
Pe Grade 5 Fitness curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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PE/Health Grade K curriculum

Prerequisite :

Students will practice and perform Fourth Grade Physical Education drills and activities.

Course Description Here

Fifth Grade Physical Education will be taught by a certified Health & Physical Education Teacher. It will provide student opportunities to learn and practice skills and behaviors critical to being physically active. The Fifth Grade student will practice motor skills and movement patterns needed to perform a variety of Physical Activities. The student will participate in regular activities and achieve a health-enhancing level of physical fitness. Each child will exhibit personal and social behavior that respects self and others in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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1st Quarter

Topic	Resources	CCSS

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2nd Quarter

Topic	Resources	CCSS

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3rd Quarter

Topic	Resources	CCSS

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4th Quarter

Topic	Resources	CCSS

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
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<p>Fitness</p>	<p>10.4.6 Physical Activity B Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p>	<ul style="list-style-type: none"> ● Cardiovascular: The system includes the heart and blood vessels. The includes the respiratory system. ● Respiratory System: The system moves oxygen from the outside environment into the body and then removes carbon dioxide. It includes the nose, trachea, lungs, and bronchi. ● Muscular System: ● The system is made of tissues that work with 	<ul style="list-style-type: none"> ● Circuit Training ● Aerobic Activities ● Anaerobic Activities ● Adventure Activities ● Tag Games ● Yoga Hiking ● Climbing wall 	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student discussion</p>	
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		<p>the skeletal system to control movement of the body. Involuntary/ Voluntary.</p> <ul style="list-style-type: none">● Skeletal System: Made up of bones ligaments and tendons. Supports● Endocrine: The systems consists of glands and hormones			
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	<p>10.4.6C The students will monitor their body's response to physical activity Heart Rate monitor types of activity and heart Blood Pressure</p>	<p>Students will monitor their body's response to physical activity.</p> <ul style="list-style-type: none"> ● Heart Heart Monitor ● Target Heart Rate ● Types of Activity Light Moderate Vigorous ● Blood Pressure 		<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student discussion</p>	<p>Daily Lesson Plans at 40 mins per class</p>
	<p>Enrichment: Use of technology</p>	<p>Remediation: Review worksheet</p>			
	<p>10.5.6D Describe and apply the principles of exercise to the components of health related and skill related fitness</p>	<p>Agility Balance Coordination Power Reaction Time Speed</p>		<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student discussion</p>	<p>Daily Lesson Plans at 40 mins per class</p>

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