
Fifth Grade Physical Education

Curriculum Guide

Dunmore School District

Dunmore, PA



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Fifth Grade Physical Education

Prerequisite:

- Fifth Grade Student

Students in Fifth Grade Physical Education meet once a week. Students will engage in a wide variety of activities designed to enhance their overall level of fitness. Students will continue to develop locomotor and non-locomotor skills. Students will continue to learn the correct techniques for using manipulatives including throwing, catching, striking, kicking, trapping, and dribbling. Students in fifth grade will understand the benefits of regular exercise and the importance of maintaining a healthy and active lifestyle. Students will learn to assess their overall fitness level and set goals for improvement.

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Year-at-a-glance

Subject: Fifth Grade Physical Education	Grade Level: Grade 5	Date Completed: 2/19/2019
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36 Days

Topic	Resources	Standards
Beginning of the year introduction to Third Grade Height/ Weight Squad Lines	Scale Paperwork provided by school nurse	10.3.3.D
Fitness Cardiovascular Training Mile Test	Stopwatch, Clipboard, Data sheets	10.3.3.D 10.4.3.A 10.4.3.B 10.4.3.C 10.4.3.D 10.5.3.D
Dodging Fleeing Games The Wall Octopus	Cones, Dodgeballs	10.3.3.D 10.4.3. A 10.4.3.D 10.5.3.A 10.4.3.B 10.4.3.E 10.5.3.F 10.4.3.C 10.4.3.F
Introduction to Sport Specific Activities I Kickball Soccer Scram (Bowling, Basketball)	Kickballs Soccer balls Bases Bowling pins Fitness Dice	10.3.3.D 10.4.3.A 10.4.3.B 10.4.3.C 10.4.3.E 10.4.3.F 10.5.3.A 10.5.3.F
Thanksgiving Activity Turkey Hunt	Cones Thanksgiving pictures	10.3.3.D 10.4.3.A 10.4.3.F 10.5.3 A
Throwing, Catching, Aiming and Dodging Skills I Pin Bombardment Bombardment	Bowling Pins Dodgeballs Cones Scoreboard	10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.C 10.5.3.F 10.3.3.D

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<p>Introduction to Sport Specific Activities II Basketball Hockey Scooter Polo</p>	<p>Basketballs Hockey sticks/ puck Scooters Dodgeballs Hockey goals</p>	<p>10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.C 10.5.3.F 10.3.3.D</p>
<p>Obstacle Course</p>	<p>Cones Mats Hurdles Scooters Jump Ropes Bowling Pins</p>	<p>10.4.3.A 10.4.3.C 10.4.3.E 10.4.3.F 10.5.3.A</p>
<p>Throwing, Catching, Aiming and Dodging Skills II Castle Ball Sink The Ship</p>	<p>Mats Dodgeballs Bowling Pins Hula Hoops</p>	<p>10.4.3.A 10.4.3.B 10.4.3.C 10.5.3.A 10.5.3.D 10.5.3.F</p>
<p>Physical Fitness Testing</p>	<p>Pull-up bar Cones Mats Data Sheets Stopwatch</p>	<p>10.4.3.A 10.4.3.B 10.4.3.C 10.5.3.A 10.5.3.D</p>
<p>Introduction to Sport Specific Activities III Team Handball Bonkerball</p>	<p>Batting Tees Bats Balls Cones Scoreboard Dodgeballs Jerseys Stopwatch</p>	<p>10.3.3.D 10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.F</p>

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Beginning of the year introduction to Fifth Grade Physical Education.	Essential Knowledge/ Skills Rules Squads Height / Weight	Equipment: Scale Data sheets provided by the school nurse.	Instructor Observation	1 day
<p>PA Academic Standards: Health, Safety and Physical Education: 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety)</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Fitness				2 days total
Cardiovascular Training	<p>Essential Knowledge/Skills: Proper ways to warm up Important concepts for aerobic exercise Proper cool-down period</p> <p>Vocabulary: Warm-up Heart rate Breathing Pacing Cool-down</p>	<p>Equipment: Stop watch Clipboard</p>	Teacher Observation	1 day
Mile Test	<p>Essential Knowledge/Skills: Proper ways to warm up Important concepts for aerobic exercise Proper cool-down period</p> <p>Vocabulary: Warm-up Heart rate Breathing Pacing Cool-down</p>	<p>Equipment: Stop watch Data Sheets Clipboard</p>	Teacher Observation	1 day
<p>PA Academic Standards: Health, Safety, and Physical Education 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety). 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p>				

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10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate.

10.5.3.D. Identify and use principles of exercise to improve movement and fitness activities.

