

5, 6, 7 Grade Physical Education

Units	Grades	Length of time	5th grade Standards/Essential Outcomes	6th/7th Grade Standard/Essential Outcomes	Assessment
Ultimate Football	5	4 weeks		1a, 1b, 2a, 2b, 5a, 5b, 6a	observation, skills testing (passing)
Flag football	6,7	3 weeks		1a, 1b, 2a, 2b, 5a, 5b, 6a	observation, skills testing (passing test)
Soccer	5,6,7	3 weeks		1a, 1b, 2a, 2b, 5a, 5b, 6a	observation, skills test (speed dribble, weave test)
weight/cardio room	5,6,7	intro for 1 week but we work out all year long			observation, Heart Rate Monitors
Fitnessgram	5,6,7	2 weeks			test results
Rock Climbing Wall	5,6,7	3 weeks			observation
					observation
Basketball	5,6	2 weeks		1a, 1b, 2a, 2b, 5a, 5b, 6a	observation, skills test (lay-up test), free throws
Archery	5,6,7	3 weeks			observation
Floor hockey	5,6,7	3 weeks			observation skills test (speed stick handling, goal shooting)
Snowshoeing	5,6	2 weeks			observation,

Cross Cross-countr y skiing (classical, skate skiing)	7	2 weeks			observation, Grading on the amount of laps
Broomball	5,6,7	2 weeks			observation
Pickleball	6,7	3 weeks			observation, serving test
Badminton	5	2 weeks			observation, serving test
Volleyball	5,6,7	3 weeks			observation, serving test, passing skills test, setting skills test
Fitnessgram	5,6,7	2 weeks			test results
Track and Field	5,6	3 weeks			observation, track meet
Softball	6,7	2 weeks			observation
Kickball/t-ball	5	2 weeks			observation
Frisbee golf	5,6,7	1 week			observation, score sheets