, and good sportsmanship.	4-Way Hockey: Introduction to hockey in a fast-paced game. Students work on stick skills as well as defensive and offensive tactics. MatBall: Our crazy version of kickball, students practice base running skills, and kicking an object in motion toward open space. SpeedBall: A game that combines football, basketball, and soccer skills; students can choose how they play the game. Teamwork and communication are essential.
Invasion Games	7 Days	1. Develop movement skills such as speed, agility, reaction time, and changing direction. 2. Learn how to use offensive and defensive strategies, including creating space, protecting territory, and working with teammates. 3. Practice teamwork, communication, and problem-solving during competitive and cooperative	Capture the Flag: Students strategize to capture the other team's flag and bring it safely back to their side. Both defensive and offensive strategies must be used to be successful. Yoshi: Together, teams navigate a plan to make it across the opposing team's side and into the safe zone without being tagged. Body control and agility are essential. Steal the Bacon: Students work in small groups to steal the ball and score on the opposing team's basket. Teamwork, agility, changing direction, and defending a

		activities.	zone are all at play in this game.
Project Adventure	6 Days	1. Strengthen teamwork, communication, and cooperation through group challenges. 2. Develop problem-solving and leadership skills while working with others. 3. Build confidence, trust, and respect through shared experiences.	Students will participate in a variety of cooperative team-building activities designed to develop communication, trust, problem-solving, and leadership skills. Through group challenges and problem-solving games, students will learn the importance of working together, supporting one another, and using effective strategies to achieve a common goal. Students will reflect on their experiences and practice creating a positive, respectful, and inclusive team environment.
Home - School Connection			

HEALTH - 5th Grade (10 Days)

Unit	Timeframe	Goals	Major Learning Experiences
Social Health	6 Days	1. Understand the importance of healthy friendships and positive relationships, including trust, respect, and communication. 2. Develop strategies for resolving conflicts in a respectful and productive way. 3. Practice skills such as active listening, empathy, and problem-solving to build stronger relationships with others.	Students will explore the characteristics of healthy friendships and relationships through class discussions, scenarios, and interactive activities. Students will practice communication and conflict-resolution strategies, including listening, expressing feelings appropriately, and finding solutions to disagreements. Through role-playing and reflection activities, students will develop skills to help them navigate relationships positively and respectfully.
Physical Health	4 Days	1. Understand the physical and emotional changes that occur during puberty and recognize that these	Students will learn about the changes that occur during puberty and how these changes impact their physical health, emotions, and daily routines. Through

		changes are a normal part of growing and developing. 2. Learn healthy hygiene habits and personal care routines that support overall health and well-being. 3. Identify ways to take responsibility for personal health, including making healthy choices and seeking reliable information or support when needed.	discussions, activities, and age-appropriate resources, students will explore the importance of personal hygiene, self-care, and healthy habits. Students will develop an understanding that everyone experiences growth and development at their own pace and learn strategies for managing these changes in a positive way.
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