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Township of Ocean Intermediate School
GRADE 5

PHYSICAL EDUCATION CURRICULUM
JUNE 2009

Health and Physical Education Department
Mrs. Marcia Hanke M.S., Ed. M.
Contents

Curriculum Timeline

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  Lessons Guide

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UNIT 2: Lifetime & Fitness
UNIT 3: Team Sports
UNIT 4: Dance
UNIT 5: Individual & Dual
UNIT 6: Recreation

Units: Understanding By Design

  Essential Questions
  Enduring Understandings
  Key Concepts and Skills
  Learning Activities
  Assessments
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**TOIS GR. 5 PHYSICAL EDUCATION GUIDE- 185 LESSONS**

**COOPERATIVE - 15 LESSONS**
Problem Solving Challenges & Activities - 15

**COURT - 15 LESSONS**
Badminton - 5 Table tennis - 3
Tennis - 5 Paddleball - 2

**DANCE - 10 LESSONS**
Group - 5
Individual - 5

**FITNESS - 15 LESSONS**
Skill & Health Evaluation - 5
Conditioning principles - 5
Fitness Activities - 5

**GYMNASTICS - 10 LESSONS**
Tumbling - 5
Apparatus - 5

**TARGET - 10 LESSONS**
Bowling - 5
Golf - 5

**TEAM – 70 LESSONS**
Basketball - 10 Field Hockey - 10
Floor Hockey - 5 Football - 10
Lacrosse - 5 Softball - 10
Soccer - 10 Volleyball - 10

**TRACK and FIELD - 10 LESSONS**
Track – 5 Field – 5

**RECREATIONAL/ LIFETIME- 30 LESSONS**
Indoor/Outdoor games – 10 Cycling - 5
Circus skills - 5
Tae-bo / yoga - 5
Climbing – 5
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<tr>
<th>Months</th>
<th>September – June</th>
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<tr>
<td><strong>Topic</strong></td>
<td>Cooperative Challenges- Project Adventure, Problem solving activities</td>
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### Essential Questions
- Why must students develop mutual relationship concepts to maintain a health throughout their life?
- What cooperative skills and creative principles are necessary to promote active, social relationships?
- How are the necessary concepts and skills applied to enhance all dimensions of wellness healthy lifestyle?

### Enduring Understandings
- Development of social health concepts and skills to promote a healthy lifestyle.
- Utilization of cooperative skills to promote a healthy social lifestyle.
- Application of a various creative and problem solving concepts necessary in solving challenges of a healthy lifestyle.

### NJCCCS

| 2.1.6 Wellness- D. Safety E. Social Health |
| 2.2.6 Integrated Skills A. Communication B. Decisions C. Character E. Health |
| 2.4.6 Relationships A. Relationships |
| 2.5.6 Motor Skill Development B. Strategy C. Sportsmanship |

### Key Concepts and Skills
- Use effective communication skills and display good character values (sportsmanship) under challenging situations.
- Develop an understanding of how fundamental lifestyle habits relate to personal growth and development.
- Resolve conflicts and discrimination issues through inclusion.
- Demonstrate mutual respect through social rules with consideration to cultural customs.
- Recommend strategies to prevent bullying and violence.
- Apply effective decision making with outcome predictions.

### Learning Activities
- Overview and introduction to cooperative challenges.
- Discussion questions about personal experiences and examples.
- Presentation and demonstration of skills and various concepts.
- Practice partner, small and large group activity challenges.
- Review successful solutions and possible modifications for problems.

### Assessments
- Students will demonstrate achievement of desired results through quizzes, academic prompts, and teacher observation.
• Students will reflect upon and self-evaluate their learning through review.

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<tr>
<th>Months</th>
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<tr>
<td>Topic</td>
<td>Fitness and Lifetime Activities- Cycling, Yoga, Pilates, Tae-Bo, Circuit Training, Games &amp; Activities</td>
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</table>

**Essential Questions**

- Why must students develop fitness to maintain health throughout their life?
- What movement skills and health concepts are necessary to promote an active lifestyle?
- How are the principles of fitness and health applied to daily living?