- frequency/how often to exercise
- intensity/how hard to exercise
- time/how long to exercise
- type/what kind of exercise.

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Dodging Fleeing Activities		Teacher generated resources		4 days total
The Wall	<p>Essential Knowledge/Skills: Different strategies for the game Fitness components necessary for the activity</p> <p>Vocabulary: Chasing Dodging Running Fitness</p>	<p>Equipment: Cones</p>	Teacher Observation	2 days
Octopus	<p>Essential Knowledge/Skills: Different strategies for the game Fitness components necessary for the activity</p> <p>Vocabulary: Chasing Throwing Dodging Running Fitness</p>	<p>Equipment: Cones Dodgeballs</p>	Teacher Observation	2 days
<p>PA Academic Standards: Health, Safety, and Physical Education</p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety)</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health</p> <p>10.4.3.D. Identify likes and dislikes related to participation in physical activities.</p> <p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate 				

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- breathing rate
- 10.4.3.F. Recognize positive and negative interactions of small group activities.
- roles (e.g., leader, follower)
 - cooperation/sharing
 - on task participation
- 10.5.3.A. Recognize and use basic movement skills and concepts.

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Introduction to Sport Specific Activities I				6 days total
Kickball	<p>Essential Knowledge/Skills: Rules of the game Proper way to kick Team Building</p> <p>Vocabulary: Kicking Catching Foul Ball Home run</p>	<p>Equipment: Kickball Scoreboard Bases</p>	Teacher Observation	2 days
Soccer	<p>Essential Knowledge/Skills: Different styles of dribbling Different ways to pass Trapping Team building Moving in space</p> <p>Vocabulary: Dribble Pass Trapping. Throw-in Handball Header Shooting</p>	<p>Equipment: Soccer balls Scoreboard Nets</p>	Teacher Observation	2 days

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Scram	<p>Essential Knowledge/Skills: Proper way to bowl Proper way to shoot a basketball Dribbling Fitness components necessary for the game Rules of the game Team building</p> <p>Vocabulary: Bowling Catching Shooting Jumping jacks Mountain Climbers Stomach Crunches Squats Burpees Super Burpees</p>	<p>Equipment: Bowling Pins Kickballs Basketball Hoops Fitness Dice Scoreboard Cones</p>	Teacher Observation	2 days
<p>PA Academic Standards: Health, Safety, and Physical Education 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety) 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health 10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. 10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity. • heart rate • breathing rate 10.4.3.E. Identify reasons why regular participation in physical activities improves motor skills. 10.4.3.F. Recognize positive and negative interactions of small group activities. • roles (e.g., leader, follower) • cooperation/sharing • on task participation 10.5.3.A. Recognize and use basic movement skills and concepts. 10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.</p>				

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- faking/dodging
- passing/receiving
- move MOVING to be open
- defending space
- following rules of play

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p>Thanksgiving Day Activity</p> <p>Turkey Hunt</p>	<p>Essential Knowledge/Skills: Team Building Strategies for being successful at the game</p> <p>Vocabulary: Teamwork Running</p>	<p>Equipment: Orange Cones Colored Cones Thanksgiving themed pictures</p>	<p>Teacher Observation</p>	<p>1 day</p>
<p>PA Academic Standards: Health, Safety, and Physical Education:</p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play warm-up cool down)</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.4.3.F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> • roles (e.g., leader, follower) • cooperation/sharing • on task participation <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Throwing, Catching, Aiming and Dodging Skills I				4 days total
Pin Bombardment	<p>Essential Knowledge/Skills: Proper way to throw Proper way to bowl Rules of the game Team building</p> <p>Vocabulary: Throwing Bowling Catching Team work Defending</p>	<p>Equipment: Cones Bowling Pins Dodgeballs Scoreboard</p>	Teacher Observation	2 days
Bombardment	<p>Essential Knowledge/Skills: Proper way to throw Rules of the game Team building</p> <p>Vocabulary: Throwing Dodging Catching Team work</p>	<p>Equipment: Cones Dodgeballs Scoreboard</p>	Teacher Observations of Activity.	2 days

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PA Academic Standards: Health, Safety, and Physical Education:

10.3.3.D. Identify and use safe practices in physical activity settings (e.g. proper equipment, knowledge of rules, sun safety, guidelines of safe play).

10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.5.3.A. Recognize and use basic movement skills and concepts.

10.5.3.C. Know the function of practice.

10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.

