

5th Grade Physical Education Curriculum Overview

5th grade Physical Education focuses around Illinois State Goals 19, 20 and 21. Throughout the year students will focus on the exploration of lifelong activities, fitness and well being through a wide variety of units and activities. Students in 5th grade focus on the foundation of skills and concepts to be further explored and developed throughout their middle school experience.

Skills to be developed throughout the course:

- Illinois State Goal 19:
 - Development of basic movement patterns (throwing, catching, etc)
 - Introduction of game play (rules and basic strategy)
- Illinois State Goal 20:
 - Exploration of Health Related and Skill Related Fitness Components
 - Introduction of heart rate tracking
 - Development of fitness based goals
- Illinois State Goal 21:
 - Introduction of teamwork components
 - Basic application of teamwork components

Units of Study:

- Team Sports: Including but not limited to Tchoukball, Soccer, Basketball, Team Handball
- Racket Sports: Including but not limited to Badminton, Pickleball and Eclipse Ball
- Lifelong Activities: Including but not limited to Recreational Games and Fitness Activities

The Learning Standards for this course are (ie Common Core Standards, Illinois Learning Standards, National Standards). Priority standards should be listed and linked below:

- Illinois State Goal 19: [Acquire movement and motor skills and understand concepts necessary to engage in MVPA](#)
- Illinois State Goal 20: [Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment](#)
- Illinois State State 21: [Develop skills necessary to become a successful member of a team by working with others](#)