

Wallenpaupack Area School District

Course: Physical Education

GRADE LEVEL: Grade 5

LENGTH OF COURSE:

TEXT:

PUBLISHER:

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COURSE DESCRIPTION:

The Primary Physical Education curriculum focuses on developmentally appropriate programs that assist children in becoming physically active for a lifetime by introducing them to a variety of movement concepts, sport skills and game strategies.

AREAS OF STUDY:

Wellness and Fitness
Manipulative Skills
Movement Exploration
Rhythmic Activities
Ball Handling
Sports Related Skills

CURRICULUM WRITING TEAM:

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Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 5

Unit: Wellness and Fitness

PA Standard: 10.4.6.A,B,C,D,E,F
10.5.6.D

<p>Topics:</p> <ul style="list-style-type: none"> I. Flexibility II. Cardiovascular endurance III. Muscular strength IV. FITT V. Safe practices 	<p>Skills:</p> <ul style="list-style-type: none"> I. Warm-up/cool down stretching II. Cardiovascular endurance <ul style="list-style-type: none"> • daily jog (increase time throughout the year) • jump rope • aerobics/activity/game III. Muscular strength <ul style="list-style-type: none"> • upper body • abdominal • legs IV. Frequency, intensity, time, type V. Identify safe practices in a physical activity setting <ul style="list-style-type: none"> • proper use of equipment • personal safety • positive attitude • compliance with game rules and fair play
<p>Activities:</p> <ul style="list-style-type: none"> Dynamic stretches Static stretches Warm up – cool down Jog/pace run Mile run (timed) Push-ups Wall apparatus(wall ladder, pull-up trainer, pull-up bar) Recognize and practice proper breathing technique during physical activity Sit-ups Locate pulse Recognize changes in the body in response to cardiovascular exercise Cooperative/Individual stations Climbing wall activity Free light weights/dyna bands Digi walkers Jump rope activities 	<p>Performance Assessment:</p> <ul style="list-style-type: none"> Participations Teacher observation Formative assessment (pre-post) 1-minute sit-up test Mile run – timed Pull up trainer/pull ups assessment Discussion Flexed arm hang Presidents, Physical Fitness/capherd testing

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 5

Unit: Manipulative Skills

PA Standard: 10.5.6.A,B,C,E,F

<p>Topics:</p> <p>Manipulative skills combined with movement</p>	<p>Skills:</p> <p>Performs locomotor skills (walk, run, leap, step and slide, hop, jump, grapevine) Perform non-locomotor (bend/stretch, push/pull, swing, sway, twist/turn) Perform fundamental movement patterns by using various equipment (beanbags, scarves, paddles, hoops, jump ropes, Frisbees, parachute, ball, beach balls)</p>
<p>Activities:</p> <p>Scoters Juggling (scarves, streamers, beanbags) Tennis ball and can Frisbee Hula hoop Beach ball Paddles Jump rope (partner, individual, Chinese and long ropes)</p>	<p>Performance Assessment:</p> <p>Teacher observation Student participation</p>

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 5

Unit: Rhythmic Activities

PA Standard: 10.5.6.A

Topics: Basic movements, rhythmic exercises, musical activities	Skills: Students identify and apply basic movement patterns during various musical and/or dance activities
Activities: Basic/creative movements through music Current dance movements Aerobic fitness videos Tae-Bo	Performance Assessment: Teacher observation Participation

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 5

Unit: Ball Handling

PA Standard: 10.5.6.A,B,C,F

Topics: Ball handling skills for various sports, lifetime activities and recreation	Skills: Demonstrate ball handling skills with various equipment (e.g. soccer ball, basketball, volleyball, tennis ball, hockey, baseball/softball) Eye hand, eye foot
Activities: Development of the basic fundamental ball handling skills of various sports and recreational activities through drills and lead up activities Understanding appropriate vocabulary for game strategies (e.g. passing/receiving, faking/dodging, moving to be open, defending space, and following rules of play) Practice skills for improvement	Performance Assessment: Teacher observation Evaluation of skill development Critical elements Student demonstration and participation

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Unit: Sports Related Skills

PA Standard: 10.5.6.A,B,C,

Topics:	Skills:
<ul style="list-style-type: none"> I. Locomotor, non-locomotor, vertical, and horizontal movement expressions as used to demonstrate basic sports skills II. Ball handling and strategies for various sports, lifetime activities, and recreation 	<ul style="list-style-type: none"> I. Performs various locomotor, non-locomotor, vertical and horizontal movement skills are related to various sports II. Performs various skills with a variety of balls (e.g., soccer, volleyball, basketball, tennis balls, court hockey, baseball, and softball)
Activities:	Performance Assessment:
<p>Performs variety of sports skills during practice and lead up games</p> <p>Performs variety of fundamental ball handling skills and strategies of various sports and recreational activities through practice and lead up games</p>	<p>Teacher observation</p> <p>Student demonstration of specified skill</p> <p>Student participation during lead up skills</p>