

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 3: Movement Exploration	TIME FRAME: Year-round

PA COMMON CORE/NATIONAL STANDARDS:

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

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 and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
- Students will be able to describe factors that affect childhood physical activity preferences.
- 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 describe and apply the principles of exercise to the components of health related and skill-related fitness.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Explain, demonstrate, and perform any of the activities below.
Explain critical elements of skills (cues).
Explain and apply concepts of locomotor movements in a variety of activities.
Participate in cooperative games and activities.

Locomotor Movements

- Walk
- Run/jog
- Hop
- Jump
- Skip
- Gallop
- Leap
- Slide
- Dodge

Non-locomotor movements

- Bend/stretch
- Push/pull
- Swing/sway
- Twist-turn

Ready Position

- Movement ready position
- Static ready
- Planted

Relationships

- Over
- Under
- On
- Off
- Near
- Far
- In Front
- Behind
- Along
- Through
- Around
- Alongside

Balance Activities

- Basic rolls/stands
- Partner stunts
- Yoga poses

Dance and Rhythmic Movement

- Creative movement through music
- Video/teacher instructed dances
- Juggling scarves

Cooperation and Sportsmanship

- Partner activities
- Small group
- Teams
- Positive attitude

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Skill checklist

- Student participation
- Class discussion
- Self/partner/group assessment regarding sportsmanship & cooperation

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

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

Marathon Kids
American Heart Association
Various PE Websites

RESOURCE SPECIFIC VOCABULARY: