Grade 5 Physical Education

Unit:	5th Grade Floor Hockey
Big Ideas:	To understand the basic concepts/rules of 5 on 5 floor hockey. Be able to perform the basic skills of floor hockey to participate in a game.
Unit Essential Questions:	What are the skills and strategies used to play a game of floor hockey? How is sportsmanship, and safety teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
5-6 days	S 10.2.6 D S 10.3.6 AD S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Grip Reverse Stick Free Hit Speed Dribble Control Dribble Indian Dribble Push Pass Drive Pass Dangerous Hit Offense Defense Goalie	*Recognize safety with the stick *Demonstrate stick control *Participate using ball control – dribbling across gym floor *Demonstrate trapping/stopping. *Dribbling and shooting drills *Identify rules and knowledge of the game *Demonstrate concept knowledge of offense and defense *Inspect proper grip *Use teamwork *Participate in positional play – field hockey game	Floor Hockey Sticks Balls Pinnies Cones Scoreboard Hula Hoops	*Observation of rules, safety, proper squad procedures, and participation

Grade 5 Physical Education

Unit:	5th Grade Basketball
Big Ideas:	To understand the basic concepts/rules of basketball. Be able to perform the basic skills of basketball to participate in a game.
Unit Essential Questions:	What are the skills and strategies used to play a game of basketball? How is sportsmanship, safety, and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
5-8 Days	S 10.2.6 D S 10.3.6 D S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Foul Jump Shot Lay-Up Shot Rebound Set Shot Triple Threat Position Turnover Walk/Traveling Double Dribble Carry Guard Position Forward Position Center Position Speed Dribble Control Dribble Crossover Dribble Chest Pass Bounce Pass Overhead Pass Baseball Pass	*Dribbling Across Gym Floor *Ball Handling Drills *Examine footwork *Utilize correct ball manipulative skills *Dribble in & out or around cones *Perform four types of passes *Passes To Teammate-Chest, Bounce, Overhead, Baseball *Catching-Passes From Teammate *Demonstrate lay-up and foul shot technique * Right Handed Lay Ups * Left Handed Lay Ups *Shots From Spots Outside Paint – 4 spot shooting drill *3 team shooting competition *Foul shot practice & competition *Knockout *Basketball Game *Participate in positional play *Demonstrate concept knowledge of offense and defense *Use teamwork *Identify rules and knowledge of the game *Hot Shot Blitz	Basketballs Pinnies Score Board Hoops For Heart Cones	*Observation of rules, proper squad procedures, and participation

Grade 5 Physical Education

Unit:	Grade 5 Fitness Activities and Tests
Big Ideas:	Be able to identify current level of fitness and set goals for improvement.
Unit Essential Questions:	How can one perform at the highest level for fitness tests? What is my goal for improvement? What is my target heart rate? What does target heart rate mean and why is it important? What is the proper technique to measure pulse rate? How does aerobic and anaerobic activity differ? What is the proper technique for walking and running? What are the proper techniques for completing various fitness tests?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
10 - 14 days	S 10.2.6 D S 10.3.6 AD S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Aerobic Anaerobic Goal Target Heart Rate Pulse BMI Body Composition Pace Stride Muscular Strength Muscular Endurance Cardiovascular Endurance Flexibility Speed Fitness Component Agility Balance Reaction Time Coordination	*Pulse Taking *Running/Walking *Target Heart Rate *Goal Setting *Fitness Tests *Perform aerobic, fitness skills including cardiovascular muscular strength and endurance *Identify target heart zone *Examine resting and exercising heart rate	Stopwatch Mini Cones Pencils Regular Cone	*Observation of rules, proper squad procedures, and participation * *Fitness Tests Pacer Beep Test 40 yard dash 20 Yard back pedal ½ mile run Shuttle Run Standing Long Jump Straight arm hang Pull Ups Curl Ups Flexibility

Grade 5 Physical Education

Unit:	5th Grade Flag Football
Big Ideas:	To understand the basic concepts/rules of flag football. Be able to perform the basic skills of football to participate in a game.
Unit Essential Questions:	What are the skills and strategies used to play a game of flag football? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
5-6 Days	S 10.2.6 D S 10.3.6 AD S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Touchdown Field Goal Fumble Incomplete Interception Quarterback Running backs Receivers First Down Off Sides Spiral Line of scrimmage Snap Sack	*Participate in flag football game *Demonstrate concept knowledge of offense and defense *Identify rules and knowledge of the game *Participate in snapping, handing –off, and running drill *Participate in snapping, passing, and catching drill *Use teamwork *Participate in positional play *Participate in Ultimate Football game	Flag Football Study Guide Footballs Flags Cones Yellow Referee Flag	*Observation of rules, proper squad procedures, and participation *Written Test- 10 questions – Fill-in the Blanks (word bank) Flag Football Skill Test – football rubric

Grade 5 Physical Education

Unit:	5th Grade Soccer Indoor/Outdoor
Big Ideas:	To understand the basic concepts/rules of soccer. Be able to perform the basic skills of soccer to participate in a game.
Unit Essential Questions:	What are the skills and strategies used to play a game of soccer? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
5-6 Days	S 10.2.6 D S 10.3.6 D S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Trap Heading Dribbling Instep Kick Throw-In Free Kick Penalty Kick Goal Goalie Forward Midfielder Backs	*Develop eye/foot coordination *Participate using ball control – dribble, trap, & pass drills *Participate using trapping and kicking skills *Identify goalkeeping *Demonstrate dribbling technique *Demonstrate proper kicking technique *Demonstrate Heading – toss ball into air & try to head ball into net *Demonstrate concept knowledge of offense and defense *Identify proper footwork *Utilizes concept ball manipulative Skills *Soccer Bombardment Game *Soccer Game/Line Soccer *Participate in positional play *Demonstrate concept knowledge of offense and defense *Use teamwork *Identify rules and knowledge of the game	Soccer Study Guide Soccer Balls Pinnies Score Board Cones	*Observation of rules, proper squad Procedures, and participation *Skills Test - soccer rubric *Written Test- 10 multiple choice questions

Grade 5 Physical Education

Unit:	Grade 5 Softball (Baseball, Wiffle Ball)
Big Ideas:	To understand the basic concepts/rules of softball(baseball, wiffleball) Be able to perform the basic skills of softball to participate in a game.
Unit Essential Questions:	What are the skills and strategies used to play a game of softball? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
5-6 Days	S 10.2.6 D S 10.3.6 D S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Force Out Bunt Fly Ball Grounder Line Drive Walk Strikeout Infield Outfield Catcher Pitcher Tag-up Tag Over Run	*Identify rules and knowledge of the game *Demonstrate concept knowledge of offense and defense *Participate in catching * Throwing accuracy *Illustrate fielding technique *Inspect proper grip *Use teamwork *Participate in positional play *Participate in softball/wiffle ball game	Bats Softball/wiffle ball Bases Gloves Scoreboard	*Observation of rules, proper squad Procedures, and participation *Skills test – rubric *Written Test – 10 multiple choice questions

Grade 5 Physical Education

Unit:	5th Grade Volleyball
Big Ideas:	To understand the basic concepts/rules of volleyball. Be able to perform the basic skills of volleyball to participate in a game.
Unit Essential Questions:	What are the skills and strategies used to play a game of volleyball? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Instructional Materials	Assessments
5-6 Days	S 10.2.6 D S 10.3.6 D S 10.4.6 ABCDEF S 10.5.6 ABCDEF	Volley Dig Rotation Bump Set Spike Block Carry Serve	*Analyze proper body positioning *Demonstrate setting accuracy *Apply proper bumping technique *Model correct serve technique *Perform group work – practice bump & set in 3 groups (circle formation) *Practice serving and rotating *Visual Tracking *Monitor accuracy *Develop eye/Foot Coordination *Demonstrate ball control *Participate in positional play *Demonstrate concept knowledge of offense and defense *Utilizes concept ball manipulative skills *Use teamwork *Identify rules and knowledge of the game *Lead-up game using beach balls / training balls *Participate volleyball game	Net Scoreboard Beach balls Training balls Volleyballs Music	*Observation of rules, proper squad Procedures, and participation *Skills Test- volleyball rubric *Written Tests Volleyball – 10 matching questions