

		Fifth Grade	
		Physical Education	
		5th Grade Curriculum Sequence	
Taught	Units	TEKS/ SE and Alignment Objectives	Resources
	Recreational Games (team handball, swat ball, and etc.)	<p><u>1, 1.a, 1.b, 1.c, 1.e, 1.h, 1.k, 2, 2.a, 2.b, 2.c, 3, 3.a, 3.c, 5, 5.a, 5.b, 5.c, 6, 6.a, 6.b, 7, 7.a, 7.b, 7.c</u></p> <p>1.Movement- the student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>1.a- demonstrates appropriate use of levels in dynamic movement situations such as jumping high, bending knees and lowering center of gravity;</p> <p>1.b- demonstrate smooth combinations of fundamental locomotor skills such as running and dodging and hop-step jump;</p> <p>1.c- demonstrates attention to form, power, accuracy, and follow through in performing movement skills;</p> <p>1.e- demonstrates simple stunts that exhibit agility;</p> <p>1.h- demonstrates ability to contrast a partner's movement;</p> <p>1.k- demonstrates competence in manipulative skills in dynamic situations such as striking</p> <p>2. Movement- the student applies movement concepts and principles to the learning and development of motor skills.</p> <p>2.a- identify common phases such as preparation, movement, follow through, or recovery in a variety of movements such as a serve and striking;</p> <p>2.b- identify the importance of various elements of performance for different stages during skill learning;</p> <p>2.c- choose appropriate drills/activities to enhance the learning of specific skill.</p> <p>3. Physical activity and health- the student exhibits a health enhancing, physically active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>3.a- participates in moderate to vigorous physical activities on a daily basis that develop health related fitness;</p> <p>3.c- explain the value of participation in community physical activities such as little league and parks and recreation.</p>	See equipment section

		<p>5. Physical activity and health- the student understands and applies safety practices associated with physical activities.</p> <p>5.a- uses equipment safely and properly;</p> <p>5.b- select and use proper attire that promotes participation and prevents injury;</p> <p>5.c- describes the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injury.</p> <p>6. Social development- the student understands basic components such as strategies and rules of structured physical activities.</p> <p>6.a- describe fundamental components and strategies used in invasion, net/wall, target, and fielding games, such as offense and defense.</p> <p>6b.- explain the importance of team work.</p> <p>7. Social development- the student develops positive self management and social skills needed to work independently and with others in physical activity settings.</p> <p>7.a- follow rules, procedures, and etiquette;</p> <p>7.b- use sportsmanship skills for settling disagreements in socially acceptable ways;</p> <p>7.c- describe how physical activity with a partner or partners can increase motivation and enhance safety.</p>	
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	Bowling	<p><u>1, 1.a, 1.c, 1.e, 1.h, 1.k, 2, 2.a, 2.b, 2.c, 3, 3.a, 3.c, 5, 5.a, 5.b, 5.c, 6, 6.a, 6.b, 7, 7.a, 7.b, 7.c</u></p> <p>1.Movement- the student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>1.a- demonstrates appropriate use of levels in dynamic movement situations such as jumping high, bending knees and lowering center of gravity;</p> <p>1.c- demonstrates attention to form, power, accuracy, and follow through in performing movement skills;</p> <p>1.e- demonstrates simple stunts that exhibit agility;</p> <p>1.h- demonstrates ability to contrast a partner's movement;</p> <p>1.k- demonstrates competence in manipulative skills in dynamic situations such as striking</p> <p>2. Movement- the student applies movement concepts and principles to the learning and development of motor skills.</p> <p>2.a- identify common phases such as preparation, movement, follow through, or recovery in a variety of movements such as a serve and striking;</p> <p>2.b- identify the importance of various elements of performance for different stages during skill learning;</p> <p>2.c- choose appropriate drills/activities to enhance the learning of specific skill.</p> <p>3. Physical activity and health- the student exhibits a health enhancing, physically active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>3.a- participates in moderate to vigorous physical activities on a daily basis that develop health related fitness;</p> <p>3.c- explain the value of participation in community physical activities such as little league and parks and recreation.</p>	
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		<p>5. Physical activity and health- the student understands and applies safety practices associated with physical activities.</p> <p>5.a- uses equipment safely and properly;</p> <p>5.b- select and use proper attire that promotes participation and prevents injury;</p> <p>5.c- describes the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injury.</p> <p>6. Social development- the student understands basic components such as strategies and rules of structured physical activities.</p> <p>6.a- describe fundamental components and strategies used in invasion, net/wall, target, and fielding games, such as offense and defense.</p> <p>6b.- explain the importance of team work.</p> <p>7. Social development- the student develops positive self management and social skills needed to work independently and with others in physical activity settings.</p> <p>7.a- follow rules, procedures, and etiquette;</p> <p>7.b- use sportsmanship skills for settling disagreements in socially acceptable ways;</p> <p>7.c- describe how physical activity with a partner or partners can increase motivation and enhance safety.</p>	
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	Track	<p>5. Physical activity and health- the student understands and applies safety practices associated with physical activities.</p> <p>5.a- uses equipment safely and properly;</p> <p>5.b- select and use proper attire that promotes participation and prevents injury;</p> <p>5.c- describes the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injury.</p> <p>6. Social development- the student understands basic components such as strategies and rules of structured physical activities.</p> <p>6.c- explain the importance of team work.</p> <p>7. Social development- the student develops positive self management and social skills needed to work independently and with others in physical activity settings.</p> <p>7.a- follow rules, procedures, and etiquette;</p> <p>7.b- use sportsmanship skills for settling disagreements in socially acceptable ways;</p> <p>7.c- describe how physical activity with a partner or partners can increase motivation and enhance safety.</p>	
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	<p>Aerobic Fitness and Dance</p>	<p><u>1, 1.f, 1.h, 1.i,1.j, 3, 3.a, 3.b, 3.c, 4, 4.a, 4.b, 4.c, 4.d, 4.e, 4.f, 4.g, 4.h, 4.i, 5, 5.a, 5.b, 5.c, 7, 7.a, 7.b, 7.c</u></p> <p>1. Movement- the student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>1.f- combine traveling and rolling with smooth transitions;</p> <p>1.h- demonstrates the ability to contrast a partner's movements;</p> <p>1.i- perform selected folk dances;</p> <p>1.j- jump a rope using various rhythms and foot patterns repeatedly.</p> <p>3. Physical activity and health- the student exhibits a health enhancing, physically active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>3.a- participates in moderate to vigorous physical activities on a daily basis that develop health related fitness;</p> <p>3.c- explain the value of participation in community physical activities such as little league and parks and recreation.</p> <p>4. Physical activity and health- the student knows the benefits from involvement in daily physical activity and factors that affect physical performance.</p> <p>4.a- relate ways aerobic exercise strengthens and improves the efficiency of the heart and lungs;</p> <p>4.b- self-monitor the heart rate during exercise;</p> <p>4.c- match different types of physical activity with health related fitness components;</p> <p>4.d- define principles of frequency, intensity, and time and describe how to incorporate these principles to improve fitness;</p> <p>4.e- describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bone to cause movement, muscle work in pairs;</p> <p>4.f- identify the relationship between optimal body function and healthy eating plan such as eating a variety of foods according to U.S. dietary guidelines;</p> <p>4.h- describe changes that occur in the cardiorespiratory system as a result of smoking abd how those changes affect the ability of performance;</p> <p>4.i- describe the movement and coordination are effected by alcohol and other drugs.</p>	
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	Aerobic Fitness and Dance	<p>5. Physical activity and health- the student understands and applies safety practices associated with physical activities.</p> <p>5.a- uses equipment safely and properly;</p> <p>5.b- select and use proper attire that promotes participation and prevents injury;</p> <p>5.c- describes the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injury.</p> <p>6. Social development- the student understands basic components such as strategies and rules of structured physical activities.</p> <p>6.c- explain the importance of team work.</p> <p>7. Social development- the student develops positive self management and social skills needed to work independently and with others in physical activity settings.</p> <p>7.a- follow rules, procedures, and etiquette;</p> <p>7.b- use sportsmanship skills for settling disagreements in socially acceptable ways;</p> <p>7.c- describe how physical activity with a partner or partners can increase motivation and enhance safety.</p>	
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	Weight Training	<p><u>1, 1.f, 1.h, 3, 3.a, 3.b, 4, 4.a, 4.b, 4.c, 4.d, 4.e, 4.f, 4.g, 4.h, 4.i, 5, 5.a, 5.b, 5.c, 7, 7.a, 7.b, 7.c</u></p> <p>1. Movement- the student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.</p> <p>1.f- combine traveling and rolling with smooth transitions;</p> <p>1.h- demonstrates the ability to contrast a partner's movements;</p> <p>3. Physical activity and health- the student exhibits a health enhancing, physically active lifestyle that provides opportunities for enjoyment and challenge.</p> <p>3.a- participates in moderate to vigorous physical activities on a daily basis that develop health related fitness;</p> <p>4. Physical activity and health- the student knows the benefits from involvement in daily physical activity and factors that affect physical performance.</p> <p>4.a- relate ways aerobic exercise strengthens and improves the efficiency of the heart and lungs;</p> <p>4.b- self-monitor the heart rate during exercise;</p> <p>4.c- match different types of physical activity with health related fitness components;</p> <p>4.d- define principles of frequency, intensity, and time and describe how to incorporate these principles to improve fitness;</p> <p>4.e- describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bone to cause movement, muscle work in pairs;</p> <p>4.f- identify the relationship between optimal body function and healthy eating plan such as eating a variety of foods according to U.S. dietary guidelines;</p> <p>4.h- describe changes that occur in the cardiorespiratory system as a result of smoking and how those changes affect the ability of performance;</p> <p>4.i- describe the movement and coordination are effected by alcohol and other drugs.</p>	
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	Weight Training	<p>5. Physical activity and health- the student understands and applies safety practices associated with physical activities.</p> <p>5.a- uses equipment safely and properly;</p> <p>5.b- select and use proper attire that promotes participation and prevents injury;</p> <p>5.c- describes the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injury.</p> <p>6. Social development- the student understands basic components such as strategies and rules of structured physical activities.</p> <p>6.c- explain the importance of team work.</p> <p>7. Social development- the student develops positive self management and social skills needed to work independently and with others in physical activity settings.</p> <p>7.a- follow rules, procedures, and etiquette;</p> <p>7.b- use sportsmanship skills for settling disagreements in a socially acceptable way;</p> <p>7.c- describe how physical activity with a partner or partners can increase motivation and enhance safety.</p>	
	Equipment Section	<p>volleyballs, volleyball nets, volleyball poles, score cards or score board, basketballs, colored, jerseys, footballs, cones, chalk for lines, soccer balls, goals, stop watches, golf clubs, putting greens, golf balls, tennis rackets, tennis balls, hockey sticks, pillow polo sticks, hockey pucks, bowling balls, bowling carpet, bowling pins, music for dancing, CD player, microphone, gator balls, beanbags, rings, weight room equipment if school has access, and any other equipment that each school has access to.</p>	