

PETERS TOWNSHIP SCHOOL DISTRICT

CORE BODY OF KNOWLEDGE (CBK)

PHYSICAL EDUCATION

GRADE 5

For each of the sections that follow, students may be required to understand, apply, analyze, evaluate or create the particular concepts being taught.

COURSE DESCRIPTION: Fifth grade physical education focuses on educating our students in a variety of ways. Through physical education, students will be able to practice skills in sports and games, but also will be able to implement essential everyday skills. These skills include teamwork, sportsmanship, respect, attitude, communication, cooperative play, and responsibility.

CLASS EXPECTATIONS:

- Participate and try all activities
- Come to class with a positive attitude
- Follow class rules and safety guidelines
- Sportsmanship and teamwork are essential to everyday success
- Proper dress for each class

MAJOR UNIT THEMES:

- **Hockey**
 - Grip and stance
 - Dribbling
 - Trapping
 - Passing
 - Shooting
 - Goaltending (defense)
 - Offensive/Defensive strategies
 - Teamwork and sportsmanship
 - Rules and regulations
- **Volleyball**
 - **Bump**
 - **Set**
 - **Serve**
 - **Offensive/defensive strategies**
 - **Teamwork and sportsmanship**
 - **Rules and regulations**
- **Tumbling/Gymnastics**
 - Log Roll

- Forward Roll
- Backward Roll
- Tripod
- Backbend
- Two point balance
- Cartwheel
- Teamwork and sportsmanship
- Rules and regulations

- **Fitness Testing**
 - **Health related fitness components**
 - Flexibility
 - Muscular strength
 - Muscular endurance
 - Body composition
 - Cardiovascular endurance
 - **Fitness Tests**
 - Sit and reach
 - Shoulder stretch
 - Push ups
 - Curl ups
 - PACER (running) test
 - **Teamwork and sportsmanship**
 - **Rules and regulations**

- **Fitness Activities**
 - **Variety of games/activities to get students moving**
 - Tag games
 - Dodgeball games
 - Student choice activities
 - Frisbee
 - Flag football
 - Cooperative games

- **Hallway/Classroom Activities**
 - **Variety of games/activities when gymnasium/field not available**
 - Rockwall activities
 - Heads up 7 up
 - Silent Ball
 - 4 Corners
 - Cooperative games

MATERIALS (and Supplemental materials used in course):

- FitnessGram
- NFL Play 60