

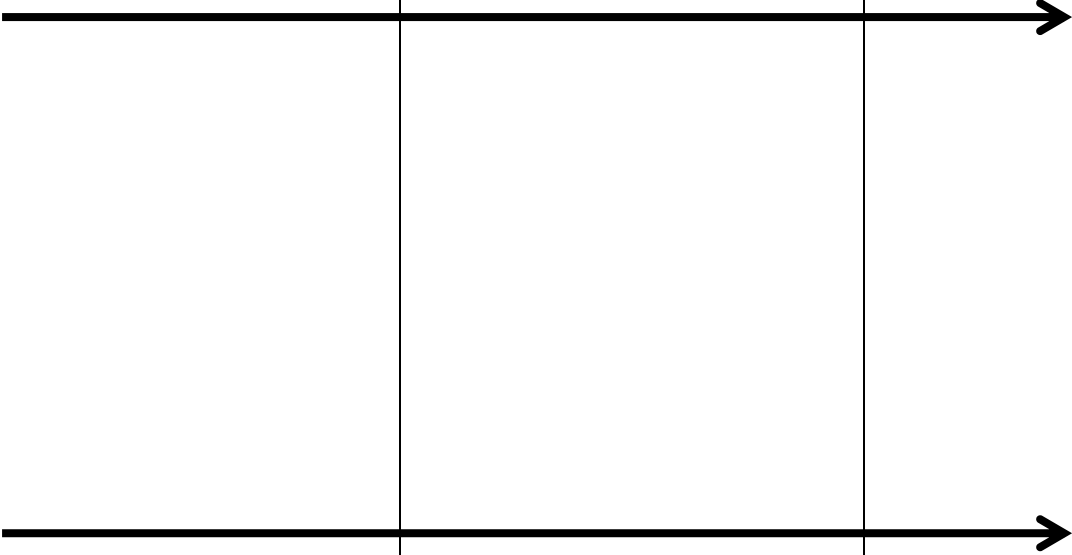




Fifth Grade Physical Education Pacing Guide

2017-2018

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p><u>Motor Skill Development</u> 5.1 The student will demonstrate mature movement forms, create movement patterns, and begin to describe movement principles.</p> <p>a) Demonstrate mature form in locomotor, non-locomotor, and manipulative skill combinations in more complex and dynamic environments and modified sports activities, to include overhand and underhand throw and catch, execution to a target, hand dribble, foot dribble, consecutive striking with a partner over a net or against a wall, and striking a ball while stationary and moving.</p> <p>c) Create and perform individual or group rhythm/dance sequences including American and international dances and a jump-rope routine (self-turn or long rope).</p> <p>d) Demonstrate use of space in a variety of activities.</p> <p>e) Demonstrate accuracy in a variety of activities.</p> <p>f) Demonstrate use of force in a variety of activities.</p> <p>g) Apply concepts of direction and force to strike an object with purpose and accuracy.</p>		<p><u>Motor Skill Development</u> 5.1 The student will demonstrate mature movement forms, create movement patterns, and begin to describe movement principles.</p> <p>b) Create and perform an educational gymnastic sequence including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, shape, speed, and flow.</p>	

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p><u>Anatomical Basis of Movement</u> 5.2 The student will apply anatomical knowledge and movement strategies in complex movement activities.</p> <p>a) Identify components of major body systems, to include cardiorespiratory, vascular, muscular, and skeletal.</p> <p>b) Apply knowledge of body systems, bones, and muscles to accurately describe a variety of specific movements such as a ball strike, overhand throw, or volley.</p> <p>c) Describe concepts of direction and force used to strike an object with purpose and accuracy.</p> <p><u>Fitness Planning</u> 5.3 The student will use personal fitness assessment data to enhance understanding of physical fitness.</p> <p>a) Identify methods for evaluating and improving personal fitness such as health-related criterion referenced tests, heart rate, body mass index (BMI), and pedometer data.</p> <p>b) Compare and analyze fitness data to health-related criterion-referenced standards (Virginia wellness-related fitness standards, Fitnessgram®, CDC guidelines) to assess levels of personal fitness and identify strengths and weaknesses.</p>			

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<p>c) Create a basic personal fitness plan for at least one health-related component of fitness, to include baseline fitness data, SMART goal, activities that will address the goal, log of activities inside and outside of school, reassessment data (post-data) and reflection of goal progress/attainment.</p> <p>d) Explain the FITT (frequency, intensity, time, and type) principle.</p> <p>e) Calculate resting heart rate and calculate heart rate during a variety of activities.</p> <p>f) Explain the relationship between heart rate and cardiorespiratory fitness.</p> <p><u>Social Development</u></p> <p>5.4 The student will participate in establishing and maintaining a safe environment for physical activities.</p> <p>a) Create and implement rules and consequences for one or more activities.</p> <p>b) Create and implement safety rules for at least one activity.</p> <p>c) Create and implement etiquette for one activity.</p> <p>d) Explain the importance of inclusion in physical activity settings.</p> <p>e) Describe and demonstrate respectful behavior in physical activity settings.</p> <p><u>Energy Balance</u></p> <p>5.5 The student will identify and explain the nutrition component and activity guidelines for energy balance.</p> <p>a) Explain RDA (Recommended Dietary Allowance).</p>			

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<p>b) Explain that there are different RDA recommendations for children, teens, and adults.</p> <p>c) Explain the effect of portion size on RDA.</p> <p>d) Explain the purpose of vitamins and minerals.</p> <p>e) Evaluate components of food labels for a variety of foods, to include macronutrients, RDA, and portion size.</p> <p>f) Explain that physical activity guidelines recommend 60 minutes of moderate to vigorous physical activity (MVPA) every day.</p>			