

Wallenpaupack Area School District

Planned Course Curriculum Guide

Physical Education

Physical Education Grade 5

Course Description:

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is the intention of this course to provide students with the necessary knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, as well as to favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving their highest academic potential.

Revision Date:

Wallenpaupack Area School District Curriculum	
COURSE: Physical Education 5	GRADE/S: 5
UNIT 2: Body and Spatial Awareness	TIMEFRAME: Year-round

PA COMMON CORE/NATIONAL STANDARDS:

10.4.6 A, B, E, F
10.5.6 A, B, C, E

UNIT OBJECTIVES (SWBATS):

- Students will be able to identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
- Students will be able to explain the effects of regular participation in moderate to vigorous physical activities on the body.
- Students will be able to identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- Students will be able to identify and describe positive and negative interactions of group members in physical activities.
- Students will be able to explain and apply the basic movement skills and concepts to create and perform movement sequences and advance skills.
- Students will be able to identify and apply the concepts of motor skill development to a variety of basic skills.
- Students will be able to describe the relationship between practice and skill development.
- Students will be able to identify and use scientific principles that affect basic movement and skills using appropriate vocabular.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Self-Space: demonstrate a knowledge and understanding of self-space

- Finding self-space
- Being able to stay in self space while participating in activities
- Discuss importance of self-space and safety
- Spatial awareness

General Space: safe movement regarding location (self and others), direction, levels, pathways, speed

- Perform locomotor movements in general space
- Discuss and practice levels, pathways, and speed
- Participate safely in a variety of games

Body Awareness: relationship of body parts moving safely with others

- Body control
- Performing specific movements

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Student participation
- Class discussion

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

Modify exercises so all students can participate

- Moving at a slower pace
- Give options for exercises/locomotor skills
- Different levels of challenge
- Modify rules and equipment

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):

Marathon Kids
American Heart Association
Various PE Websites

RESOURCE SPECIFIC VOCABULARY: