5th Grade Physical Education & Health Curriculum

Francis Howell School District

HOME SCHOOL COMMUNITY

LEARNING TOGETHER

Board Approved

Elementary Physical Education & Health

5th Grade

Unit Number, Title and Description	Essential Outcome(s) of Unit Students will be able to independently use their learning to....
Unit 1: Bold Beginnings In Bold Beginnings students will identify safe and unsafe situations and begin learning basic first aid procedures. The students will apply skills in game situations while working on conflict resolution. Cooperation stations will help the students learn how to use teamwork and communication to effectively accomplish a task.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 2: Body Basics In the unit Body Basics students will learn that body systems have jobs and how lifestyle choices affect those systems. They will understand the common communicable diseases and health problems and identify behaviors to limit the spread of these diseases. Students will identify personal stressors and assess situations that may require coping strategies and conflict resolution. Students will also explain and cite examples where the decision making process may be used.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 3: Fundamental Fun In Fundamental Fun the students will participate in a variety of sport specific lead up games while demonstrating proper techniques of fundamental and specialized skills. Students will learn how to provide feedback on specific skills.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others.

	• Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 4: I Like to Move it Move it In I like to Move it Move it students will participate in activities that will allow them to create rhythmic routines and demonstrate tumbling routines. Students will begin to look at the relationship between food intake and physical activity while learning about consumer rights.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 5: Nutrition and Fitness In the Nutrition and Fitness unit students will continue to understand the importance of making lifelong healthy choices for their bodies. Students will play games to learn about nutrients and healthy food choices. Students will be continue to learn about health-related fitness components and explore the muscular and circulatory systems. Students will also be introduced to the components of skill related fitness.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 6: Protect Yourself & Environment In the Protect Yourself & Environment unit students will continue to learn how to protect their bodies from injuries and the environment. Students will learn about how the integumentary system works with the sensory organs.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.