



5th Grade Physical Education Scope & Sequence

Grading Period	Focus TEKS (R) Readiness (S) Supporting	Learning Targets					
Throughout the School Year (Movement, Health/Fitness, Health)	5.1 A,B,C 5.2 A,B,C 5.3 A,B,C 5.4 A,B,C,D,E,F 5.5 A,B,C,D 5.6 A,B 5.7 A,B,C	<ul style="list-style-type: none"> ● Demonstrate appropriate use of levels in dynamic movement situations ● Demonstrate smooth combinations of fundamental locomotor skills. ● Demonstrate attention to form, power, accuracy, and follow through ● Identify common phases such as preparation, movement, and follow through ● Identify the importance of form, power, accuracy, and consistency ● Choose appropriate drills and activities to enhance the learning of a skill ● Participate in moderate to vigorous physical activities on a daily basis that develop physical fitness ● Identify appropriate personal fitness goals in each health related fitness area ● Explain the value of participation in community physical activities ● Relate ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs. ● Self monitor the heart rate during exercise. ● Match different types of physical activity with health related fitness components. ● Describe the principle of frequency, intensity, and time, and describe how to incorporate these to improve fitness. ● Describe the structure and function of the musculoskeletal system as they relate to physical performance. ● Identify the relationship between optimal body function and a healthy eating plan. ● Use equipment safely and properly ● Select and use proper attire that promotes participation and prevents injury. 					

		<ul style="list-style-type: none"> • Describe the importance for taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries • Identify potentially dangerous exercises and their adverse effect on the body. • Describe fundamental components and strategies used in net/wall games • Explain the concept and importance of teamwork • Follow rules, procedures, and etiquette • Use sportsmanship skills for settling disagreements • Describe how physical activity with a partner can increase motivation and enhance safety.
Safety		
Body Awareness	5.1 A,L 5.4 A,E,G	<ul style="list-style-type: none"> • Demonstrate appropriate use of levels in dynamic movement situations • Demonstrate combinations of locomotor and manipulative skills in complex and game like situations • Relate ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs • Describe common skeletal problems and their effect on the body such as spinal curvatures
Locomotor Skills	5.1 B,H	<ul style="list-style-type: none"> • Demonstrate smooth combinations of fundamental locomotor skills. • Demonstrate ability to contrast a partner's movement.
Tossing and Catching	5.1 C,K,L	<ul style="list-style-type: none"> • Demonstrate attention to form, power, accuracy, and follow through • Demonstrate competence in manipulative skills in dynamic situations

		<ul style="list-style-type: none"> • Demonstrate combinations of locomotor and manipulative skills in complex and game like situations
Striking	5.1 C,K,L	<ul style="list-style-type: none"> • Demonstrate attention to form, power, accuracy, and follow through • Demonstrate competence in manipulative skills in dynamic situations • Demonstrate combinations of locomotor and manipulative skills in complex and game like situations
Ball Handling	5.1 C,K,L	<ul style="list-style-type: none"> • Demonstrate attention to form, power, accuracy, and follow through • Demonstrate competence in manipulative skills in dynamic situations • Demonstrate combinations of locomotor and manipulative skills in complex and game like situations
Jump Rope	5.1 J	<ul style="list-style-type: none"> • Jump a rope using various rhythms and foot patterns repeatedly
Gymnastics	5.1 D,E,F,G	<ul style="list-style-type: none"> • Demonstrate controlled balance on a variety of objects • Demonstrate simple stunts that demonstrate agility • Combine travelling and rolling with smooth transitions • Combine weight transfer and balance on mats and equipment
Cooperative Games/Recreational Games	5.1 H,K,L 5.6 A,B 5.7 A,B,C	<ul style="list-style-type: none"> • Demonstrate ability to contrast a partner's movement • Demonstrate competence in manipulative skills in dynamic situations • Demonstrate combinations of locomotor and manipulative skills in complex and game like situations • Describe fundamental components and strategies used in net/wall games

		<ul style="list-style-type: none">• Explain the concept and importance of teamwork• Follow rules, procedures, and etiquette• Use sportsmanship skills for settling disagreements• Describe how physical activity with a partner can increase motivation and enhance safety.
Rhythm	5.1 I,J	<ul style="list-style-type: none">• Perform selective folk dances• Jump a rope using various rhythms and foot patterns repeatedly