

Mount Pleasant Central School District
Grade 5, Physical Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How can we challenge ourselves through physical activity? In this class, students will participate in a range of sports and fitness activities aimed at building both physical skills and personal resilience. We will delve into team sports, individual challenges, and fitness concepts that promote lifelong healthy habits. Our main goal is to empower students to set and achieve personal fitness goals while understanding the benefits of regular exercise. Through engaging lessons, students will learn about strategy, nutrition, and the importance of teamwork. They will also have opportunities to take part in fitness assessments and create their own workout plans, all while fostering a positive and supportive environment. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Cooperative Games	September	Teamwork and Sportsmanship	Leadership, Sharing, Fair Pair	NYS 1	Targeting	Participating and getting along with your teammates	Checklist
Football	September	Quarterback and Wide Receiver Play	Spiral, Touchdown, Complete Pass	NYS 2	Spiral Throw, Defense	Defensive strategies, such as interceptions, blocking and picking	Performance Based
Fitness Testing	October	Fitness stations for cardio and muscular development	Flexibility, Muscle Strength and Endurance	NYS 1	Stretching, Pushups, Jump Rope, Situps,	Importance to develop a healthy and physically fit lifestyle	Performance Based
Volleyball	October	Hitting, Arm speed	Front Row, Back Row	NYS 2	Forearm pass, Serve, Set, and Rotation	Incorporating the sequence of bump, set and spikes into game play.	Rubric
Soccer	November	Ball control, Passing, Positional play	Instep, Accuracy, and Power	NYS 2	Shooting, Passing, Dribbling	Incorporating	Observational game play/ Checklist

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Handball	November	Catching, Throwing, and Spacing	Incomplete Pass, Turnover, Spacing	NYS 2	Goaltending, Passing, Shooting	Incorporating fakes and high level plays during game play.	Peer Assessment
Boardwalk Games	December	Throwing, Balance, Reflexes	Agilities and Tossing	NYS 4	Targets, Bulls Eye	Playing competing in games playing for luck	Observational
Basketball	January	Ball Control, Defense	Pivot, Crossover Dribble and Backboard Shooting	NYS 2	Dribbling, Passing, Shooting, Defensive	Understand the rules and incorporate responsibilities of refereeing and timing	Rubric
Tennis	February	Striking, Ball Control	Backhand	NYS 2	Striking, Drop Serve	Strategies and movement in game play to send balls tight and deep to move your opponent.	Performance Based
Badminton	February	Racket Control and	Birdie, Smash	NYS 2	Drop Serve, Spike	Strategies and	Performance Based

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		Placement				movement in game play to send balls tight and deep to move your opponent. Recognize if the opponent is tight on net and to send a ball deep.	
Pickleball	February	- Racket Control and Placement	- Rally, Backhand	NYS 2	- Serve, Striking	Strategies and movement in game play to send balls tight and deep to move your opponent.	Performance Based
Hockey	February	- Stick Control, Safety	-High Stick, Clearing, Dribbling	NYS 2	Dribbling, Passing, Shooting, Goaltending, Defend	Implement the skills to find success in team play with spacing and ball movement.	Rubric

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Lacrosse	March	Stick Control, Stick Safety	Cradle, Clearing, Scooping	NYS 2	Ground Ball, Passing, Shooting, Defending	Incorporating passing and team strategies through game play. Incorporating fakes to move the defense.	Checklist
Track and Field	March	Running, Sprinting, Hurdling	Hurdle, Baton, Javelin, Cooperation vs Individual Event	NYS 1	Throwing, running, hurdling	Use personal and strategies during our running and throwing events.	Self Assessment
Revisited Sports Unit	April			NYS 2			
Golf	May	Safety Swing Control	Par, Birdie, Pin, “Hole in one”	NYS 1	Putting Chipping	Accuracy aiming for targets	Peer Assessment
Gymnastics	May	Balancing, Tumbling	Strength, Flexibility, Body Control, Pike,	NYS 1	Tumbling, Body Holds, Spring Boards, Rings	Maintain body control using your strengths	Performance Based

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			Straddle, Tuck			to complete low apparatus	
Obstacle Course	June	Balancing, Speed	Challenge, Risk, Strategy	NYS 2	Strength, Speed, Agilities	Challenge to jump, balance and move quickly to get through the course quickly.	Observation
Throwing and Striking Games	June	Cooperation, Base Running Games	Fair, Double, Triple, Homerun	NYS 2	Throwing, Running, Kicking, Teamwork	Work fairly and nicely with your team while incorporating strategy.	Performance Based
Jump Rope	June	Cardiovascular, Coordination	Turning Speed, Triple Jump Rope	NYS 2	Jumping, Coordination	Cardiovascular fitness activity to challenge yourselves with different ways to jump rope.	Performance Based