

5th Grade Physical Education Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>5.1</p> <ul style="list-style-type: none"> • Aerobics with music • Balancing (static and moving) • Dodging and Tagging games 			
<p>5.2</p> <ul style="list-style-type: none"> • Dodging games • Throwing games • Partner weight training (hand weights) • Competitive sports activities (eg. Basketball, hockey, baseball) 		<p>5.3</p> <ul style="list-style-type: none"> • Identify the muscles testing. 	<p>5.4</p> <ul style="list-style-type: none"> • Presidential Fitness test data • Individual performance charting related to running
<p>5.3</p> <ul style="list-style-type: none"> • Lecture pre and post exercise. (ongoing with each exercise or skill) 			

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<p>5.5</p> <ul style="list-style-type: none"> • Outline directions regularly • Use reward and praise system to exemplify directions and sportsmanship • Individual and group games and activities 			
<p>5.6</p> <ul style="list-style-type: none"> • Student planned day • (activities and games chosen by class by vote) • Discussion about activity interests with class 	<p>5.6</p> <ul style="list-style-type: none"> • Field Trips to community resources(parks, Trails) 		