

Course/Subject: PE
 Topic: Health Related Fitness

Days:
 Grade Level: 5

Key Learning
 Understanding personal levels of physical fitness helps to maintain a healthy lifestyle.



Unit Essential Question
 What behaviors can be implemented to achieve a healthy lifestyle?

Concept Fitness Components	Concept Fitness Assessments	Concept
Standards: 10.4.6 A/B	Standards: 10.4.6 A/B	Standards:
Lesson Essential Question What influence does increasing time spent in activity have on maintaining a healthy lifestyle? What are the differences between muscular strength and muscular endurance? How do low levels of fitness effect your ability to perform? How does proper stretching prevent injuries? Why is knowing your target heart rate important in increasing cardiovascular endurance? How do we use specific activities to develop and maintain skill-related fitness components?	Lesson Essential Question How can I use assessment results to develop performance enhancing strategies? How can we use assessments to measure progress toward fitness goals? How can technology be used to assess personal fitness?	Lesson Essential Question
Vocabulary muscular strength,	Vocabulary performance, assessment,	Vocabulary

muscular endurance, body composition, cardiovascular endurance, flexibility, injury, balance, coordination, reaction time, agility, power, speed	strategy, goal, enhance	
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Course/Subject: PE
Topic: Lifetime Activities

Days:
Grade Level: 5

Key Learning

The community offers many opportunities for involvement in physical activity.



Unit Essential Question

How can we use recreational activities to maintain a healthy body throughout life?

Concept Rhythmic Activities	Concept Movement Discovery	Concept
Standards: 10.4.6 A/B	Standards: 10.4.6 A/B	Standards:
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Lesson Essential Question What factors are considered when designing a dance sequence? How can we use dance to incorporate different cultures?	Lesson Essential Question Where can we find opportunities to participate in physical activities in our community? (A) What safety issues should be considered when designing a gymnastic sequence?	Lesson Essential Question
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Vocabulary culture, dance sequence design, incorporate	Vocabulary community, gymnastic sequence, transitions, balance, movement elements, spotter	Vocabulary

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Course/Subject: PE
 Topic: Manipulatives

Days:
 Grade Level: 5

Key Learning
 Apply purposeful movement to a variety of movement settings.



Unit Essential Question
 How do we design and create proficient movement forms?

Concept Manipulative	Concept Non-Manipulative	Concept
Standards: 10.4.6 A/B	Standards: 10.4.6 A/B	Standards:
Lesson Essential Question How can we show creativity when designing movement sequences with manipulatives? What are the essential components to be considered when creating a selfdesigned game?	Lesson Essential Question Why is correct technique important while performing dance or gymnastic routines that combine multiple movement elements? How can we apply purposeful movement when designing and performing routines?	Lesson Essential Question
Vocabulary sequence, creativity, manipulative, design	Vocabulary technique, multiple, elements, gymnastic, routine, dance	Vocabulary

Course/Subject: PE
 Topic: Striking with the Body Skills

Days:
 Grade Level: 5

Key Learning
 Demonstrating control while approaching and striking moving objects with various body parts.



Unit Essential Question
 How do you approach and strike moving objects with proficiency?

<u>Concept</u> Striking objects..	<u>Concept</u> Dribbling with feet.	<u>Concept</u>
<u>Standards:</u> 10.4.6 A/B	<u>Standards:</u> 10.4.6 A/B	<u>Standards:</u>
<u>Lesson Essential Question</u> How do we use an approach to effectively strike a moving object? How does practicing correct technique help to develop accuracy?	<u>Lesson Essential Question</u> How is dribbling used in modified games? How do we use dribbling skills to develop offensive strategies?	<u>Lesson Essential Question</u>
<u>Vocabulary</u> approach, technique, accuracy	<u>Vocabulary</u> modified, offensive, strategy, proficiency	<u>Vocabulary</u>

Course/Subject: PE
 Topic: Striking with Implements Skills

Days:
 Grade Level: 5

Key Learning

Demonstrate the ability to strike moving and/or stationary objects with implements using various techniques.



Unit Essential Question

How can you use various techniques to accurately strike moving and/or stationary objects?

Concept Striking stationary objects.	Concept Striking moving objects.	Concept
Standards: 10.4.6 A/B	Standards: 10.4.6 A/B	Standards:
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Lesson Essential Question What is the relationship between hand/eye coordination and striking an object? How does technique impact accuracy?	Lesson Essential Question How can I identify when to use the appropriate technique? How does hand/eye coordination help you to strike an object effectively? What are the most effective ways to continuously strike an object with a partner?	Lesson Essential Question
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Vocabulary impact, accuracy, hand/eye coordination	Vocabulary forehand, stroke, backhand	Vocabulary

Course/Subject: PE
 Topic: Team Sports

Days:
 Grade Level: 5

Key Learning

Team work, skill competency, offensive and defensive strategies are all essential components of team sports.



Unit Essential Question

How do athletes and teams practice to better understand the sport?

Concept Skill Proficiency	Concept Offensive and Defensive Strategies	Concept Teamwork
Standards: 10.4.6 A/B	Standards: 10.4.6 A/B	Standards: 10.4.6 A/B
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Lesson Essential Question How would you recognize skill proficiency? What influence does high skill proficiency have on game play?	Lesson Essential Question What are the essential components of offense? What are the essential components of defense?	Lesson Essential Question What similarities exist in team work and cooperation? How does teamwork effect success in game play?
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Vocabulary Proficient	Vocabulary Offense, Defense	Vocabulary Cooperation, Teamwork

Course/Subject: PE
 Topic: Throwing and Catching

Days:
 Grade Level: 5

Key Learning
 Throwing and catching skills can be implemented in a variety of activities.



Unit Essential Question
 How do we use throwing and catching skills in a variety of activities?

Concept Throwing	Concept Catching	Concept
Standards: 10.4.6 A/B	Standards: 10.4.6 A/B	Standards:
Lesson Essential Question What factors should be considered when throwing to a moving target? What roles do judgement and force play when throwing a lead pass? How does throwing accuracy improve offensive tactics in game-like settings?	Lesson Essential Question What catching strategies can be used to maintain possession while being defended? How do depth perception and hand-eye coordination aid in catching an object while moving?	Lesson Essential Question
Vocabulary judgement, force, accuracy, offense, tactic, lead pass, anticipate	Vocabulary depth perception, defend, possession, hand-eye coordination, strategy	Vocabulary