

5th Grade Physical Education



Mark Dreher and Mike Jesewitz

Welcome to the Fifth Grade Physical Education Web Page. This web page is brought to you by the physical education team and is meant to give you the latest news and information.

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THIS MONTH

Happy New Year 2012! We are concluding our Basketball unit and getting ready to start the second half of the trimester with two new units: Volleyball and Strength Training. In volleyball we will be practicing forearm passing (bump), introduce setting, begin underhand serving and talk about the basic formation and rotation. In 5th grade we want to establish basic volleyball skills and progress into more accurate passing and more consistency on serves. Light weight and regular volleyballs are available for students.

For Strength training our fitness focus will be on learning about core strength and stability, upper body and lower body strength and endurance. Students will be utilizing various pieces of equipment, including light resistance weights, medicine balls and exercise tubing as well as stability equipment such as Bosu balls and Fitness balls. They will be learning about and identifying muscles in the upper and lower body, as well as core muscles and perform exercises that develop those muscle groups. They will continue to learn about the difference between muscular endurance and muscular strength, which are two components of fitness that they learned in the first trimester. Many of the exercises we do in class can be done at home.

CONTACT INFORMATION

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MASTERY STATEMENTS

Focus Statement: Students will apply fundamental skills and movement patterns within the context of individual and group structures. Students will also identify basic fitness principles and connect the various physical activities.

PE.5.1 Students will modify and refine throwing and catching skills.

PE.5.1.1 Demonstrate various throwing styles with speed and accuracy.

PE.5.1.2 Catch an object while moving or in a stationary position

PE.5.2 Students will modify and refine striking and volleying skills.

PE.5.2.1 Perform various striking and volleying skills with or without an implement (bat, paddle, racquet, hockey stick).

PE.5.2.2 Modify force and style of striking and volleying skills.

PE.5.3 Students will modify and refine kicking skills.

PE.5.3.1 Perform various kicking skills (i.e. punt, shoot, soccer dribble).

PE.5.3.2. Modify force, speed and distance of kicking skills.

PE.5.4 Students will modify and refine dribbling skills.

PE.5.4.1 Dribble using dominant and non-dominant hand.

PE.5.4.2 Vary speed, proximity and direction of dribbling skills.

PE.5.5 Students will modify and refine aiming and target skills.

PE.5.5.1 Aim at a variety of targets (e.g. basketball hoop, pitching area, soccer goal, person) with accuracy.

PE.5.5.2 Modify the type of aiming skill (e.g. shooting, underhand pitch).

PE.5.6 Students will modify and refine body control and spatial awareness skills.

PE.5.6.1 Perform various skills using transfer of weight, inversion, balance (i.e. gymnastics, tumbling, general space skills)

PE.5.6.2 Perform skills requiring speed, agility, power and strength (i.e. track and field).

PE.5.7 Students will demonstrate basic knowledge of game and sport concepts.

PE.5.7.1 Display knowledge of basic game and sports concepts.

PE.5.7.2 Identify basic rules and concepts.

PE.5.8 Students will participate in physical fitness activities in order to improve personal performance.

PE.5.8.1 Demonstrate proper technique for fitness skills and activities.

PE.5.8.2 Perform fitness testing activities at a level which demonstrates personal improvements and/or achievement of age appropriate fitness standards.

PE.5.9 Students will define fitness vocabulary and understand basic concepts related to fitness activities.

PE.5.9.1 Identify the five components of fitness.

PE.5.9.2 Connect specific exercises and activities to each component of fitness.

PE.5.9.3 Identify the elements of a work-out, including warm-up, cool-down, stretching and safety.

ITEMS NEEDED FOR CLASS

- Physical Education Uniform
- Gym Shoes (Students are recommended to have an outdoor and indoor pair of gym shoes)
- Long pants and sweatshirt for cooler outdoor days (no jeans)
- Extra pair of socks

GRADING

Written Tests and Study Guides: Students are given 2-3 written tests per trimester. The material consists of essential concepts within the selected unit appropriate to each grade level. Study guides are given out and reviewed as a class at least two days before the test date. The study guide contains concepts and skills that students have been learning and practicing during the unit.

Skill Assessment: Students are observed performing the skills they are working on using a criteria based rubric. The skill assessments are used primarily to aid instruction and to help students make corrections and improve their abilities. A few selected skills appropriate for each grade level are also assessed at the end of each unit.

Grading Criteria:

Physical education grades are based on three areas of performance (Percentages listed may vary slightly depending on the nature of the units taught in a given grading period)

Effort and Participation: (40%)

- Active participation
- High level of physical intensity
- Completion of tasks and directions
- Responsible behavior
- Socially appropriate interactions and respect for others
- Consideration for safety

Fitness Performance: (15%) Based on individual performance, effort and improvement in fitness challenges.

Tests: (15%) Terminology, strategies, positions, fitness principles and other concepts, through written tests or assignments.

Skill Performance: (15%) Demonstration of proper skill technique. Improvement of skill throughout unit.

Preparation: (10%) Wearing P.E uniform and athletic shoes for class; locking up belongings; punctuality.

ABOUT ME

Mark Dreher

I earned a Bachelor's Degree from Northeastern Illinois University. I recently earned a Master's Degree in Curriculum and Instruction from Northern Illinois University. I began teaching at Pleasantdale in 2000. I currently am coaching 8th grade girls basketball, 8th grade boys basketball and 7th grade girls softball.

Mike Jesewitz

I earned my Masters Degree in Elementary Education at Dominican University in 2009. I enjoy teaching the concepts of fitness to students, especially the balance between strength, endurance and cardiovascular health. My favorite team sports are football and basketball.