Physical Education - Grade 5



Jordan Small Middle School



Curriculum Guide Jordan Small Middle School Grade 5 Physical Education

Instruction will focus on social responsibility including getting along with others, fully participating in all activities, sportsmanship, being prepared, putting forth an effort in each class. Learning terms related to each specific unit and beginning to learn terms related to fitness and skills are also integrated within each unit.

Course Level and Description:

Each unit is designed to allow student participation and increase individual knowledge concerning that specific study.

Graduation Standards for course:

Motor Skills and Movement Patterns:			
Physically literate students demonstrate competency in a variety of motor skills			
and movement patterns			
☐ 1.2 Game and Sport Skills			
Uses specialized skills that are refined and appropriate for modified game play.			
☐ 1.3 Offensive and Defensive Skills			
 Demonstrates basic offensive and defensive movement skills for games, sports, or physical activities 			
Concepts and Strategies			
Physical literate students apply knowledge of concepts, principles, strategies			
and tactics related to movement and performance			
□ 2.1 Movement Concepts			
Applies advanced movement concepts to enhance game/play activities			
2.2 Strategies and Tactics			
Explains when and why strategies and tactics are utilized in game play and activities			
Fitness Education			
Physically literate students demonstrate the knowledge and skills to plan,			
execute, self-monitor, achieve, and maintain a health-enhancing level of			
physical activity and/or fitness.			
☐ 3.1 Health-Related Fitness and Exercise			
3.1a Demonstrates body positions and/or technique when performing			
muscle strength, muscle endurance, and flexibility exercises.			
3.1b Identifies and/or classifies exercises and physical activities for each			
health-related fitness component			

	3.2	SKill-Related Fitness and Training
		☐ Lists, defines, and explains skill-related fitness components and uses
		components in exercises or games
	3.3	Training Principles for Fitness and Sport
		☐ Uses training principles to improve fitness or sports performance
		Health-related and/or sports training fitness plan
_		☐ Engages/follows a teacher-created exercise plan demonstrating proper
		posture and technique when performing exercises.
П	3 5	Fitness, Sport, and Technology
-		☐ Uses teacher and technology tools to engage in health-related fitness
_	2.6	activities for skill practice or enjoyment
'		Health-related and/or sports training fitness plan
		Identifies and/or participates in physical activities at school, home, and/or in
		the community.
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-		le Personal and Social Behavior:
_	•	literate students exhibit responsible personal and social behaviors
that re	espe	ct self and others.
	4.1	Personal Responsibility
		■ Exhibits personal responsibility by using appropriate strategies to seek
		greater independence from adults, and reinforce positive behaviors, when
		completing assigned tasks.
	4.2	Cooperative Skills
		■ 4.2a Uses well-developed cooperation skills to accomplish group goals in
		both cooperative and competitive situations
		■ 4.2b Analyzes conflicts that arise in competitive activities to determine the
		most appropriate ways of resolving the conflicts.
	4.3	Rules, Etiquette, and Safety
_		☐ Uses safe practices while engaging in physical education activities without
		prompting
		prompting
Dococ	:+:.	on of the Value of Physical Activity:
-	-	literate students recognize the value of physical activity for health,
		c, challenge, self-expression, and or social interaction
		Health
_		Identifies and compares health benefits and physical activities.
Ш		Challenge
		→ Applies strategies for overcoming individual challenges in a physical
		activity setting.
		Self-Expression and Enjoyment
		■ 5.3a Describes how moving competently in a physical activity setting
		creates enjoyment.
		■ 5.3b Identify how self-expression and physical activity are related.
	5.4	Social Interaction
		☐ Demonstrates the importance of social interaction by following rules and
		encouraging others in various physical activities and games.

Guiding Principles for course:

A responsible and involved citizen who participates positively in the community and designs creative solutions to meet human needs and wants and accepts responsibility for personal decisions and actions. Demonstrates ethical behavior and the moral courage to sustain it Understands and respects diversity Displays global awareness and economic and civic literacy Demonstrates awareness of personal and community health & wellness.

Course Activities may include:

Cricket

Compass/Map Skills

Soccer

Frisbee

Fitness

Basketball

Snow Shoe

Jump Rope

Recreational Games

Volleyball

Floor Hockey

Speedball

Wiffle Ball

Group Games include crab soccer, omnikin, scooter hockey, shipwreck, giant relay, hungry Hungry, Hungry Hippo.

Curriculum Materials may include:

Google Classroom to provide unit materials and assignments.

Skills Tests

Materials Provided by Student/Family:

Sneakers for indoor activities

Modest clothing appropriate for indoor physical activity

Coat, Boots, Hat, Gloves for outdoor physical activity