Grade Level: 5 | **Course Title: Physical Education** | **Topic/Concept: Soccer**

Time Allotment: 6 classes | **Unit Sequence: 1**

Major Concepts to be learned:

1. Basic rules of soccer
2. Basic skills needed to play a modified soccer game
3. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Dribbling
2. Passing
3. Shooting
4. Trapping
5. Offensive and Defensive strategies
6. Knowledge of basic rules of soccer

PA Standards/Anchors:

SHAPE America National Standards
1.5.18, 1.5.20, 1.5.21, 2.5.1, 2.5.2, 2.5.3, 2.5.11, 3.5.1, 3.5.2, 3.5.3, 3.5.4, 4.5.1, 4.5.2, 4.5.4, 4.5.5, 4.5.7, 4.5.8

Eligible Content:

- Small group and stations will be utilized to practice the skills needed.
- Age appropriate lead up games will be used to reinforce the skills of dribbling, passing, shooting, trapping, offensive and defensive strategies and rules of the game.

Instructional Strategies:

- Cooperative groups
- Demonstration
- Performance task
- Hands-on activity
- Lead up games

Assessments:

- Teacher observation
- Quiz

Grade Level: 5 **Course Title: Physical Education** **Topic/Concept: Presidential Physical Fitness Testing**

Time Allotment: 4 classes **Unit Sequence: 2**

Major Concepts to be learned:

1. The importance of fitness testing
2. Proper technique for each test and which fitness component it measures
3. Understand the Presidential and National Awards

Expected Skills to be demonstrated:

1. Demonstrate postive encouragement and good sportsmanship
2. Identify their strengths and weaknesses and how to improve their weaknesses
3. Proper technique for the mile run, shuttle run, sit and reach, pull ups and sit ups
4. Correctly reading the Presidential and National chart and comparing their scores

PA Standards/Anchors:	Eligible Content:
SHAPE America National Standards 2.5.7, 2.5.8, 2.4.9, 2.5.11, 2.5.12, 2.5.13, 4.5.3, 4.5.6, 4.5.7, 4.5.8	• Perform and complete all five events/tests that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility and flexibility. • Look scores up on the charts to check fitness levels.

Instructional Strategies:	Assessments:
• Fitness testing • Demonstration	• Teacher observation • President's Challenge Physical Fitness Test

Grade Level: 5 | **Course Title: Physical Education** | **Topic/Concept: Basketball**

Time Allotment: 6 classes | **Unit Sequence: 3**

Major Concepts to be learned:

1. Basic rules of basketball
2. Basic skills needed to play a basketball game
3. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Dribbling
2. Passing
3. Shooting
4. Offensive and Defensive strategies
5. Knowledge of basic rules of basketball

PA Standards/Anchors:

SHAPE America National Standards
1.5.1, 1.5.10, 1.5.12, 1.5.17, 1.5.19, 1.5.21, 2.5.1, 2.5.2, 2.5.3, 2.5.4, 3.5.2, 3.5.3, 3.5.4, 4.5.2, 4.5.4, 4.5.7, 4.5.8

Eligible Content:

- Partner and small group activities will be used to practice the skills necessary to play basketball.
- Lead up games will be used to reinforce the skills of dribbling, passing, shooting, offensive and defensive strategies and rules of play.

Instructional Strategies:

Cooperative groups
Demonstration
Performance task
Hands on activity
Lead up games

Assessments:

- Teacher observation
- Quiz

Grade Level: 5 | **Course Title: Physical Education** | **Topic/Concept: Playground Games**

Time Allotment: 6 classes | **Unit Sequence: 4**

Major Concepts to be learned:

1. Teamwork and good sportsmanship
2. Basic skills needed to play various games
3. Rules of various low organization games

Expected Skills to be demonstrated:

1. Throwing and catching (football,frisbee, playground ball)
2. Batting
3. Base running
4. Basic kickball rules
5. Long rope jumping

PA Standards/Anchors:

SHAPE America National Standards
1.5.1, 1.5.9, 1.5.10, 1.5.11, 1.5.12, 1.5.17, 1.5.181.5.21, 2.5.2, 2.5.3, 2.5.4, 2.5.5, 3.5.2, 3.5.3, 3.5.4, 4.5.1, 4.5.2, 4.5.4, 4.5.8

Eligible Content:

- Learn rules and play various playground games such as ultimate football/Frisbee, kickball, powball, Frisbee golf or long jump rope.
- Demonstrate good teamwork and sportsmanship.

Instructional Strategies:

- Performance task
- Demonstration
- Game play

Assessments:

- Teacher Assessment

Grade Level: 5 **Course Title: Physical Education** **Topic/Concept: Volleyball**

Time Allotment: 4 classes **Unit Sequence:** 5

Major Concepts to be learned:

1. Basic rules of volleyball
2. Basic skills needed to play a game of volleyball
3. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Serving
2. Passing
3. Score Keeping
4. Rotation
5. Knowledge of basic rules of volleyball

PA Standards/Anchors:

SHAPE America National Standards
1.5.1, 1.5.7, 1.5.12, 1.5.14, 1.5.15, 1.5.17, 2.5.1, 2.5.2, 2.5.3, 2.5.4, 3.5.2, 3.5.3, 3.5.4, 3.5.5, 3.5.6, 4.5.1, 4.5.2, 4.5.3, 4.5.4, 4.5.5, 4.5.7, 4.5.8

Eligible Content:

- Partner practice and small group activities/drills will be used to practice the skills of serving, passing, score keeping and rules of the game.
- Age appropriate lead up games will be used to reinforce skills, rotation and rules of the game.

Instructional Strategies:

- Cooperative groups
- Partner activities
- Demonstration
- Performance task
- Hands on activity
- Lead up games

Assessments:

- Teacher observation
- Quiz

Grade Level: 5 **Course Title: Physical Education** **Topic/Concept: Presidential Physical Fitness Testing**

Time Allotment: 4 classes **Unit Sequence: 6**

Major Concepts to be learned:

1. The importance of fitness testing
2. Understand the Presidential and National Awards and how to achieve these
3. Compare results from the beginning of the year to the end of the year and assess current fitness level
4. Understand each test and what is being measured

Expected Skills to be demonstrated:

1. Demonstrate positive encouragement and good sportsmanship
2. Identify their strengths and weaknesses and how to improve their weaknesses
3. Proper technique for the mile run, shuttle run, sit and reach, pull ups and sit ups
4. Correctly reading the Presidential and National chart and comparing their scores
5. Comparing their current scores to those from the beginning of the year

PA Standards/Anchors:	Eligible Content:
SHAPE America National Standards 2.5.7, 2.5.8, 2.4.9, 2.5.11, 2.5.12, 2.5.13, 4.5.3, 4.5.6, 4.5.7, 4.5.8	• Perform and complete all five events/tests that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility and flexibility. • Compare scores to charts and previous performance (beginning of the year).

Instructional Strategies:	Assessments:
• Fitness testing • Demonstration	• Teacher observation • President's Challenge Physical Fitness Test