

## Grade 5 PE

2018-2019

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 12	1	PE.5.R.5.2 Describe ways to utilize equipment safely during physical activities. ALL YEAR	<a href="#">PE.5.R.5.2</a>
	2	PE.5.L.4.5 Select proper stretching exercises to increase flexibility and reduce the chance of injury. - ALL YEAR	<a href="#">PE.5.L.4.5</a>
	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.	<a href="#">PE.5.M.1.1</a>
	4	PE.5.C.2.1 Apply purposeful movement to a variety of movement settings to include designing and performing movement routines.	<a href="#">PE.5.C.2.1</a>
	5	PE.5.C.2.5 Detect, analyze, and correct errors in personal movement patterns.	<a href="#">PE.5.C.2.5</a>
	6	PE.5.L.3.8 Discuss the importance of being visible, being predictable, and communicating when cycling.	<a href="#">PE.5.L.3.8</a>
	7		
	8		
	9		
Quarter 2 Oct 15 – 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.	<a href="#">PE.5.M.1.8</a> <a href="#">PE.5.M.1.7</a>
	2	PE.5.M.1.5 Apply dribbling skills in modified games focusing on offensive strategies.	<a href="#">PE.5.M.1.5</a>
	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.	<a href="#">PE.5.M.1.2</a>
	4	PE.5.M.1.3 Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.	<a href="#">PE.5.M.1.3</a>
	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.	<a href="#">PE.5.M.1.4</a>

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	6	PE.5.C.2.8 Categorize basic offensive and defensive tactics for modified invasion and net activities.	<a href="#">PE.5.C.2.8</a>
	7	PE.5.C.2.6 Compare and contrast skills/sports that use similar patterns/concepts.	<a href="#">PE.5.C.2.6</a>
	8	PE.5.R.5.1 Describe a benefit of working productively with a partner to improve performance. - ALL YEAR PE.5.R.5.3 Describe the influence of individual differences on participation in physical activities. - ALL YEAR	<a href="#">PE.5.R.5.1</a> <a href="#">PE.5.R.5.3</a>
	9	PE.5.R.6.3 Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship. – ALL YEAR PE.5.L.3.4 Identify opportunities for involvement in physical activities after the school day.	<a href="#">PE.5.R.6.3</a> <a href="#">PE.5.L.3.4</a>
	<b>Week</b>	<b>Major Concepts / Topics</b>	<b>Possible Resources</b>
Quarter 3 Jan 7 – Mar 15	1	PE.5.L.4.2 Identify activities that develop and maintain each component of physical fitness. PE.5.C.2.7 Identify basic practice and conditioning principles that enhance performance.	<a href="#">PE.5.L.4.2</a> <a href="#">PE.5.C.2.7</a>
	2	PE.5.L.3.1 Identify a moderate physical activity. – ALL YEAR PE.5.L.3.2 Identify a vigorous physical activity. – ALL YEAR	<a href="#">PE.5.L.3.1</a> <a href="#">PE.5.L.3.2</a>
	3	PE.5.L.4.3 Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.	<a href="#">PE.5.L.4.3</a>
	4	PE.5.L.4.1 Differentiate between muscular strength and muscular endurance. PE.5.L.4.7 Apply the principles of physical fitness to exercise.	<a href="#">PE.5.L.4.1</a> <a href="#">PE.5.L.4.7</a>
	5	PE.5.L.3.6 Discuss lifestyle behaviors that can be made to increase physical activity.	<a href="#">PE.5.L.3.6</a>
	6	PE.5.R.6.2 Explain the benefits of physical activity. – ALL YEAR	<a href="#">PE.5.R.6.2</a>
	7	PE.5.L.4.4 Analyze one's own physical fitness assessment results and develop strategies to enhance performance.	<a href="#">PE.5.L.4.4</a>
	8	PE.5.L.4.8 Evaluate progress toward short- and long- term fitness goals.	<a href="#">PE.5.L.4.8</a>
	9	PE.5.L.4.6 Plan a menu for a balanced meal.	<a href="#">PE.5.L.4.6</a>
	<b>Week</b>	<b>Major Concepts / Topics</b>	<b>Possible Resources</b>
Quarter 4 Mar 25 – May 24	1	PE.5.M.1.9 Perform a self-designed sequence with or without manipulatives while demonstrating balance, coordination, clear shapes,	<a href="#">PE.5.M.1.9</a>

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

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