

Curriculum Map: 5th Grade Phys. Ed 2022-2023

Course: Phys.Ed5 Sub-topic: Uncategorized

Grade(s): 6

Course Description: Students will be able to participate in life long activities and learn from basic to advanced skills necessary to complete different sports and activities. Students will be able to work on their physical health and understand healthy activities that improve the body.

Unit: Unit 1: Locomotor/Non-Locomotor Movements

Timeline: Week 1 to 2

Unit Description: Review and practice basic locomotor and non-locomotor movements.

Unit Essential Questions: How can exercise be used to improve health and fitness?

Unit Big Ideas: Participation in physical activity impacts wellness throughout a lifetime

Unit Assignments: Locomotor/non locomotor movements checklist

STANDARDS: STANDARDS

STATE: [Pennsylvania SAS Academic Standards \(2009-2013\)](#)

[10.4.6.B \(Advanced\)](#) Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

(* standards consolidated from Topic level)

Topic: Lesson 1: Locomotor/Non-Locomotor Movements

Minutes for Topic: 90

STANDARDS

STATE: [Pennsylvania SAS Academic Standards \(2009-2013\)](#)

[10.4.6.B \(Advanced\)](#) Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

Unit: Unit 1.B Soccer

Timeline: Week 3 to 4

Unit Description: To learn correct way to kick and dribble with one's feet. To learn and engage in soccer play along with learning strategies of the game.

Unit Essential Questions: How can strategies affect the outcome of a game or physical activity?

Unit Big Ideas: Participation in physical activity impacts wellness throughout a lifetime.

Unit Assignments: Kicking, dribbling, rules checklist

STANDARDS: STANDARDS

STATE: [Pennsylvania SAS Academic Standards \(2009-2013\)](#)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

(* standards consolidated from Topic level)

Topic: Lesson 1.B- Kicking, Dribbling, Shooting

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#)

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

Unit: Unit 2: Throwing

Timeline: Week 5 to 8

Unit Description: To practice and review throwing overhand and underhand and benefits of both. To correctly throw and catch a football and learn basic rules of play of football.

Unit Essential Questions: How can exercise be used to improve health and fitness?

Unit Big Ideas: Regular participation in physical activities affects the body systems.

Unit Assignments: Throwing procedure checklist

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.B \(Advanced\)](#) Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

[10.5.6.F \(Advanced\)](#) Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

(* standards consolidated from Topic level)

Topic: Lesson 2: 1.A Underhand/Overhand Throwing

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.B \(Advanced\)](#)

Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

Topic: Lesson 2: 1.B- Football

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.5.6.F \(Advanced\)](#)

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

Unit: Unit 3: Volleyball

Timeline: Week 9 to 12

Unit Description: to practice volleying skills along with learning game rules and playing volleyball.

Unit Essential Questions: How does participating in physical activity affect you?

Unit Big Ideas: Physical activity impacts lifelong learning

Unit Assignments: Volleying cues checklist

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

[10.5.6.F \(Advanced\)](#) Identify and apply game strategies to basic games and physical activities.

- give and go • one on one • peer communication

(* standards consolidated from Topic level)

Topic: Lesson 3: 1.A- Volleying

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

Topic: Lesson 3: 1.B- Volleyball Rules and Strategies, Game Play

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.5.6.F \(Advanced\)](#) Identify and apply game strategies to basic games and physical activities.

- give and go • one on one • peer communication

Unit: Unit 5: Jump Rope

Timeline: Week 13 to 16

Unit

Description: To practice long and short jump ropes along with improving cardiovascular endurance.

Unit Essential Questions: How can exercise be used to improve health and fitness?

Questions:

Unit Big Ideas: Regular participation in physical activities affects the body systems.

Unit

Assignments: Cardiovascular health quiz

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

[10.5.6.C \(Advanced\)](#) Describe the relationship between practice and skill development.

(* standards consolidated from Topic level)

Topic:

Topic: Lesson 2: Short/Long Rope

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

[10.5.6.C \(Advanced\)](#) Describe the relationship between practice and skill development.

Unit: Unit 6: Track and Field

Timeline: Week 17 to 20

Unit Description: To learn about track and field events and and participate in a field day

Unit Essential Questions: How can you become an advanced mover?

Unit Big Ideas: Individuals interact through many different roles in group physical activities.

Unit Assignments: Track and Field event assessment.

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

[10.5.6.C \(Advanced\)](#) Describe the relationship between practice and skill development.

[10.5.6.E \(Advanced\)](#) Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

• Newton's Laws of Motion • application of force • static / dynamic balance • levers • flight

(* standards consolidated from Topic level)

Topic: Lesson 1: Track Events

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.5.6.E \(Advanced\)](#) Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

• Newton's Laws of Motion • application of force • static / dynamic balance • levers • flight

Topic: Lesson 2: Field Events

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

[10.5.6.C \(Advanced\)](#) Describe the relationship between practice and skill development.

Unit: Unit 7: Whiffle Ball

Timeline: Week 21 to 24

Unit Description: To practice hitting, catching, and whiffle ball rules

Unit Essential Questions: How can the individual impact the group during physical activities and how can the group impact the individual during physical activities?

Unit Big Ideas: Game strategies are used to be successful in games and physical activities.

Unit Assignments: Whiffle ball rules assessment

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

(* standards consolidated from Topic level)

Topic: Lesson 1: Catching and Throwing

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

Topic: Lesson 2: Hitting and Rules

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#) Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

Topic:

Unit: Unit 8: Gymnastics and Dance

Timeline: Week 25 to 28

Unit

Description: To practice flexibility and rhythm during gymnastic and dance

Unit Essential Questions: How can you become an advanced mover?

Unit Big Ideas: Intensity levels of various physical activities impact physical fitness and health.

Unit

Assignments: Rhythm routine assignment

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.5.6.D \(Advanced\)](#) Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

• cardio-respiratory endurance • muscular strength • muscular endurance • flexibility • body composition

[10.5.6.F \(Advanced\)](#) Identify and apply game strategies to basic games and physical activities.

• give and go • one on one • peer communication

(* standards consolidated from Topic level)

Topic: Lesson 1.A. Balance and Rolls

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.5.6.D \(Advanced\)](#) Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

• cardio-respiratory endurance • muscular strength • muscular endurance • flexibility • body composition

Topic: Lesson 2: 2.B Advanced Gymnastics, Dance and Rhythm

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.5.6.F \(Advanced\)](#)

Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

Unit: Unit 1: Locomotor/Non-Locomotor Movements

Timeline: Week 1 to 2

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#)

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

(* standards consolidated from Topic level)

Topic: Lesson 1: Locomotor/Non-Locomotor Movements

Minutes for Topic: 90

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.6.A \(Advanced\)](#)

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.