

# 5<sup>th</sup> Grade Physical Education

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## **Goals (what we learn):**

Our physical education program at Pleasantdale Middle School is designed to encourage all students, regardless of ability, to enjoy being physically active in a variety of sport, recreational, and lifetime fitness activities. We strive to improve students' competence and confidence in their knowledge and skills so that they will continue to choose to participate in physical activities as part of a healthy lifestyle. Students are taught proper techniques for fitness and sports and challenged to perform them at a level appropriate for their developmental stage. We ask all students to show strong individual effort in all daily activities. Respect and personal responsibility are key life skills in a successful group environment.

## **Mastery Statements**

### **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.

# 6<sup>th</sup> Grade Physical Education

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## **Mastery Statements**

### **PE.6.1 Students will modify and refine throwing and catching skills in order to apply them into specific sport and game settings**

PE.6.1.1 Vary the distance and velocity of throwing skills based on the game or sport situation.

PE.6.1.2 Modify the type of catching technique based on the game or sport situation.

### **PE.6.2 Students will modify and refine striking and volleying skills in order to apply them into specific sport and game settings.**

PE.6.2.1 Vary the force and direction of striking and volleying skills based on the game or sport situation.

PE.6.2.2 Modify the type of striking and volleying skills based on the game and sport situation.

### **PE.6.3 Students will modify and refine kicking skills in order to apply them into specific sport and game settings.**

PE.6.3.1 Vary force, speed and distance of kicking skills based on the game or sport situation.

PE.6.3.2 Modify the type of kicking skill based on the game or sport situation.

### **PE.6.4 Students will modify and refine dribbling skills in order to apply them into specific sport and game settings.**

PE.6.4.1 Vary the pathway, proximity, speed and force of dribbling based on the game or sport situation.

PE.6.4.2 Vary the use of dominant and non-dominant hand in dribbling based on the game or sport situation.

### **PE.6.5 Students will modify and refine aiming and target skills in order to apply them into specific sport and game settings.**

PE.6.5.1 Modify the force, distance and speed of aiming skills based on the game or sport situation.

PE.6.5.2 Vary the type of aiming skill based on the game or sport setting.

### **PE.6.6 Students will modify and refine body control and spatial awareness skills in order to perform combinations and sequences of skills.**

PE.6.6.1 Perform skills of body control and spatial awareness involving combinations and sequences of skills. (e.g. tumbling routines)

PE.6.6.2 Combine skills of force, speed, power and skill in a sport setting (e.g. track and field)

### **PE.6.7 Students will demonstrate basic knowledge of game and sport concepts in order to play successfully.**

PE.6.7.1 Demonstrate understanding of basic rules during game and sport situations.

PE.6.7.2 Identify and explain basic game and sport rules.

### **PE.6.8 Students will participate in physical fitness activities in order to improve personal performance.**

PE.6.8.1 Demonstrate proper technique for fitness skills and activities.

PE.6.8.2 Perform fitness testing activities at a level which demonstrates personal improvements and/or achievement of age appropriate fitness standards.

### **PE.6.9 Students will identify and explain fitness components and concepts related to fitness activities.**

PE.6.9.1 Explain the concept of body composition related to nutrition and activity.

PE.6.9.2 Identify muscle location and basic muscle function

PE.6.9.3 Demonstrate knowledge and understanding of cardio respiratory training related to heart rate and intensity.

# 7<sup>th</sup> Grade Physical Education

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## **Mastery Statements**

### **PE.7.1 Students will perform specific skills for each unit or activity.**

- PE.7.1.1 Perform age appropriate technique for a given skill (kicking, throwing, etc.)
- PE.7.1.2 Incorporate skill technique into game and sports settings.

### **PE.7.2 Student will demonstrate and apply knowledge of rules and game concepts for each unit.**

- PE.7.2.1 Apply game rules during activities in order to regulate and maintain game flow.
- PE.7.2.2 Modify their task based on given circumstances during the activity.
- PE.7.2.3 Explain and analyze game rules and concepts.

### **PE.7.3 Students will perform skill-related fitness activities (speed, power, strength agility) and perform routines that incorporate body control and spatial awareness.**

- PE.7.3.1 Combine elements of skill related fitness in order to successfully compete in various events.
- PE.7.3.2 Combine various body control skills in order to complete a routine.

### **PE.7.4 Students will participate in physical fitness activities in order to improve personal performance.**

- PE.7.4.1 Demonstrate proper technique for fitness skills and activities.
- PE.7.4.2 Perform fitness testing activities at a level which demonstrates personal improvements and/or achievement of age appropriate fitness standards.

### **PE.7.5 Students will identify and explain the elements of F.I.T. (Frequency, Intensity, Time) related to fitness training.**

- PE.7.5.1 Identify and explain the F.I.T principle.
- PE.7.5.2 Demonstrate knowledge and understanding of resistance training related to muscle function.
- PE.7.5.3 Demonstrate knowledge and understanding of cardio respiratory training.

