

Physical Education
Fifth Grade

Connecting fitness principles for responsible and skilled choices in movement and group activities

Goal setting for enhancing learning and performance

principles of training

short term vs. long term goals

aerobic vs. anaerobic

body responses

exertion

pulse

hydration and healthy food choices

confidence

health-related fitness component enhancing exercises

cardio training zone

flexibility

Responsible behavior and decision-making

responses to winning or losing

importance of various organized fitness-enhancing activities

cooperative problem-solving

help others with challenges

respect officiator and rules

conflict resolution

warm-up

safety

response to negative peer pressure

Sequencing movement skills

routines with smooth and rhythmic transitions

dance steps

jumping with music

gymnastics

partner activities

throw and catch

dribble defensively

volley continuously

target-focused

punt

striking

KEY:
Unifying Theme
Organizing Concept
Supporting Concept

ICON KEY: Prepared Graduate Competencies
Movement Competence
Movement Understanding
Regular Physical Activity
Physical Fitness
Emotional and Social Wellness
Safety