

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 4: Manipulative Skills	TIME FRAME: Year-round

PA COMMON CORE/NATIONAL STANDARDS:

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

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 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 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 vocabulary.
- Students will be able to identify and apply game strategies to basic games and physical activity.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Exploration

- Around, over, under
- Moving the ball with different body parts
- Different levels (low, medium, high)

Tossing

- Self-toss (hand under the ball, toss lightly above head, keep eyes on the object, catch with two hands)
- Partner toss

Throwing and catching a variety of objects

- Underhand throw (swing, step, toss) with opposite foot
- Overhand throw (sideways to target, object by ear, eyes on target, step, and throw)
- Catching (face partner, eyes on the object, ready hands, eyes follow the object to hands)

Rolling

- Bend at knee, hand position, step with opposite foot, swing, release/follow through

Dribbling

- Hand Dribble: Hand, fingers, push ball (don't slap), waist-high / moving and dribbling (keep eyes forward)
- Foot Dribble: foot tap (inside/outside/laces/bottom of the foot)

Kicking

- Stationary Ball
- Rolling ball
- Plant opposite foot, swing, follow through
- Kicking at a target

Trapping

- Keep on eyes on ball, lift foot, stop ball under, or side of the foot

Striking

- With hand
- With implement (bat, racquet, stick, noodle)
- Stationary objects
- Moving objects
- Pitched ball

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Student participation

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

Students will demonstrate an understanding of various manipulative skills through performance of individual/partner practice, small sided and lead up games.

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
- Different equipment (softer, larger, brighter, lighter as needed)

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

Marathon Kids
American Heart Association
Various PE Websites

RESOURCE SPECIFIC VOCABULARY:

