





## Physical Education

## CANTON PUBLIC SCHOOLS K-5 SCOPE AND SEQUENCE

	Spatial Awareness/Safety		Locomotor Skills/Movement		Manipulative Skills		Tumbling & Body Skills		Fitness Concepts		Team Concepts		Experience Education		Total	
	K-2	3-5	K-2	3-5	K-2	3-5	K-2	3-5	K-2	3-5	K-2	3-5	K-2	3-5	K-2	3-5
1															7	7
2															7	7
3															7	7
4															7	7
5															7	7

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



**Student Class Organizer: Physical Education Grade 3**

**Teacher:**

**School:**

**Class Essential Questions:** To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

**Standards for Success:** **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### CLASS FOCUS

<u>Units</u>	<u>Skills</u>
<b>Manipulative Skills</b>	Dribbling, Throwing, Catching, Shooting, Striking, Passing
<b>Tumbling &amp; Body Skills</b>	Locomotor/ Non-Locomotor Movements, Repeating Patterns, Tumbling, Climbing, Balancing
<b>Fitness Concepts</b>	Stretching, Cardiovascular Endurance, Muscular Strength
<b>Team Concepts</b>	Cooperation with peers, Introduction to offense & defense
<b>Experience Education</b>	Team Building, Cooperation, Problem Solving, Group roles

### Essential Questions for Each Unit:

- **Manipulative Skills-** Why is skill practice important?
- **Tumbling & Body Skills-** Why is rhythm helpful?
- **Fitness Concepts-** What are the four components of fitness?
- **Team Concepts-** Why is playing offense and defense important for my team to be successful?
- **Experience Education-** How can you be a good teammate?

### Relevance of Material:

In life, we can make choices to be physically active to improve our overall wellness. Grade 3 PE strives to have students use their foundational skills and begin to explore team and group skills.

### What Will I Learn In This Class?

- How to consistently use a wide variety of advanced, manipulative skills
- To appreciate movement as necessary for live-long wellness.
- Basic understanding of individual fitness
- How to be part of a team, in a variety of team game settings
- How to work cooperatively with peers

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics



## Physical Education 3<sup>rd</sup> Grade, **Manipulative Skills**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Hand-Eye Challenges
- Speed Staking
- Star Wars
- Hula Hut Knock Down
- Crab Soccer

### Unit Skills

- Dribbling
- Throwing
- Catching
- Shooting
- Striking
- Passing

### Essential Questions for Each Unit

**Manipulative Skills: Why is skill practice important?**

### What Will I Learn In This Unit?

How to consistently use a wide variety of advanced manipulative skills.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics



Student Class Organizer

## Physical Education 3<sup>rd</sup> Grade, **Tumbling and Body Skills**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Line Dances
- Rhythm Ribbons
- Tininkling
- Chinese Jump Rope
- Jump Rope Challenges

### Unit Skills

- Locomotor/Non Locomotor Movements
- Repeating patterns
- Tumbling
- Climbing
- Balancing

### Essential Questions for Each Unit

Tumbling & Body Skills: Why is rhythm helpful?

### What Will I Learn In This Unit?

To appreciate movement for lifelong wellness.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics



## Physical Education 3<sup>rd</sup> Grade, **Fitness Concepts**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Fitness Stations
- (Partner) Pacer
- Boot Camp
- Yoga
- Shuffle the Deck

### Unit Skills

- Stretching
- Cardiovascular Endurance
- Muscular Strength

### Essential Questions for Each Unit

Fitness Concepts: What are the four components of fitness?

### What Will I Learn In This Unit?

Basic understanding of individual fitness

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics



## Physical Education 3<sup>rd</sup> Grade, Team Concepts

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Castle Ball
- Bulldog Bowls
- Lights Out
- Capture the Flag
- Scooter Soccer

### • Unit Skills

- Cooperation with peers
- Introduction to offense and defense

### Essential Questions for Each Unit

Why is playing offense and defense important for my team to be successful?

### What Will I Learn In This Unit?

How to be a part of a team, in a variety of team game settings.

### • • • How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skills Rubric



## Physical Education 3<sup>rd</sup> Grade, Experience Education

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Cross town Connection
- Whomp 'Em
- Stepping Stones
- Castaway
- Rock, Paper, Scissors Championship

### Unit Skills

- Team Building
- Cooperation
- Problem Solving
- Group roles

### Essential Questions for Each Unit

Experience Education: How can you be a good teammate?