- faking/dodging
- passing/receiving
- move MOVING to be open
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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Introduction to Sport Specific Activities II:				6 days total
Basketball	<p>Essential Knowledge/Skills: Proper way to dribble basketball Different ways to pass Proper way to shoot a basketball</p> <p>Vocabulary: Dribbling Passing Shooting Catching Weaving</p>	<p>Equipment: Basketballs Basketball hoops Cones Clipboard Scoreboard</p>	Teacher Observation	2 days
Hockey	<p>Essential Knowledge/Skills: Proper way to hold a hockey stick Dribbling, passing and trapping the hockey puck Proper way to shoot</p> <p>Vocabulary: Passing Dribbling Face/Off Goal keeping High sticking Shooting</p>	<p>Equipment: Hockey Sticks Hockey Goals Hockey puck Cones Clipboard Stopwatch Scoreboard</p>	Teacher Observation	2 days

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Scooter Polo	<p>Essential Knowledge/Skills: Proper way to throw a ball Different ways of passing Team building Rules of the game</p> <p>Vocabulary: Passing Moving off of the pass Throwing Catching</p>	<p>Equipment: Scooters Goals Jerseys Foam Coated Dodgeball</p>	Teacher Observation	2 days
<p>PA Academic Standards: Health, Safety, and Physical Education: 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety) 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.5.3.A. Recognize and use basic movement skills and concepts. 10.5.3.C. Know the function of practice. 10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> • faking/dodging • passing/receiving • move MOVING to be open 				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Obstacle Course	<p>Essential Knowledge/Skills: Rules of the Game Fitness components necessary for the obstacle course</p> <p>Vocabulary: Hopping Weaving Tumbling Team work Jump rope</p>	<p>Equipment: Mats Cones Bowling pins Scooters Jump ropes Hula hoops Hurdles Balance Beam</p>	Teacher Observation	2 days
<p>PA Academic Standards: Health, Safety, and Physical Education: 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity. <ul style="list-style-type: none"> • heart rate • breathing rate 10.4.3.E. Identify reasons why regular participation in physical activities improves motor skills. 10.4.3.F. Recognize positive and negative interactions of small group activities. <ul style="list-style-type: none"> • roles (e.g., leader, follower) • cooperation/sharing • on task participation 10.5.3.A. Recognize and use basic movement skills and concepts.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p>Throwing, Catching, Aiming and Dodging Skills II</p> <p>Castle Ball</p> <p>Sink The Ship</p>	<p>Essential Knowledge/Skills: Team Building Role acceptance Strategies to win the game</p> <p>Vocabulary: Team work Throwing Blocking Team Leaders</p> <p>Essential Knowledge/Skills: Rules of the game Proper way to throw Different strategies to be successful in the game</p> <p>Vocabulary: Team work Throwing Rolling Catching Blocking Fitness</p>	<p>Equipment: Hula Hoops Cones Bowling Pins Dodgeballs</p> <p>Equipment: Dodgeballs Bowling Pins Mats</p>	<p>Teacher Observation</p> <p>Teacher Observation</p>	<p>4 days total</p> <p>2 days</p> <p>2 days</p>

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PA Academic Standards: Health, Safety, and Physical Education:

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10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

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10.5.3.A. Recognize and use basic movement skills and concepts.

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Physical Fitness Testing	<p>Essential Knowledge/Skills: Fitness components necessary for fitness testing Knowledge of different muscle groups</p> <p>Vocabulary: Strength Training Aerobic Anaerobic Muscle Groups Heart Rate</p>	<p>Equipment: Cones Mats Stopwatch Data Sheets Pull-up bar</p>	Teacher Observation	2 days
<p>PA Academic Standards: Health, Safety, and Physical Education: 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. 10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity. • heart rate • breathing rate 10.5.3.A. Recognize and use basic movement skills and concepts.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Introduction to Sport Specific Activities III:				4 days total
Team Handball	<p>Essential Knowledge/Skills: Rules of the Game Proper way to throw Team Building How to move into space</p> <p>Vocabulary: Teamwork Passing Moving to get Open</p>	<p>Equipment: Jerseys Cones Foam coated dodgeball Stopwatch</p>	Teacher Observation	2 days
Bonkerball	<p>Essential Knowledge/Skills: Rules of the Game Proper Way to Hold a Baseball Bat Team Building Proper Way to Throw</p> <p>Vocabulary: Batter-up / Swing Away Catcher Batter Homerun Ground out Pop out</p>	<p>Equipment: Bats Balls Cones Batting Tees Scoreboard</p>	Teacher Observation	2 days

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10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3.F. Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation.

10.5.3.A. Recognize and use basic movement skills and concepts.

10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.

- faking/dodging
- passing/receiving
- move MOVING to be open
- defending space
- following rules of play