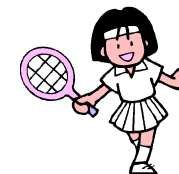


Highcroft Drive Elementary School Physical Education 2005-2006 Fifth Grade Pacing Guide



First Quarter (* Major Assessment)

Establish learning environment

Hand Dribble
(5.3.1)

Basketball Passing
(5.3.1)

Basketball lead-up games
(5.3.1)

*Understand basic offensive and defensive strategies in a game situation.
(5.4.1)

Volleyball skills
(5.3.2)

*Demonstrate and verbalize 3-4 of the essential elements of volleying skills necessary for game play.
(5.3.2)

Second Quarter (* Major Assessment)

Fitness Testing
(5.1.1), (5.1.2)

*Complete all of the components of a health related fitness assessment.
(5.1.1)

*Demonstrate elements of FITT guidelines to develop appropriate fitness levels. (5.1.2)

Throwing and catching (5.3.1)

*Demonstrate and verbalize all of the essential elements of catching and throwing in a team game.
(5.3.1)

Weight transfer, balance and traveling
(5.3.4)

*Create and demonstrate a sequence of 5-6 skills demonstrating control in traveling, weight transfer and balancing activities. (5.3.4)

Third Quarter (* Major Assessment)

*Jump rope/jump bands

Participate in Jump Rope For Heart

Folk/aerobic/square dancing
(5.3.3)

*Demonstrate various popular folk and square dances.
(5.3.3)

Hockey stick handling
(5.3.1)

Fourth Quarter (* Major Assessment)

Striking with paddles/racquets
(5.3.1)

*Demonstrate and verbalize all of the essential elements of striking with a racquet or paddle in a team sport.
(5.3.1).

Kicking
(5.3.1)

*Demonstrate and verbalize all of the essential elements of kicking team sport.
(5.3.1)

Chasing and Fleeing games

Participate in Field Day

Ongoing

Demonstrate behavior that will resolve conflicts in socially appropriate ways. (5.2.1)
Understand basic offensive strategies. (5.4.1)