

# Blackhawk School District

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## CURRICULUM

Course Title:	Physical Education
Grade Level(s):	Grade 5
Periods per week:	1 class/6 day cycle
Length of Period:	40 minutes
Faculty Author(s):	Carol McMillen
Date:	Fall 2008; Revised May '09

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### **COURSE DESCRIPTION:**

**Fifth Grade Physical Education at BIS is a wellness experience that includes cardiovascular exercise, development skill activity, and a health component for each class session. The goal of the Fifth Grade Physical Education program is to have the students realize their personal responsibility for lifetime fitness by applying their knowledge to establishing their own exercise programs outside of Physical Education class.**

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	OBJECTIVES (PA standard)	PROPOSED TIME/ ACTUAL TIME	RESOURCES	LESSON REFLECTION (for future revisions)
See attached curriculum  - Fitness Assessment - Fitness Activities - Jump Rope  - Soccer - Balance - Loco motor/non loco motor skills - Agility - Basketball  - Hockey - Volleyball - Whiffle Ball* - Frisbee* - Gymnastics - Dance** - Low Organized Games  * If time allows ** During Winter Workout	10.2.3 D Identify the steps in a decision-making process (get-along).	3-7 min. 1 class	I. Class Sets of Equipment Basketballs Soft Soccer balls Regulation Soccer balls Playground balls Soft Volleyballs Small soft balls Hockey sticks Hula Hoops Bean Bags Juggling Scarves Long jump ropes Single jump ropes Bowling Pins Cones  II. Heart Rate Monitors  III. 3 Parachutes  IV. 16 Stilts  V. Gym Mats  VI. 4 Chin Up Bars  VII. Stereo System  VIII. Wireless Microphone  IX. Computer for class	
	10.3.3 C Recognize conflict situations and identify strategies to avoid or resolve by using Getting Along program: anger management, assertive skills, bullying).	3-7 min. 1 class		
	10.4.3 F Recognize positive and negative interactions of small group activities including roles, cooperation/sharing, on task participation, teamwork and adherence to rules.	3-7 min. 2 classes		
	10.1.3 C Introduce the role of the food guide pyramid in helping people eat a healthy diet (food groups, number of servings, portions, variety of food, nutrients, label reading, relationship of food intake and physical activity).	3-7 min. 3 classes		
	10.1.3 D Introduce age appropriate drug information, definition, effects, proper use of medicine, healthy/unhealthy risk-taking, skills to avoid drugs.	3-7 min 2 classes		
	10.1.6 B Recognize and understand the location function of the major body systems (circulatory).	3x per year 3-4 classes each time 12 classes total		
	10.3.3 A Recognize basic safe/unsafe practices in the home, school, and community.	3-7 min. 1 class		
	10.3.6 D Understand the role of individual responsibility for safety during physical activity.	Every class		
	10.4.6 B Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	Every class		
	10.5.6 C Describe the relationship between practice and skill development.	Every class		

COURSE OUTLINE	OBJECTIVES (PA standard)	PROPOSED TIME/ ACTUAL TIME	RESOURCES	LESSON REFLECTION (for future revisions)
	10.5.9 F Describe and apply game strategies to complex games and physical activities (offensive strategies / defensive strategies / peer communication).	5 classes		
	10.4.3 E Understand reasons why regular participation in physical activities improves motor skills.	Every class		
	10.3.6 B Know and apply appropriate emergency responses including basic first aid and Heimlich maneuver.	3-7 min 2 classes		
	10.5.6 A Explain and apply the basic concepts to create and perform movement sequences and advanced skills.	Every class		
	10.5.6 D Describe and apply the principles of exercise to the components of health-related and skill-related fitness including cardio respiratory, endurance, muscular strength, aerobics/ anaerobic, circuit/ interval.	Every class		
	10.4.6 C Identify and apply ways to monitor (heart rate monitoring and fitness assessment).	3-7 min. 2 classes		
	10.4.6 A Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.	Every class		