**Enduring Understandings**

- Staying healthy is a life long process that includes fitness as part of all the dimensions of wellness.
- Knowing and applying fitness principles throughout life enhances health.
- Understanding the fundamental concepts to effective execution of actions provides the foundation for participation in lifetime activities.

**NJCCCS**

- 2.1.6 Wellness A. Growth & Development D. Safety E. Social & Emotional
- 2.5.6 Motor Skill Development A. Skills & Concepts C. Rules & Safety
- 2.6.6 Fitness A. Fitness & Physical Activity

**Key Concepts and Skills**

- Collect health data- BMI and components to be used to assess and improve fitness
- Summarize components and explain how people contribute to making traffic safety systems effective.
- Develop skills for lifetime stress management.
- Demonstrate planned, smooth movement sequences.
- Participate safely, demonstrating knowledge of rules that reflect origin and culture.
- Identify benefits of physical experiences for all dimensions of health
- Choose activities that have either health or skill-related fitness components
- Development of a personal fitness plan with goals based on assessment levels.
- Monitor heart rate and determine target heart rate.

**Learning Activities**

- Overview and introduction to lifetime fitness concepts and components.
- Discussion questions about activities and personal goal setting.
- Presentation and demonstration of skills and activities to enhance lifetime fitness.
- Practice individual, partner, and small, and large group fitness challenges.
- Evaluate influences and possible modifications for specific programs.

**Assessments**

- Standardized fitness tests, Fitnessgram, will be used for authentic performance tasks.
- Students will analyze their own performance and progress based on goals.
- Achievement of desired results will be monitored by tracking progress in portfolios.
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<td>Topic</td>
<td>Team Sports- Football, Field Hockey, Soccer, Lacrosse, Volleyball, Basketball, Floor Hockey, Softball</td>
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### Essential Questions

- Why must students develop mechanically correct movements to maintain health throughout their life?
- What skills and principles are necessary to promote an active lifestyle?
- How are necessary concepts and skills applied to enhance a health?

### Enduring Understandings

- Development of total health concepts and skills to promote a healthy lifestyle.
- Utilization of safe, efficient movement skills to promote an active lifestyle.
- Application of a variety of fitness concepts necessary to maintain health.

### NJCCCS

- 2.6.6 Fitness- A. Fitness & Physical Activity

### Key Concepts and Skills

- Demonstrate knowledge of effective communication skills and good character (sportsmanship).
- Acquire understanding of fundamental concepts related to effective movement actions.
- Apply appropriate offensive, defensive, and cooperative strategies.
- Practice safe behavior, follow appropriate rules with social consideration to cultural customs.
- Apply knowledge of effective health-related and skill-related fitness principles.

### Learning Activities

- Overview presentation and introduction to the sport.
- Discussion and questions about personal and related sports experiences.
- Demonstration of movement skills employing correct mechanics.
- Practice techniques individually, with partners and small group activities.
- Review successful solutions and discuss possible problem modifications.

### Assessments

- Students will demonstrate achievement of desired results through quizzes, academic prompts, and participation observation.
- Students will reflect upon and self-assess their learning through game play review.
- Performance and understanding evaluated based on professional standards.
**Months** | October - December  
---|---  
**Topic** | Dance- Social, Creative and Cultural  
---|---  
**Essential Questions**  
- Why must students develop skill-related fitness movements to maintain a healthy lifestyle?  
- What cooperative social skills and principles are necessary to promote an active lifestyle?  
- How are fundamental movement skills based on rhythm used to enhance physical experiences throughout life?  
---|---  
**Enduring Understandings**  
- Develop an understanding of fundamental concepts of music related to effective execution of movement actions.  
- Development of total health concepts and skills to promote a healthy lifestyle.  
- Utilization of safe, controlled movement skills to enhance health throughout life.  
- Application of a variety of fitness concepts necessary to maintain health.  
---|---  
**NJCCCS** | 2.5.6 Motor Skill A. Movement skills & concepts, B. Strategy C. Sportsmanship  
---|---  
| 2.6.6 Fitness A. Fitness & Physical Activity  
---|---  
**Key Concepts and Skills**  
- Relate the historical origins of dance and cultural backgrounds.  
- Demonstrate an understanding of fundamental concepts related to effective execution of controlled movement actions.  
- Create and perform planned flowing, rhythmic sequences.  
- Practice safe behavior, controlled actions follow appropriate rules, and social with consideration to cultural customs.  
- Explain the physical, social, emotional, and intellectual benefits of dance experiences.  
- Analyze group and individual performance and receive constructive feedback.  
---|---  
**Learning Activities**  
- Overview and introduction to dance components and challenges.  
- Discussion questions about personal experiences and examples.  
- Presentation and demonstration of skills, sequences, and music concepts.  
- Practice partner, small and large group activity challenges.  
---|---  
**Assessments**  
- Students will demonstrate achievement of desired results through, self-evaluation, academic prompts, and teacher observation.  
- Performance and understanding evaluation based on creative dance project.  
- Students will analyze personal performance and accept constructive feedback from
<table>
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<td>Individual/Dual Sports- Bowling, Gymnastics, Table Tennis, Badminton, Tennis, Golf, Track and Field</td>
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**Essential Questions**

