

At A Glance PE Yearly Pacing Guide

Grades 3rd-5th

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
Quarter 1 SOL's: 3.1a, 3.2a, 3.2c, 3.3a, 3.3b, 3.3d, 3.4a, 3.4b, 3.4c, 3.4d, 3.4e, 3.4f 4.1a, 4.1d, 4.1e, 4.1f, 4.2a, 4.2d, 4.2f, 4.3a, 4.3b, 4.3d, 4.4b, 4.4c, 4.4d 5.1a, 5.1d, 5.1e, 5.1f, 5.1g, 5.2c, 5.3a, 5.3e, 5.3f, 5.4, 5.4d, 5.4e	Five components of Fitness (Five For Life Basic (5FL-B) pp.1.1-1.13) Intensity Levels (5FL-B) DVD and Resource CD Cardiorespiratory Endurance (Heart Health 4-5), 5FL-B pp. 1.24-1.39 Muscular Strength and Endurance (5FL-B) pp. 1.50-1.64 Flexibility (5FL-B) pp. 1.65-1.78	Pre-Fitness Measurements, 5FL-B pp. 4.131-4.142 Pre-Fitness Measurements (protocol from Fitnessgram Manual) Goal Setting, (5FL-B) pp. 4.110-4.122 Pedometers (5 FL-B) pp. 4.69-4.82 Circuit Training (5FL-B) pp. 4.1-4.50 Functional Fitness Equipment (5FL-B) pp. 4.18-4.50	Locomotor Skills: Non-Locomotor Skills: Manipulative Skills: <ul style="list-style-type: none">• Overhand Throw• Underhand Throw• Catching• Striking w/ Feet• Kicking Complex Skills: <ul style="list-style-type: none">• Manipulative skills while moving• Off/Def Strategies	Cooperative Games Classroom Protocol Sportsmanship Swedish gym / recess safety protocol

<p>Quarter 2</p> <p>SOL's:</p> <p>3.1a, 3.1c, 3.1e, 3.2a, 3.2c, 3.3c, 3.4a, 3.4b, 3.4c, 3.4d, 3.4e, 3.4f, 3.5a, 3.5b, 3.5c, 3.5d, 3.5e</p> <p>4.1a, 4.1b, 4.2a, 4.2d, 4.2f, 4.4a, 4.4b, 4.4c, 4.4d, 4.5a, 4.5b, 4.5c, 4.5d, 4.5e, 4.5f, 4.5g</p> <p>5.1a, 5.1c, 5.1d, 5.1e, 5.1f, 5.1g, 5.2, 5.3d, 5.4a, 5.4b, 5.4c, 5.4e, 5.5, a, 5.5b, 5.5c, 5.5d, 5.5e, 5.5f</p>	<p>FITT Principle</p> <ul style="list-style-type: none"> Cardiorespiratory Endurance and the FITT Principle <p>Body Composition (5FL-B) pp. 1.88-1.101</p> <p>Nutrition: Healthy Food, Healthy Balance (5FL-B) pp. 2.1-2.15</p> <p>Nutrition: Food for Energy and Health (5FL-B) pp. 2.16-2.38</p>	<p>Circuit Training (5FL-B) pp. 4.1-4.50</p> <p>Pedometers (5 FL-B) pp. 4.69-4.82</p>	<p>Manipulative Skills:</p> <ul style="list-style-type: none"> Underhand Roll Dance and Rhythm Striking w/ Hands <p>Complex Skills:</p> <ul style="list-style-type: none"> Manipulative skills while moving Create a routine 	<p>Sportsmanship</p>
<p>Quarter 3</p> <p>SOL's:</p> <p>3.1a, 3.1b, 3.1d, 3.2b , 3.2d, 3.2e, 3.3a, 3.4a, 3.4b, 3.4c, 3.4d 3.4e</p> <p>4.1a, 4.1c, 4.1d, 4.1e, 4.1f, 4.1g 4.2b, 4.2c, 4.2e, 4.3c, 4.3d, 4.4</p> <p>5.1a, 5.1b, 5.1c, 5.2a, 5.2b, 5.3b, 5.3c, 5.4</p>	<p>Skeletal System: Bone Health (5FL-B) pp. 3.1-3.14</p> <p>Muscular System: Muscle Motion (5FL-B) pp. 3.15-3.29</p>	<p>Mid-Year Fitness Measurements (5FL-B) pp. 4.96-4.109</p> <p>Fitness Measurement (protocol from Fitnessgram Manual)</p> <p>Goal Setting, 5FL-B pp. 4.110-4.122</p>	<p>Manipulative Skills:</p> <ul style="list-style-type: none"> Gymnastic Skills Striking w/ Implements Long and short jump rope <p>Complex Skills:</p> <ul style="list-style-type: none"> Manipulative skills while moving Create a routine 	<p>Sportsmanship</p>

<p>Quarter 4</p> <p>SOL's: 3.1a, 3.2c, 3.3, 3.4a, 3.4b, 3.4c 4.1a, 4.1d, 4.1e, 4.2, 4.3a 4.3b, 4.3e, 4.4 5.1a, 5.1e, 5.1f, 5.2a, 5.3a, 5.3e, 5.3f, 5.4</p>	<p>Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13</p>	<p>End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109</p> <p>Fitness Measurement (protocol from Fitnessgram Manual)</p> <p>Goal Setting, 5FL-B pp. 4.110-4.122</p> <p>Heart Health Pyramid (5FL-B) pp. 4.51-4.68</p>	<p>Manipulative Skills:</p> <ul style="list-style-type: none"> • Striking w/ Implements • Throwing Sidearm (Frisbee) <p>Complex Skills:</p> <ul style="list-style-type: none"> • Manipulative skills while moving 	<p>Sportsmanship</p>
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