

**Building – Elementary School**  
**Grade Level – 5<sup>th</sup> Grade**  
**Subject – Physical Education**

<b>Date Semester</b>	<b>IL Learning Standards</b>	<b>Unit and/or Essential Question Content and/or Skills</b>	<b>Assessments and/or Products</b>
3-4 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys - Football  <b>Essential Questions</b> Demonstrate and explain correct form when passing, catching, hiking, kicking, and punting. Recite basic rules and instructions of flag football games. Review basic safety precautions of football.	Pass for distance Punt for distance Pass/catch competition Visual evaluation of student form
3-4 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls - Soccer  <b>Essential Questions</b> Explain and demonstrate the skills needed to play soccer. What rules and expectations do I need to know to keep soccer practice and games safe? Explain what effects soccer has on the body's physical fitness. How does soccer help me develop team-building skills?	Checklists for proper form <b>Skills Tests</b> Passing against Wall Figure 8 Dribbling Controlling Punting Goal Shooting
5 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys – Wrestling  <b>Essential Questions</b> Demonstrate proper technique for takedowns (double leg, single leg, headlocks), riding (2 on 1, ankle/waist), pinning combinations (half or full nelson, cradle), escaping (standing up, roll). Explain and demonstrate proper starting positions (neutral, top, bottom). Students will learn about spatial awareness as it applies to wrestling. Students will be able to describe and differentiate safe and illegal holds and moves.	"King of the Mat" competition Wrestling tournament Recite illegal and potentially dangerous holds. Turtles Horseback competition
4- 6 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Basketball  <b>Essential Questions</b> Demonstrate proper technique when performing various basketball skills. Do I understand the rules of basketball well enough to play a basketball game?	Checklists for proper form <b>Skills Tests</b> Ball Handling Straight Dribble Figure 8 Dribble Wall Pass Test

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		How does basketball help me develop team-building skills? Explain what effects basketball has on the body's physical fitness?	Baskets made in 30 sec. Free Throws
2 weeks	19 A,B,C 21 A	Boys and Girls – Bowling <b>Essential Questions</b> Demonstrate proper bowling technique. Can I start to keep score in bowling, by entering the number of pins knocked down?	Visual evaluation of proper form Bowl a game Keep track of number of pins knocked down
2-3 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Badminton <b>Essential Questions</b> What precautions do I need to take to keep myself and others safe? Can I recognize different hits in badminton? How does badminton help me develop my team building skills as well as my spatial awareness? Demonstrate proper technique when serving and when performing underhand and overhead hits. How does badminton affect my physical fitness?	Checklists for proper form Badminton tournament <b>Skills Tests</b> Individual consecutive hits Partner Volleys Serving
3 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Volleyball <b>Essential Questions</b> Demonstrate proper technique when performing various volleyball skills. Explain basic volleyball rules. Distinguish when to perform an underhand versus an overhead pass. How does volleyball affect my physical fitness?	Checklists for proper form <b>Skills Tests</b> Serving Wall bumps
2 weeks	19 A,B,C 20 B 21 A,B 22 A	Boys and Girls – Horseshoes <b>Essential Questions</b> Review and list the safety precautions of horseshoes. Demonstrate and practice proper technique of throwing a	Checklists for proper form

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	24 A	horseshoe. How do we keep score in horseshoes? Explain how the game of horseshoes effects our body's physical fitness.	
4 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Wiffleball/Softball <b>Essential Questions</b> What precautions do I need to take to keep my teammates and myself safe when practicing and playing softball? Demonstrate proper form when performing various softball skills. Can I identify the basic rules of softball?	<b>Checklists for proper form</b> <b>Skills Tests</b> Target Throwing Catching
4 weeks	19 A,B,C 20 B 21 A,B 24 A	Girls – Dance (Tininkling) <b>Essential Questions</b> What is the tininkling rhythm? How does dance/tininkling affect my body's physical fitness? Explain why dance/tininkling is a team activity	<b>Skills Test</b> Checklist of skills to perform.
2-3 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Girls – Jump Rope <b>Essential Questions</b> Why is jump rope good for my body? Recognize good rope turning technique. Can I jump in while the rope is turning?	<b>Skills Test</b> Checklist of skills to perform.
4 weeks	19 A,B,C 20 B 21 A,B 22 A	Girls – Tumbling <b>Essential Questions</b> Describe the basic safety rules while tumbling. What is the proper technique of each skill? Explain the purpose of a spotter and what safety precautions a spotter needs to follow.	Checklist of Individual and partner skills to perform

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2 weeks	19 A,B,C 20 A,B 21 A,B,C 22 A	Girls – Fitness Stations and Physical Fitness Testing <b>Essential Questions</b> What are the five components of physical fitness? Identify the fitness benefit of each station. Why is physical activity good for our bodies? How do you find your heart rate?	Heart Rate Visual Observation <b>Fitness Testing</b> Arm Hang; Pull-ups; Push-ups; Shuttle Run; Long Distance Run; Standing Long Jump; Wall-Sit; Sit-and-Reach; Sit-ups
1 week	19 A,B,C 21 A,B 22 A 24 A	Boys and Girls – Roller-Skating <b>Essential Questions</b> What are the physical fitness benefits of roller-skating? What precautions do I need to take to keep myself and others safe? Explain and demonstrate the proper technique of sitting, stopping, standing, and falling when skating.	Visual observation of safety procedures and proper technique.
Weekly	19 A,B,C 20 B 21 A,B	Boys and Girls – Miscellaneous Group Games <b>Essential Questions</b> How does my individual participation affect the game and my teammates? Am I working together with my team to play the game? Recognize the fitness benefits of each game.	Visual Observation
Daily	19 A,B 20 A,B,C 21 A,B	Boys and Girls – Daily Exercises <b>Essential Questions</b> Demonstrate proper form while performing each exercise. What area of the body does each exercise benefit?	Visual Observation