

PHYSICAL EDUCATION
5th and 6th Grade
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.

YEARLY SCOPE AND SEQUENCE OF ACTIVITIES

5th Grade

6th Grade

<p style="text-align: center;">First Trimester (12 weeks)</p> <p><u>Fitness Development:</u> Five for Life components of Fitness. Activities to improve all areas of fitness, Circuit Training, 10 minute runs for distance and cardio. fitness</p> <p><u>Kickball/ Softball</u> basic rules, tag-ups, force outs; throwing and catching skills</p> <p><u>Badminton:</u> Hand-racket tracking, striking skills</p> <p><u>Invasion Games:</u> Ultimate, Fireball, Football, Soccer</p> <p><u>Teambuilding games:</u> For social / emotional learning</p> <p><u>Basketball introductory activities:</u> Introduction of basic ball handling skills and lead-up games (unit continues in 2nd trimester)</p>	<p style="text-align: center;">First Trimester (12 weeks)</p> <p><u>Fitness Development:</u> Review Five for Life components. Activity log to reflect on lifestyles choices. Fitness activities. 10 minute runs for distance and cardio. fitness</p> <p><u>Kickball/ Softball:</u> rules, fielding strategies, pitching/ fielding, team play</p> <p><u>Badminton:</u> Basic over and underhand strokes, body position and game play</p> <p><u>Football:</u> Throwing /catching skills, basic rules and positions</p> <p><u>Teambuilding games:</u> For social / emotional learning</p> <p><u>Basketball introductory activities:</u> Review and practice of basic ball handling skills and lead-up games (unit continues in 2nd trimester)</p>
<p style="text-align: center;">Second Trimester (12 weeks)</p> <p><u>Basketball :</u> Ball handling skills, dribbling, passing, shooting, backboard shots, footwork, rules and basic team strategies</p> <p><u>Tumbling:</u> Gymnastic readiness conditioning and safety, body awareness, individual and partner stunts</p> <p><u>Gymnastic apparatus:</u> Basic skills and combinations; beam, parallel bars, horse, uneven bars; safety skills</p> <p><u>Volleyball:</u> Striking and volleying skills, underhand serves, lead-up activities and team play</p> <p><u>Individual and dual activities;</u> including jump rope, table tennis, juggling, tug-of-war</p> <p><u>Fitness Development:</u> Core strengthening and stability activities. Muscular strength and endurance development using resistance exercises.</p>	<p style="text-align: center;">Second Trimester (12 weeks)</p> <p><u>Basketball;</u> Continuing progression and practice of basic skills, jump shots, free throws, fakes, team play</p> <p><u>Tumbling:</u> Progressive skills according to ability; gymnastic readiness conditioning</p> <p><u>Gymnastic apparatus:</u> Progressive skills and routines according to ability on beam, parallel bars, horse, uneven bars; spotting and peer helping</p> <p><u>Volleyball:</u> Passing, serve receive, court positions, rules and team play</p> <p><u>Individual and dual activities;</u> including jump rope, table tennis, juggling, tug-of-war</p> <p><u>Fitness Development:</u> Core strengthening and stability activities. Muscular strength and endurance development using resistance exercises.</p>
<p style="text-align: center;">Third Trimester (12 weeks)</p> <p><u>Indoor invasion games:</u> Floor hockey, Fire ball, Ultimate</p> <p><u>In-line skating:</u> Safety, basic skills, games</p> <p><u>Track and Field:</u> Sprints, relays and middle distance races, field events, proper technique</p> <p><u>Soccer:</u> Foot eye coordination, dribbling, passing, game play</p> <p><u>Review and revisit:</u> Previously played games and activities</p> <p><u>Fitness Development:</u> Focus on personal best performance in all fitness areas. Cardiovascular fitness and flexibility concepts. 10 minute runs fitness performance.</p>	<p style="text-align: center;">Third Trimester (12 weeks)</p> <p><u>Indoor invasion games:</u> Floor hockey, Fire ball, Ultimate</p> <p><u>In-line skating:</u> Safety, basic skills and games</p> <p><u>Track and Field:</u> Continue refinement of track skills and personal best performances (hurdles, softball throw, long jump triple jump, high jump, relays)</p> <p><u>Soccer:</u> Basic skill practice, team strategy and positions</p> <p><u>Review and revisit:</u> Previously played games and activities</p> <p><u>Fitness Development:</u> Focus on personal goals and best performance in all fitness areas. Target Heart Rate and cardiovascular fitness goals. 10 minute runs fitness performance.</p>