

Course Title:	Physical Education and Health
Grade(s):	5th

Course Description
The Grade 5 program serves as a capstone elementary experience, transitioning students from skill execution to independent tactical decision-making and social leadership. Students synthesize years of foundational movement to analyze complex game situations, applying advanced concepts of force, direction, and strategy in invasion, net, and target games. The curriculum bridges the gap to middle school by integrating health literacy—specifically substance prevention, emotional regulation, and interpersonal advocacy—ensuring students possess the self-efficacy and critical thinking skills necessary for the 6th-grade transition and a lifetime of healthy living.
Approved Curricular Materials/Textbook(s)
Healthy and Balanced Living Curriculum Framework: Health Education and Physical Education Connecticut State Department of Education — 2021 (Updated May 2022)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: PE Rules, Expectations, and Recess Game Review	This unit establishes a student-led culture of safety and inclusion, focusing on the independent management of playground and gymnasium protocols. Unit Objectives: • Demonstrate the ability to independently exhibit responsible personal and social behavior that respects self and others. • Analyze how established rules and expectations contribute to a safe and inclusive environment for students of all ability levels. • Lead peer groups in safe equipment transitions and setup without teacher intervention.	2-3 Weeks
Unit 2: Recess Game and Sub Game	Students refine strategies for traditional recess games, focusing on offensive and defensive positioning and the social-emotional aspect of competitive play.	2 Weeks

Review	Unit Objectives: • Apply basic offensive and defensive strategies, such as moving to open space and reducing an opponent's options. • Demonstrate the ability to work cooperatively with a diverse group to solve tactical problems during game play. • Analyze how specific recess games contribute to different components of health-related fitness.	
Unit 3: Rugby	This unit introduces invasion game concepts through rugby, emphasizing continuous movement, lateral passing, and spatial awareness in a team setting. Unit Objectives: • Demonstrate the recognition of the type of throw and catch needed for dynamic, moving game situations. • Apply offensive strategies to maintain possession and create scoring opportunities through teamwork. • Exhibit responsible social behavior by adhering to the unique rules and etiquette of rugby.	2-3 Weeks
Unit 4: Football	Students focus on the mechanics of the forward pass and route running, applying movement concepts to tactical play in small-sided games. Unit Objectives: • Execute a mature throwing pattern toward a moving target with accuracy and appropriate force. • Apply movement concepts like speed, pathways, and acceleration to evade defenders. • Demonstrate effective interpersonal communication to coordinate team plays and defensive shifts.	2-3 Weeks
Unit 5: Veterans Day Obstacle Course	In this high-intensity unit, students combine advanced movement patterns while reflecting on service and community values. Unit Objectives: • Analyze the movement situation to determine the most efficient pathways through complex obstacles.	1 Week

	• Combine movement concepts of force, time, and levels with specialized locomotor skills. • Demonstrate supportive behavior by encouraging peers through challenging physical tasks.	
Unit 6: Interpersonal Communication, Cooperation, and Teamwork	Students develop the verbal and non-verbal communication skills necessary to build healthy relationships and resolve conflicts. Unit Objectives: • Demonstrate empathetic and supportive behavior toward others during group problem-solving tasks. • Apply healthy ways to manage and resolve conflict through active listening and "I" statements. • Demonstrate the ability to advocate for a respectful and safe school environment.	2-3 Weeks
Unit 7: 9 Square in the Air	Students apply net and wall strategies to vertical striking, focusing on defending a zone and anticipating ball flight. Unit Objectives: • Apply basic offensive and defensive strategies to defend a designated square and move opponents. • Demonstrate the correct striking action (upward volley) needed based on the ball's trajectory. • Exhibit responsible behavior by involving all participants regardless of their skill ability.	2 Weeks
Unit 8: Ping Pong	In this unit, students refine short-handled implement control, focusing on varying force and paddle angles to create tactical advantages. Unit Objectives: • Apply concepts of direction and force to strike a ball toward a designated target on the table. • Demonstrate the ability to recognize whether an aggressive or defensive strike is needed for the situation. • Exhibit proper etiquette and respect for rules during independent	2 Weeks