### What Will I Learn In This Unit?

How to work cooperatively with peers.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics



**Student Class Organizer: Physical Education Grade 4**

**Teacher:**

**School:**

**Class Essential Questions:** To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

**Standards for Success:** **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### CLASS FOCUS

<u>Units</u>	<u>Skills</u>
<b>Manipulative Skills</b>	Dribbling, Throwing, Catching, Shooting, Striking, Passing, Game implements
<b>Tumbling &amp; Body Skills</b>	Locomotor/ Non-Locomotor Movements, Repeating Patterns, Tumbling, Climbing, Balancing
<b>Fitness Concepts</b>	Stretching, Cardiovascular Endurance, Muscular Strength,
<b>Team Concepts</b>	Offensive Strategies, Invasion games,
<b>Experience Education</b>	Team Building, Cooperation, Leadership,

### Essential Questions for Each Unit:

- **Manipulative Skills-** How can my skills translate to game play?
- **Tumbling & Body Skills-** How can tumbling and body skills improve my coordination?
- **Fitness Concepts-** What are the main components of physical fitness?
- **Team Concepts-** What are some offensive strategies necessary to be successful?
- **Experience Education-** What is leadership?

### Relevance of Material:

In life, we can make choices to be physically active to improve our overall wellness. Grade 4 PE strives to have students experience skills necessary to be successful in a wide variety of activities. The goal is for all students to find activities that they enjoy and can be successful at in the future!

### What Will I Learn In This Class?

- How to engage in a wide variety of manipulative skills.
- How to be part of a team in a variety of team game settings.
- How to be a positive leader.
- Beginner knowledge of physical fitness and ways to keep the body healthy.
- How to use strategies to gain advantage in game play.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessments.



## Physical Education 4th Grade, **Manipulative Skills**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Scooter Football
- Handball
- Pillow Polo
- Knockout
- Home Run Derby

### Unit Skills

- Dribbling
- Throwing
- Catching
- Shooting
- Striking
- Passing
- Game Implements

### Essential Questions for Each Unit

**Manipulative Skills: How can my skills translate to game play?**

### What Will I Learn In This Unit?

How to engage in a wide variety of manipulative skills.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessment



Student Class Organizer

## Physical Education 4<sup>th</sup> Grade, **Tumbling and Body Skills**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Climbing Center
- Balance Center
- Yoga
- Tinkling

### Unit Skills

- Locomotor/Non Locomotor Movements
- Repeating patterns
- Tumbling
- Climbing
- Balancing

### Essential Questions for Each Unit

Tumbling & Body Skills: How can tumbling and body skills improve my coordination?

### What Will I Learn In This Unit?

How to be part of a team in a variety of team game settings.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessment



## Physical Education 4<sup>th</sup> Grade, **Fitness Concepts**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Fitness Stations
- (Partner) Pacer
- Boot Camp
- Yoga
- Shuffle the Deck
- Fitness Gram
- Yoga
- Catch Up

### Unit Skills

- Stretching
- Cardiovascular Endurance
- Muscular Strength

### Essential Questions for Each Unit

Fitness Concepts: What are the main components of physical fitness?

### What Will I Learn In This Unit?

Beginner knowledge of physical fitness and ways to keep the body healthy.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessment



## Physical Education 4<sup>th</sup> Grade, Team Concepts

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Hula Hut Knockdown
- Bulldog Bowls
- Lights Out
- Capture the Flag
- Scooter Soccer
- Ultimate Football

- Unit Skills
- Offensive Strategies
- Invasion games

### Essential Questions for Each Unit

What are some offensive strategies necessary to be successful?

### What Will I Learn In This Unit?

How to use strategies to gain an advantage in game play.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skills Rubric
- ✓ Written Assessment



## Physical Education 4<sup>th</sup> Grade, Experience Education

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Cross town Connection
- Stepping Stones
- Castaway
- Toxic Waste Transfer
- Monarch

### Unit Skills

- Team Building
- Cooperation
- Leadership

### Essential Questions for Each Unit

Experience Education: What is leadership?

