

5th Grade	Physical	Education	Curriculum					
Physical Education Grade	State Standard/Benchmark	Content Stand	Skill	Objective	Key Concepts	Materials/Resources	Assessments	Notes
5	Standard 1	Motor skills Health-Related Fitness	Cardiovascular/Endurance	Demonstrate the form of running.	Knees high, push off toes to heels, elbows bent 90 degrees	stop watch, cones, score board	Students will jog for five minutes while counting number of laps while teacher records results.	5th grade students come to P.E. for seven weeks
5	Standard 1	Motor skills Rythmic Activites	Jump Rope	Demonstrate the form of jumping rope forward and backward.	Elbows in start with rope behind or in front wait until you hear rope hit floor then jump.	Jump ropes	Students jump one or two inches off ground while making small circles with hands. Students will stay on the balls of feet bending knees slightly	
5	Standard 1,5	Motor skills Invasion Games	Catching & Receiving	Demonstrate catching a lightweight ball thrown over a seven foot net	Eyes on object.	Net, Balls	Catch with hands, thumbs out, bend elbows in when contact with object	
5	Standard 1,5	Motor skills Invasion Games	Kicking/Striking	Demonstrate kicking a soccer ball while respecting other students space.	Eyes on object.	Soccer balls	Step next to soccer ball kick with opposite foot while keeping eyes on object	
5	Standard 3,4	Fitness	Muscular Strength & Endurance	Student will demonstrate proper exercise form in a physical education class setting	Varies	N/A	Observation	

5	Standard 5, 6	Personal, Social Domain	Cooperation, Following Direction, Respect, Responsibility, Self control, Best Effort, Compassion, Constructive Competition	Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others. Demonstrates a proper attitude in both winning and losing.	Varies	N/A	Observation	
5	Standard 1,3,4,5,6	Aquatics	Water exercises, Treading Water, Water Safety, Stroke Work	Freestyle, Backstroke, Floating on stomach and back, Stride Jump, Side stroke	Relax	Pool	Daily Teacher Observation	