	tournament play.	
Unit 9: Yoga and Mindfulness	Students are introduced to stress-management and emotional regulation techniques, focusing on the link between physical posture and mental focus. Unit Objectives: • Demonstrate basic yoga poses and breathing techniques to improve flexibility and balance. • Explain how mindfulness and controlled breathing can help regulate emotions and manage stress. • Identify the value of reflective physical activity for personal self-expression and enjoyment.	2 Weeks
Unit 10: Alcohol, Nicotine, and Other Drugs	Students analyze the impact of substances on the developing body and practice refusal skills to resist social pressures. Unit Objectives: • Describe the harmful effects of alcohol, nicotine, and other drugs on the brain and body. • Demonstrate effective refusal skills to avoid health risks associated with substance use. • Identify valid health resources and trusted adults for help regarding substance-related concerns.	2-3 Weeks
Unit 11: Basketball	This unit focuses on advanced invasion tactics, using dribbling, passing, and screening to create scoring opportunities. Unit Objectives: • Apply offensive strategies like moving to open space and using simple screens to assist teammates. • Demonstrate a mature pattern of dribbling and passing while under defensive pressure. • Analyze game play to determine the most effective pass or shot for the situation.	2 Weeks
Unit 12: Jump Rope	Students master complex rhythmic sequences and analyze the relationship	2 Weeks

	between jumping and cardiovascular endurance. Unit Objectives: • Execute advanced jump rope skills requiring precise timing, such as double-unders or travel steps. • Explain the relationship between jumping rope and the improvement of heart-related fitness. • Analyze personal effort and set goals to increase cardiovascular stamina over time.	
Unit 13: Kids Heart Challenge and Obstacle Course	This unit involves a cardiovascular event where students monitor fitness data and advocate for heart-healthy lifestyles. Unit Objectives: • Identify how the heart and lungs work together to support the body during vigorous activity. • Use personal heart rate data to identify effort levels and target heart rate zones. • Advocate for heart health by sharing wellness information with the school community.	2-3 Weeks w/ Health Lessons Embedded
Unit 14: Frisbee	In this unit, students develop throwing and catching accuracy with a disc, focusing on aerodynamic concepts and team positioning. Unit Objectives: • Demonstrate a mature pattern of throwing a frisbee toward a moving target with accuracy. • Recognize whether a backhand or forehand throw is more effective based on wind and distance. • Apply offensive tactics to find open space in ultimate-style game play.	2 Weeks
Unit 15: Volleyball	Students apply net and wall strategies to volleyball, focusing on communication and the three-hit sequence (bump, set, spike). Unit Objectives: • Apply defensive strategies to protect a zone and transition from defense to	2 Weeks

	offense. • Demonstrate the ability to recognize whether an overhead or underhand strike is needed. • Work cooperatively to communicate and execute multi-hit sequences during play.	
Unit 16: CT State Physical Fitnessgram Tests	Students perform assessments and design personalized plans for improvement based on their fitness data on the 15 Meter PACER, Back Saver Sit and Reach, Curl Up, and Push Up tests. Unit Objectives: • Analyze personal fitness results to identify strengths and one area for growth. • Identify specific activities and frequency needed to improve the identified area of weakness. • Discuss the long-term health benefits of maintaining a balanced fitness profile.	3-4 Weeks
Unit 17: Biking	Students refine biking mechanics and focus on road safety, hand signals, and the benefits of active transportation. Unit Objectives: • Demonstrate the ability to follow all road signs and safety signals independently. • Explain how biking serves as an effective form of cardiovascular exercise and environmental advocacy. • Perform basic bicycle safety checks (tires, brakes, chain) before riding.	3 Weeks
Unit 18: Outdoor Games	In this culminating unit, students independently manage recreational games, focusing on fair play and community building. Unit Objectives: • Independently organize and referee small-sided games while applying rules fairly. • Demonstrate responsible social behavior that respects diverse skill levels within the group.	1 Week

	• Analyze the value of outdoor recreation for mental health and social connection.	
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