### What Will I Learn In This Unit?

How to be a positive leader.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics



**Student Class Organizer: Physical Education Grade 5**

**Teacher:**

**School:**

**Class Essential Questions:** To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

**Standards for Success:** **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### CLASS FOCUS

<u>Units</u>	<u>Skills</u>
<b>Manipulative Skills</b>	Dribbling, Throwing, Catching, Shooting, Striking, Passing, Game implements
<b>Tumbling &amp; Body Skills</b>	Locomotor/ Non-Locomotor Movements, Repeating Patterns, Tumbling, Climbing, Balancing
<b>Fitness Concepts</b>	Stretching, Cardiovascular Endurance, Muscular Strength
<b>Team Concepts</b>	Offensive/ Defensive Strategies, Invasion games, recreation
<b>Experience Education</b>	Team Building, Cooperation, Leadership, Problem Solving

### Essential Questions for Each Unit:

- **Manipulative Skills-** Why is skill practice important?
- **Tumbling & Body Skills-** What patterns can I move my body in?
- **Fitness Concepts-** What are the main components of physical fitness and how can I improve my physical fitness?
- **Team Concepts-** What are some offensive and defensive strategies necessary to be successful?
- **Experience Education-** What is leadership and why is it important?

### Relevance of Material:

In life, we can make choices to be physically active to improve our overall wellness. Grade 5 PE strives to have students grasp skills necessary to be successful in a wide variety of activities as they go forward into the Middle School. The goal is for all students to find activities that they enjoy and can be successful at in the future!

### What Will I Learn In This Class?

- How to master a wide variety of manipulative skills.
- Game strategies and how to be part of a team in a variety of team game settings.
- Leadership and positive social skills.
- In depth knowledge of physical fitness and ways to keep the body healthy.
- To appreciate movement as necessary for live-long wellness.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessments.



## Physical Education 5th Grade, Manipulative Skills

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Scooter Football
- Handball
- Pillow Polo
- Lights Out
- Home Run Derby

### Unit Skills

- Dribbling
- Throwing
- Catching
- Shooting
- Striking
- Passing
- Game Implements

### Essential Questions for Each Unit

**Manipulative Skills: Why is skill practice important?**

### What Will I Learn In This Unit?

How to master a wide variety of manipulative skills.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessment



Student Class Organizer

## Physical Education 5<sup>th</sup> Grade, **Tumbling and Body Skills**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Climbing Center
- Balance Center
- Yoga
- Tininkling
- Tumbling Sequences

### Unit Skills

- Locomotor/Non Locomotor Movements
- Repeating patterns
- Tumbling
- Climbing
- Balancing

### Essential Questions for Each Unit

Tumbling & Body Skills: What patterns can I move my body in?

### What Will I Learn In This Unit?

Game strategies and how to be part of a team in a variety of team game settings.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessment



## Physical Education 5<sup>th</sup> Grade, **Fitness Concepts**

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Fitness Stations
- (Partner) Pacer
- Boot Camp
- Yoga
- Fitness Gram
- Catch Up
- Jump Rope Challenges
- Tabata Challenges

### Unit Skills

- Stretching
- Cardiovascular Endurance
- Muscular Strength

### Essential Questions for Each Unit

Fitness Concepts: What are the main components of physical fitness, and how can I improve my physical fitness?

### What Will I Learn In This Unit?

In depth knowledge of physical fitness and ways to keep the body healthy.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics
- ✓ Written Assessment



## Physical Education 5<sup>th</sup> Grade, Team Concepts

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Hula Hut Knockdown
- Bulldog Bowls
- Jumbo Lights Out
- Capture the Flag
- Scooter Soccer
- Ultimate Football

- Unit Skills
- Offensive Strategies
- Defensive Strategies
- Recreation
- Invasion games

### Essential Questions for Each Unit

What are some offensive and defensive strategies necessary to be successful?

### What Will I Learn In This Unit?

Leadership and positive social skills.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skills Rubric
- ✓ Written Assessment



Student Class Organizer

## Physical Education 5<sup>th</sup> Grade, Experience Education

### Class Essential Questions

To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

### Standards for Success

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others. **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Unit Focus

- Cross town Connection
- Stepping Stones
- Castaway
- Toxic Waste Transfer
- Monarch
- Popcorn

### Unit Skills

- Team Building
- Cooperation
- Leadership
- Problem Solving

### Essential Questions for Each Unit

Experience Education: What is leadership and why is it important?

### What Will I Learn In This Unit?

How to be a great leader and a great follower.

### How Will I Be Assessed?

- ✓ Teacher Observations
- ✓ Movement Skill Rubrics