

Grade 5 PE

2017 – 2018

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 13	1	PE.5.R.5.2 Describe ways to utilize equipment safely during physical activities. ALL YEAR	PE.5.R.5.2
	2	PE.5.L.4.5 Select proper stretching exercises to increase flexibility and reduce the chance of injury. - ALL YEAR	PE.5.L.4.5
	3	PE.5.M.1.1 Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands.	PE.5.M.1.1
	4	PE.5.C.2.1 Apply purposeful movement to a variety of movement settings to include designing and performing movement routines.	PE.5.C.2.1
	5	PE.5.C.2.5 Detect, analyze, and correct errors in personal movement patterns.	PE.5.C.2.5
	6	PE.5.L.3.8 Discuss the importance of being visible, being predictable, and communicating when cycling.	PE.5.L.3.8
	7		
	8		
	9		
	Week	Major Concepts / Topics	Possible Resources
Quarter 2 Oct 17 – Dec 21	1	PE.5.M.1.8 Throw a leading pass overhead to a moving partner using a variety of objects. PE.5.M.1.7 Catch a variety of objects while traveling and being defended.	PE.5.M.1.8 PE.5.M.1.7
	2	PE.5.M.1.5 Apply dribbling skills in modified games focusing on offensive strategies.	PE.5.M.1.5
	3	PE.5.M.1.2 Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique.	PE.5.M.1.2
	4	PE.5.M.1.3 Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.	PE.5.M.1.3
	5	PE.5.M.1.4 Strike moving and/or stationary objects with long-handled implements so the objects travel in the intended direction at the desired height using correct technique.	PE.5.M.1.4

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	6	PE.5.C.2.8 Categorize basic offensive and defensive tactics for modified invasion and net activities.	PE.5.C.2.8
	7	PE.5.C.2.6 Compare and contrast skills/sports that use similar patterns/concepts.	PE.5.C.2.6
	8	PE.5.R.5.1 Describe a benefit of working productively with a partner to improve performance. - ALL YEAR	PE.5.R.5.1
		PE.5.R.5.3 Describe the influence of individual differences on participation in physical activities. - ALL YEAR	PE.5.R.5.3
	9	PE.5.R.6.3 Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship. – ALL YEAR	PE.5.R.6.3
		PE.5.L.3.4 Identify opportunities for involvement in physical activities after the school day.	PE.5.L.3.4
	Week	Major Concepts / Topics	Possible Resources
Quarter 3 Jan 8 – Mar 15	1	PE.5.L.4.2 Identify activities that develop and maintain each component of physical fitness.	PE.5.L.4.2
		PE.5.C.2.7 Identify basic practice and conditioning principles that enhance performance.	PE.5.C.2.7
	2	PE.5.L.3.1 Identify a moderate physical activity. – ALL YEAR	PE.5.L.3.1
		PE.5.L.3.2 Identify a vigorous physical activity. – ALL YEAR	PE.5.L.3.2
	3	PE.5.L.4.3 Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.	PE.5.L.4.3
	4	PE.5.L.4.1 Differentiate between muscular strength and muscular endurance.	PE.5.L.4.1
		PE.5.L.4.7 Apply the principles of physical fitness to exercise.	PE.5.L.4.7
	5	PE.5.L.3.6 Discuss lifestyle behaviors that can be made to increase physical activity.	PE.5.L.3.6
	6	PE.5.R.6.2 Explain the benefits of physical activity. – ALL YEAR	PE.5.R.6.2
7	PE.5.L.4.4 Analyze one's own physical fitness assessment results and develop strategies to enhance performance.	PE.5.L.4.4	
8	PE.5.L.4.8 Evaluate progress toward short- and long- term fitness goals.	PE.5.L.4.8	
9	PE.5.L.4.6 Plan a menu for a balanced meal.	PE.5.L.4.6	
	Week	Major Concepts / Topics	Possible Resources
Quarter 4 April 2 – May 24	1	PE.5.M.1.9 Perform a self-designed sequence with or without manipulatives while demonstrating balance, coordination, clear shapes,	PE.5.M.1.9

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		purposeful movements, and smooth transitions.	
2	PE.5.M.1.10	Perform a variety of dances accurately.	PE.5.M.1.10
3	PE.5.M.1.11	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and four different movement elements with correct technique and smooth transitions.	PE.5.M.1.11
4	PE.5.C.2.2	Design or modify a game incorporating skills, rules, and strategies.	PE.5.C.2.2
5	PE.5.R.6.1	Describe how participation in physical activity is a source of self-expression and meaning. – ALL YEAR	PE.5.R.6.1
6	PE.5.L.3.3	Identify opportunities for involvement in physical activities during the school day.	PE.5.L.3.3
7	PE.5.L.3.5	Formulate a plan to increase the amount of time spent in physical activity.	PE.5.L.3.5
8	PE.5.L.4.9	Explain how technology can assist in the pursuit of physical fitness.	PE.5.L.4.9
	PE.5.L.3.7	Use technology to enhance regular participation in physical activities.	PE.5.L.3.7
	PE.5.C.2.3	Apply feedback gathered from the use of technology to assess and enhance performance.	PE.5.C.2.3
9	PE.5.C.2.4	Identify the different types of basic water rescue techniques using various types of items.	PE.5.C.2.4
	PE.5.M.1.6	Demonstrate proficiency in one or more swim strokes.	PE.5.M.1.6

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