



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