

General Course Information

Course Name: 5th Grade Physical Education	
Department: PE/Health	Grade Level(s): 5th
Duration/Credits: 1 year	Prerequisites: none
BOE Approval Date: February 2023	Course Code:
Course Description:	
<p>5th Grade Physical Education deepens student understanding of fitness knowledge, concepts, and skills, and develops students' personal activity and health habits by teaching the value of physical activity through exposure to meaningful experiences. In addition to keeping active during the school day, 5th grade PE students demonstrate self-management skills and concepts that support a lifetime of physical activity and health.</p>	
Course Rationale:	
<p>5th Grade PE supports both student physical health and cognitive development. In addition to providing needed daily active time, students develop physical literacy and health knowledge.</p>	
Course Objectives:	
<ul style="list-style-type: none">• The student will explain the connection between physical fitness skills and knowledge to overall health and wellness.• The student will consistently demonstrate personal responsibility, teamwork, and a respectful and inclusive attitude in social and physical activities, including skills practice, games, and sports.• The student will demonstrate fitness knowledge through the completion of fitness assessments and analysis of the results.• The student will assess and reflect upon their overall fitness to set personal goals.• The student will actively participate in daily class fitness objectives and routines, including exercises, games, and skill development to build the components of health and skill-related fitness.• The student will combine both locomotor and manipulative skills and apply them through mature patterns and strategies into physical activities and games.	