

CFISD Physical Education Scope and Sequence: Fifth

Lessons in the curriculum will include:

Movement, spatial awareness, performance strategies, health, fitness, social skills, and lifetime wellness.

First Nine Weeks (Aug 12 - Oct 8)	
Performance Strategies	classroom procedures, appropriate attire, equipment safety, cooperative games
Locomotor Skills	leaping, walk, hop, gallop, spin, roll, etc., proper techniques
Non-Locomotor Skills	balance, stretch, bend, etc.
Manipulative Skills	tossing, throwing, catching, hand striking
Spatial Awareness	personal/general space, pathways, shapes, levels, speed, direction, force
Health	five senses, physical health and hygiene
Social Skills	personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback
Second Nine Weeks (Oct 19 - Dec 18)	<i>Review all previously learned skills</i>
Performance Strategies	chase, flee, tag, dodge, combine skills
Locomotor Skills Nonlocomotor Skills	balancing with equipment, differentiate skills
FitnessGram Skills Introduction	curl up, push up, shoulder stretch, trunk lift, pacer
Manipulative Skills	kicking
Spatial Awareness	personal/general space, pathways, shapes, levels, speed, direction, force

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Fitness	cardiovascular
Health	nutrition, physical activity
Social Skills	personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback
Third Nine Weeks (Jan 5 - March 11)	<i>Review all previously learned skills</i>
Performance Strategies	review classroom procedures, appropriate attire, equipment safety
Locomotor Skills Nonlocomotor Skills	visual tracking, tracing, cross-lateralization, sequence of skills
Fitnessgram Testing	curl-up, push-up, shoulder stretch, trunk lift, pacer
Manipulative Skills	ball handling, dribbling, jump rope
Spatial Awareness	personal/general space, pathways, shapes, levels, speed, direction, force
Fitness	cardiovascular
Health	nutrition, physical activity
Social Skills	personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback
Rhythmic Activities	rhythmic activities, combinations
Fourth Nine Weeks (March 22 - May 27)	<i>Review all previously learned skills</i>
Performance Strategies	combine skills in lead-up activities, with equipment
Locomotor/Nonlocomotor Skills	combinations during activities

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Manipulative Skills	striking with implement, volleying, ball handling with foot, dribble
Spatial Awareness	personal/general space, pathways, shapes, levels, speed, direction, force
Fitness	cardiovascular
Health	safety skills and prevention
Social Skills	personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback
Lifetime Wellness	indoor/outdoor recreational activities
Safety Practices	pedestrian, water, sun, cycling, scooter, skating