



**NAME OF COURSE: PHYSICAL EDUCATION**

**GRADE LEVEL: 5<sup>th</sup> Grade**

**SCHOOL YEAR: 2011 – 2012**

**COURSE DESCRIPTION**

The goal of the Physical Education program at the fifth & sixth grade level is to continue a vigorous program to enhance physical development and foster participation in enjoyable physical activity outside the classroom. The objectives emphasize lifetime wellness, social skills, motor / skill development, movement / rhythmic development, and physical activity. Movement is critical to proper growth and development at this age and P.E. class should assist students in developing a healthy body self-image/concept. Physical activity is important to the physical, emotional and social maturation of students at this age.

**LEARNING OBJECTIVES**

- Recognize and apply rules, strategies, and terminology for varied motor / skill activities.
- Identify and demonstrate basic steps for specific motor skill development (e.g. basketball - bounce passes, dribbling, shooting, softball – catching, throwing)
- Demonstrate the basic skills, rules and knowledge necessary to participate in lifetime sports, games or physical activities.
- Perform lead-up activities that contain two or more elements of a team activity (e.g. sideline soccer, kickball, e.t.c.)
- Assess and develop a plan to improve on physical fitness test performance.
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- Discuss the benefits of and participate in warm – up and cool – down activities.
- Demonstrate positive behavior as a participant and spectator in physical activities (self discipline, self control, cooperation, leadership, etiquette).
- Participate in cooperative, team building physical activities and discuss the importance of teaming skills
- Identify and comply with safety rules and procedures (e.g. small and large equipment usage, obstacles).

**SCOPE AND SEQUENCE \***

**TRIMESTER I**

Conditioning (strength, flexibility, speed, stamina)  
Relays and other game type activities

Soccer  
Kickball – baseball

### **TRIMESTER II**

Introduction to basic Volleyball skills  
Floor Hockey  
Gymnastics  
Badminton  
Dodge ball

### **TRIMESTER III**

Basketball  
Tag Football  
Conditioning – Track and field  
Review of all the sports covered during the year

*\*Note that the order in scope and sequence is subject to change during the school year.*

### **HOMEWORK POLICY**

No homework is given to the students

### **ASSESSMENT**

Combination of objective observation by teacher, student self assessment, progress through the unit of instruction.

At the end of each trimester, students will receive grades in a letter scale (A to F)

### **RESOURCES**

Facilities & Equipment of the Physical Education Department.