- Why must students develop mechanically correct movements to maintain health throughout their life?
- What movement skills and fitness principles are necessary to promote an active lifestyle?
- How are necessary social concepts and skills applied to enhance physical experiences?

**Enduring Understandings**

- Development of total health concepts and skills to promote a healthy lifestyle.
- Utilization of safe, efficient movement skills to promote an active lifestyle.
- Application of a variety of fitness concepts necessary to maintain health.

**NJCCCS**

- 2.5.6 Motor Skills Development A. Movement Skills & Concepts B. Strategy C. Sportsmanship, Rules & Safety
- 2.6.6 Fitness A. Fitness & Physical Activity

**Key Concepts and Skills**

- Demonstrate knowledge of effective communication skills and good character (sportsmanship).
- Apply understanding of fundamental concepts related to effective movement actions.
- Explain appropriate offensive, defensive, and cooperative strategies.
- Practice safe behavior, follow appropriate rules with social consideration to cultural customs.
- Apply knowledge of effective health-related and skill-related fitness principles.

**Learning Activities**

- Overview presentation and introduction to the sport.
- Discussion and questions about personal and related sports experiences.
- Demonstration of movement skills employing correct mechanics.
- Practice techniques individually and with partners.
- Review successful solutions and discuss possible problem modifications.

**Assessments**

- Students will demonstrate achievement of desired results through quizzes, academic prompts, and participation observation.
- Students will reflect upon and self-assess their learning through game play review.
- Performance and understanding evaluated based on professional standards.
### Months
September - June

### Topic
Recreation – Playground games, Blacktop games, Backyard games and Activities

### Essential Questions
- Do students need to be active to maintain health throughout their life?
- What skills and concepts are necessary to promote an active lifestyle?
- How are the principles of fitness and health applied to daily living?

### Enduring Understandings
- Staying healthy is a lifelong process that includes all dimensions of wellness.
- Recognize the benefit of recreational physical experiences for social, emotional, and physical well being.
- A recreational active lifestyle is developed by individual decision-making.
- Effective execution of actions provides the foundation for recreation participation.

| NJCCCS          | 2.1.6. Wellness A. Growth & Development E. Social & Emotional Health  
|                 | 2.5.6 Motor Skill Development- A. Movement Skills & Concepts  
|                 | C. Sportsmanship, Rules & Safety  
|                 | 2.6.6 Fitness A. Fitness & Physical Activity |

### Key Concepts and Skills
- Development of personal activity goals and habits to continue through life.
- Demonstrate controlled movement sequences in recreational environments.
- Engage in activities requiring minimal structure that can be organized simply on their own using cooperative and problem-solving skills.
- Develop stress management skills that affect the ability to cope with emotional situations.
- Acknowledge factors that influence lifestyle habits and make decisions to enhance an active lifestyle.

### Learning Activities
- Presentation and overview of recreational activity concepts.
- Discussion, questions, and examples of skills and concepts.
- Engage safely in activities of choice with minimal teacher intervention.
- Reflect on and evaluate activities.

### Assessments
- Students will demonstrate cooperation and active involvement.
- Performance will be evaluated by level of engagement and controlled movements.
- Record of positive feedback.