

# GOOD SHEPHERD EPISCOPAL SCHOOL

## 5<sup>TH</sup> GRADE PHYSICAL EDUCATION YEAR AT A GLANCE

Trimester	Month	Topics	Skills
First Trimester	August	Rules & Guidelines Class expectations	Overview & Orientation
	September	Fitness Station Work Health Topics Introduction Athletic Units Rotation: (Football, Volleyball, & Soccer)	Physical fitness components: flexibility, abdominal strength, upper body strength, explosive muscular strength, cardiorespiratory endurance.  Sports skills taught and refined per activity including: striking, eye/hand coordination, eye/foot coordination, eye/hand, eye/foot accuracy, agility, & motor patterns. Basic rules and history of each sport.
	October	Fitness Gram Physical Fitness Test Athletic Units Rotation: (Football, Volleyball, & Soccer) Halloween active play activities. Health Presentations	Fall assessment of physical fitness including: flexed arm hang, sit & reach, trunk raise, curl-ups, and the Pacer test.  Soccer, volleyball, & football skills including: passing, receiving, offense, & defense continue. Student groups will research selected health topics to present in front of the class.
Second Trimester	November (End of First Trimester/ Beginning of Second Trimester)	Athletic Unit Rotations: (Football, Volleyball, & Soccer) Fitness Stations including the indoor rock climbing wall. Thanksgiving active play activities. Health Presentations	Soccer, volleyball, and football final rotations including reviews and written exams. Indoor traverse climbing wall safety procedures.  Students will be assessed on the rules, history, & terminology of each sport.  Health topic power point presentations by students continue.

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	December	Indoor large group games. Indoor fitness stations. Christmas active play activities.	Agility drills Abdominal strength (core training) Plyometric exercises Cardio exercises (jump rope) Team building exercises
	January	Mid-winter sports rotation: Basketball and Floor Hockey units. Fitness and rock climbing wall activities. Student health topics presentations.	Skills and rules of sports activities inside Trinity Hall. Intramural floor hockey and basketball. Student led power point presentations presented by small groups in front of the class.
	February	Healthy Heart Month AHA Jump Rope for Heart Fitness stations & rock climbing wall. Student health topics presentations.	Jump rope for heart curriculum instruction. Students will create posters about cardiovascular health. AHA Jump rope for Heart event
Third Trimester	March	Spring Athletics rotation including: Track & Field, Softball, and Field Hockey Student health topics presentations.	Skills and techniques including: striking, passing, fielding, throwing, eye/hand coordination, and motor patterning. History and terminology of track, softball, and field hockey.
	April	Athletic rotations including: track & field, softball, and field hockey. Student health presentations.	Skills and techniques including: striking, passing, throwing, eye/hand coordination, and motor patterning. History and terminology of spring sports units. Final health presentations of the school year.
	May	Written exams on spring sports lessons. Fitness Gram Spring assessment.	Review and final tests on: softball, field hockey, and track & field. Students will record their fitness tests on data sheets to be compared to

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		Group games. Locker clean-out.	their previous Fall performance on the Fitness Gram.
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\* This YAG will change. It is meant only to provide a quick look at the topics that will be addressed during the school year. Class progress, ERB testing, school trips, and inclement weather will all merit YAG adjustments.