



Physical Education Scope and Sequence

Grade 5

Week	Skill/Concept	Suggested Activities
1	Cooperative	Appreciate physical games and activities reflecting diverse heritages.
	Group Dynamics	Accommodate individual differences in others' physical abilities in small-group activities.
	Social Interaction	Acknowledge orally the contributions and strengths of others.
	Fitness Concepts	Demonstrate how to warm up muscles and joints before running, jumping, kicking, throwing, and striking.
	Fitness Concepts	Explain why dehydration impairs temperature regulation and physical and mental performance.
2	Social Interaction	Contribute ideas and listen to the ideas of others in cooperative problem-solving activities.
	Self-Responsibility	Act in a safe and healthy manner when confronted with negative peer pressure during physical activity.
	Self-Responsibility	Distinguish between acts of physical courage and physically reckless acts and explain the key characteristics of each.
	Body Management	Perform simple small-group balance stunts by distributing weight and base of support.
3	Muscular Strength	Perform increasing numbers of triceps push-ups.
	Self-Responsibility	Work toward a long-term physical activity goal and record data on one's progress.
	Fitness Concepts	Explain the elements of warm-up and cool-down activities.
	Fitness Concepts	Develop and describe three short-term and three long-term fitness goals.
	Muscular Strength/Endurance	Perform an increasing number of oblique curl-ups on each side.
4	Muscular Strength/Endurance	Explain the benefits of having strong arm, chest, and back muscles.
	Self-Responsibility	Improve the level of performance on one component of health-related physical fitness and one identified motor skill by participating in fitness and skill development activities outside school.
	Locomotor Movement	Jump for height, using proper takeoff and landing form.
	Locomotor Movement	Jump for distance, using proper takeoff and landing form.
	Manipulative Skills	Enter, jump, and leave a long rope turned by others.
5	Movement Concepts	Explain the differences in applying and receiving force when jumping for height and distance.
	Aerobic Capacity	Participate three to four days each week, for increasing periods of time, in continuous moderate to vigorous physical activities at the appropriate intensity for increasing aerobic capacity.
	Assessment	Assess health-related physical fitness by using a scientifically based health-related fitness assessment.

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	Fitness Concepts	Examine personal results of a scientifically based health-related physical fitness assessment and identify one or more ways to improve performance in areas that do not meet minimum standards.
	Manipulative Skills	Dribble a ball foot while preventing another person from stealing the ball.
	Manipulative Skills	Dribble a ball and kick it toward a goal while being guarded.
6	Manipulative Skills	Dribble a ball by hand while preventing another person from stealing the ball.
	Manipulative Skills	Pass a ball back and forth with a partner, using a chest pass and bounce pass.
	Movement Concepts	Explain the importance of open space in playing sport-related games.
	Movement Concepts	Explain how to adjust body position to catch a ball thrown off-center.
7	Manipulative Skills	Throw and catch an object underhand and overhand while avoiding an opponent.
	Body Management	Explain how to adjust body position to catch a ball thrown off-center.
	Movement Concepts	Explain the importance of open space in playing sport-related games.
	Muscular Strength/Endurance	Perform increasing numbers of triceps push-ups.
	Muscular Strength/Endurance	Explain the benefits of having strong arm, chest, and back muscles.
8	Manipulative Skills	Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern.
	Muscular Strength/Endurance	Perform an increasing number of oblique curl-ups on each side.
	Body Composition	Sustain continuous movement for an increasing period of time while participating in moderate to vigorous physical activities.
	Body Composition	Explain why body weight is maintained when calorie intake is equal to the calories expended.
		Describe the short- and long-term benefits of maintaining body composition within the healthy fitness zone.
9	Manipulative Skills	Volley a tossed ball to an intended location.
	Manipulative Skills	Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery.
	Fitness Concepts	Demonstrate how to warm up muscles and joints before running, jumping, kicking, throwing, and striking.
	Flexibility	Perform flexibility exercises that will stretch particular muscle areas for given physical activities.
	Flexibility	Explain the benefits of stretching after warm-up activities.
10	Rhythmic Skills	Design and perform a routine to music that involves manipulation of an object.
	Rhythmic Skills	Design a routine to music, changing speed and direction while manipulating an object.
	Rhythmic Skills	Design and perform a creative dance, combining locomotor patterns with intentional changes in speed and direction.
	Rhythmic Skills	Accommodate individual differences in others' physical abilities in small-group activities.
	Group Dynamics	Appreciate physical games and activities reflecting diverse heritages.

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11	Manipulative Skills	Dribble a ball by hand while preventing another person from stealing the ball.
	Manipulative Skills	Pass a ball back and forth with a partner, using a chest pass and bounce pass.
	Movement Concepts	Explain the importance of open space in playing sport-related games.
	Movement Concepts	Explain how to adjust body position to catch a ball thrown off-center.
	Manipulative Skills	Throw and catch an object underhand and overhand while avoiding an opponent.
12	Body Management	Explain how to adjust body position to catch a ball thrown off-center.
	Movement Concepts	Explain the importance of open space in playing sport-related games.
	Muscular Strength/Endurance	Perform increasing numbers of triceps push-ups.
	Muscular Strength/Endurance	Explain the benefits of having strong arm, chest, and back muscles.
	Manipulative Skills	Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern.
13	Muscular Strength/Endurance	Perform an increasing number of oblique curl-ups on each side.
	Body Composition	Sustain continuous movement for an increasing period of time while participating in moderate to vigorous physical activities.
	Body Composition	Explain why body weight is maintained when calorie intake is equal to the calories expended.
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	Manipulative Skills	Volley a tossed ball to an intended location.
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	Fitness Concepts	Demonstrate how to warm up muscles and joints before running, jumping, kicking, throwing, and striking.
	Flexibility	Perform flexibility exercises that will stretch particular muscle areas for given physical activities.
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	Rhythmic Skills	Design and perform a routine to music that involves manipulation of an object.
15	Rhythmic Skills	Design a routine to music, changing speed and direction while manipulating an object.
	Rhythmic Skills	Design and perform a creative dance, combining locomotor patterns with intentional changes in speed and direction.
	Rhythmic Skills	Accommodate individual differences in others' physical abilities in small-group activities.
	Group Dynamics	Appreciate physical games and activities reflecting diverse heritages.
	Social Skills	Contribute ideas and listen to the ideas of others in cooperative problem-solving activities.