



Diocese of Greensburg Curriculum Physical Education Grade 5

Unit	Standards	Content	Skills
<p>Physical Fitness</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 6</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate monitoring • checking blood pressure • fitness assessment <p>D. Describe factors that affect childhood physical activity preferences.</p> <ul style="list-style-type: none"> • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p> <ul style="list-style-type: none"> • success-oriented activities • school-community resources • variety of activities • time on task 	<p>Fitness Testing</p> <ul style="list-style-type: none"> • Push ups • sit ups • Distance running • Sit and Reach • Vertical Jump • Throwing <p>Lifetime fitness</p> <ul style="list-style-type: none"> • Upper body exercises • Lower body exercises • Total body exercises • Stretching & flexibility • Warm up <p>Heart rate</p> <ul style="list-style-type: none"> • Blood pressure • systolic blood pressure • diastolic blood pressure 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Identify physical fitness strength and weakness. • Identify ways to improve physical fitness, flexibility. • Identify exercises pertaining to specific muscle areas. • Identify and perform proper techniques various exercises. • Identify ways to prepare for physical performance. • Identify and create physical fitness goals that promote respect for lifetime health. • Identify ways to measure heart rate.

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	<p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <ul style="list-style-type: none"> • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result) <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <ul style="list-style-type: none"> • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition <p>E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • Newton’s Laws of Motion • application of force • static/dynamic balance • levers • flight <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		

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<p>Individual Sports and Activities</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 6</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p> <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. • success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p>	<ul style="list-style-type: none"> • Gymnastics • Dance • Track & Field • Badminton • Pickleball • Jump Rope • Juggling • Cup stacking 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate creative movement • Explore ways that physical activities can be used for self-expression • Perform proper body movements for gymnastics while following specific safety instructions • Identify body awareness • Collaborate with classmates creatively in physical education • Identify rhythm to numerous songs <ul style="list-style-type: none"> ○ Tumbling Skills <ul style="list-style-type: none"> ▪ Forward Roll ▪ Backward Roll ▪ Log Roll ▪ Egg Roll ▪ Cartwheel ▪ Roundoff ○ Balance Activities <ul style="list-style-type: none"> ▪ Forward Walk ▪ Backward Walk ▪ Kick Walk ▪ Airplane ▪ Straight Jump ○ Jumping Skills <ul style="list-style-type: none"> ▪ Toe Touch ▪ Pike ▪ Jumping Jack ▪ Tuck Jump • Exhibit proper accuracy and control while performing the following skills <ul style="list-style-type: none"> ○ Striking/Hitting ○ Jumping ○ Running technique • Identify game rules and regulations • Recognize and communicate with teammates/opponents • Identify and demonstrate understanding of defensive/offensive strategies

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	<p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Demonstrate proper hand, eye, implement coordination and spatial awareness • Perform dance steps in rhythm • Demonstrate proper techniques for handling implements • Participate in games and activities following the rules of the game
<p>Fall/Winter Team Sports and Activities</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 6</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p>	<ul style="list-style-type: none"> • Football • Soccer • Hockey • Tennis • Rules of the game • Game strategies 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Ability to exhibit proper accuracy and control while performing the following skills <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Passing Skills ○ Setting ○ Striking ○ Jumping ○ Kicking Skills ○ Running • Identify game rules and regulations • Recognize and communicate with teammates/opponents • Identify and demonstrate understanding of defensive/offensive strategies • Demonstrate proper hand, eye, foot coordination and spatial awareness • Participate in games following rules

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	<p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. • success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>E. 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</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Demonstrate sportsmanship

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<p>Winter/Spring Team Sports and Activities</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 6</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p> <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. • success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p>	<ul style="list-style-type: none"> • Basketball • Hockey • Badminton • Pickleball • Baseball • Softball • Track & Field • Rules of the game • Game strategies 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Ability to exhibit proper accuracy and control while performing the following skills <ul style="list-style-type: none"> ○ Throwing/Pitching ○ Catching ○ Shooting ○ Striking/Hitting ○ Serving ○ Dribbling ○ Passing ○ Fielding ○ Jumping ○ Running technique • Identify game rules and regulations • Recognize and communicate with teammates/opponents • Identify and demonstrate understanding of defensive/offensive strategies • Demonstrate proper hand, eye, implement coordination and spatial awareness • Demonstrate proper techniques for handling implements • Participate in games following rules • Demonstrate sportsmanship

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	<p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>E. 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</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		