# 8<sup>th</sup> Grade Physical Education

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## **Mastery Statements**

### **PE.8.1 Students will demonstrate and apply specific skills for each unit or activity.**

- PE.8.1.1 Perform age appropriate technique for a given skill (kicking, throwing, etc.)
- PE.8.1.2 Adjusts skill technique according to a game or sport situation.

### **PE.8.2 Students will demonstrate and apply knowledge of game strategies for each unit or activity.**

- PE.8.2.1 Demonstrate defensive techniques (marking, blocking).
- PE.8.2.2 Demonstrate offensive techniques (i.e. faking, cutting).
- PE.8.2.3 Demonstrate spatial awareness on offense and defense.
- PE.8.2.4 Explain and analyze game strategies.

### **PE.8.3 Student will demonstrate and perform selected skill-related fitness components.**

- PE.8.3.1 Combine elements of skill related fitness in order to successfully compete in various events.
- PE.8.3.2 Combine various body control skills in order to complete a routine.

### **PE.8.4 Students will participate in physical fitness activities in order to improve personal performance.**

- PE.8.4.1 Demonstrate proper technique for fitness skills and activities.
- PE.8.4.2 Perform fitness testing activities at a level which demonstrates personal improvements and/or achievement of age appropriate fitness standards.

### **PE.8.5 Students will apply fitness skills and principles to develop an individual fitness plan.**

- PE.8.5.1 Understand fitness training principles related to each component of fitness and the F.I.T. principle.
- PE.8.5.2 Understand a resistance training plan by applying progression, overload and specificity.
- PE.8.5.3 Synthesize their fitness knowledge in order to design a personal fitness plan.

## General Information for every grade level – Physical Education

### Instructional Strategies (how we learn):

Students learn in a variety of ways in our P.E. classes. The goal is to provide maximum participation for each student and to provide challenges and successes for each ability level within the class.

**Whole Group Instruction and Practice:** Typically at the start of a new unit. For the purpose of overview, review and assessment of students' level of readiness.

**Differentiated Instruction:** For the purpose of skill development and practice. Students work on the same skill set, but using different settings and activities based on student needs.

**Small Group, Station Work:** Students rotate through stations. Provides opportunity to focus on skills at one or two selected stations for assessment and refinement of skills.

**Partner Work and Peer Coaching:** Students learn to observe one another and apply movement concepts as they help their partner learn skills.

**Student Leadership / Student-directed activity:** Students volunteer to be captains or leaders for selected activities. All students are encouraged to take part in the success of their group's activity and to resolve issues with limited adult intervention.

### Assessments:

**Written tests and Study guides:** Students are given 3-4 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 or will learn during the unit.

**Skill assessment:** Students are observed performing the skills they are working on using a criteria-based rubric. Skill assessments are based on the Mastery Outcome Statements appropriate for each grade level. Students are given opportunity in class to learn, practice and master selected skills within each unit. Throughout each unit students are given feedback to help make corrections and improve their skills. Student may also be given ideas to improve on their own. The goal is for each student to gain skill mastery appropriate to their developmental level.

**Fitness Assessment:** Students perform selected fitness tests and are encouraged to strive for individual improvement as well as achievement of age appropriate standards. These standards may be based on accumulated class norm data and / or published national fitness standards.

### Grading Criteria:

Physical education grades are based on the achievement of District 107 Mastery Outcome Statements. Students have an opportunity to demonstrate their learning through physical performance as well as through knowledge and understanding. The percentage value for each skill / knowledge area is listed below.

**Written Tests:** (40%) Achievement of concepts regarding fitness principles, movement vocabulary, skill technique, games rules and strategies, and other concepts.

**Skill Performance:** (40%) Achievement and demonstration of proper skill technique at age - appropriate developmental levels.

**Fitness Performance:** (20%) Achievement and demonstration of fitness levels based on age appropriate standards.

### Life Skills

Be prepared for class, participating in discussions and activities, managing behavior, and interacting with others all come into play during every P.E. class period. Students are evaluated on the four Life Skill areas of Work Completion (being prepared with P.E. uniform, shoes, etc.), Participation, Behavior and Group Work. Periodic data points will track student progress in these areas.

### Units by Trimester (Scope and Sequence)

Below is a general overview of the unit activities we offer during the year. For more detail month by month, please check our Middle School Physical Education Web Page on the School District Website.

First Trimester : Major units: Fitness, Softball, Invasion Games (including Football), Badminton  
Also: Teambuilding games, Kickball,

Second Trimester: Major units: Fitness, Basketball, Gymnastics, Volleyball  
Also: In-Line Skating, Jump Rope, Table Tennis, Floor Hockey

Third Trimester: Major units: Fitness, Track and Field, Soccer  
Also: Review and revisit previously played games and activities

