DRISCOLL ISD PHYSICAL EDUCATION

5th Grade PE Syllabus

2026–2027 School Year

Driscoll Dragons Physical Education
Grade: 5th Grade
Course: Physical Education (PE)

Course Purpose

Fifth Grade Physical Education prepares students to become increasingly independent and responsible participants in physical activity.

Students will improve movement and sport skills, develop physical fitness, apply strategies during activities, demonstrate leadership, and learn habits that support lifelong health and wellness.

PE Schedule

Assigned PE Schedule: ☐ MWF (Monday • Wednesday • Friday)
☐ TTHF (Tuesday • Thursday • Friday)

Students should come prepared for physical activity on their assigned PE days. **Athletic or tennis shoes are strongly recommended.**

Skills & Activities

Instruction may include:

- Movement and coordination
- Throwing, catching, and passing
- Kicking and ball control
- Hand and foot dribbling
- Striking
- Agility and balance
- Cardiovascular fitness
- Strength and muscular endurance
- Flexibility
- Individual and cooperative challenges
- Team sport fundamentals
- Offensive and defensive concepts

- Game rules and strategies
- Leadership and teamwork

9-Weeks Overview of Instruction

1st 9 Weeks – Personal Fitness & Leadership

- PE expectations and safety
- Cardiovascular fitness
- Muscular strength and endurance
- Flexibility
- Agility and coordination
- Personal fitness concepts
- Team building
- Leadership

2nd 9 Weeks – Advanced Skill Development

- Throwing, catching, and passing
- Kicking and receiving
- Hand and foot dribbling
- Striking
- Accuracy and control
- Combining movement and sport skills
- Sportsmanship and fair play

3rd 9 Weeks – Team Activities & Game Strategy

- Modified team sports
- Offensive and defensive concepts
- Positioning and spacing
- Passing and communication
- Game strategies
- Small-sided competition
- Leadership and teamwork
- Fitness development

4th 9 Weeks – Lifetime Fitness & Elementary PE Review

- Personal fitness activities
- Recreational and lifetime activities
- Cooperative challenges
- Fitness circuits

- Team and individual games
- Leadership and sportsmanship
- End-of-year fitness and skill review
- Preparation for 6th Grade PE

Instruction may be adjusted based on student needs, facilities, equipment, weather, school events, and the PE rotation.

Dragon PE Expectations

Fifth Grade students should:

- Arrive ready to participate.
- Follow instructions promptly.
- Give consistent effort.
- Participate safely.
- Use equipment responsibly.
- Respect classmates and teachers.
- Accept feedback appropriately.
- Demonstrate self-control.
- Encourage teammates.
- Show leadership and sportsmanship.

Participation & Assessment

Assessment may include:

- Participation
- Effort
- Skill development
- Fitness knowledge and application
- Understanding rules and strategies
- Safe behavior
- Responsibility
- Cooperation
- Leadership
- Sportsmanship
- Individual improvement

Athletic ability alone does not determine success. Students can succeed through **effort, responsibility, participation, improvement, teamwork, and positive character.**

Shoes, Clothing & Safety

Athletic or tennis shoes are strongly recommended. Students should wear school-appropriate clothing that allows for safe and comfortable physical activity.

Students are expected to demonstrate appropriate self-control, use equipment responsibly, and immediately report injuries, illness, damaged equipment, or unsafe conditions.

Sportsmanship, Leadership & Fitness

As older elementary students, Fifth Grade Dragons are encouraged to model positive behavior and leadership.

Students will develop their understanding of cardiovascular fitness, muscular strength and endurance, flexibility, hydration, healthy choices, recreation, and lifelong wellness.

Students should encourage others, follow rules honestly, communicate respectfully, and place **safety and sportsmanship before winning.**

Our Driscoll Dragon Promise

Be Safe. • Be Respectful. • Be Responsible. • Give Our Best Effort. • Lead by Example. • Support Our Teammates. • Show Good Sportsmanship.

Parent/Guardian Acknowledgment

We have reviewed the **Driscoll ISD 5th Grade Physical Education Syllabus** and understand the expectations for participation in PE.

Student Name: _____

PE Schedule: ☐ MWF ☐ TTHF

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

DRISCOLL DRAGONS

Respect • Responsibility • Effort • Teamwork • Leadership • Sportsmanship