

5th Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.5.MSC.1-7, 2.2.5.PF.1-5, 2.2.5.LF.1-5, 2.3.5.PS.1, 2.3.5.PS.4, 2.3.5.PS.5, 2.3.5.PS.6

- utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle
- demonstrate developmentally appropriate form when using movement skills in applied settings (creative dance, etc.)
- demonstrate the use of force and motion to impact the quality of physical movement and employ the principles of space, effort, and relationships to modify movement; modify movement in response to dynamic, interactive environments
- use visual and verbal cues to improve performance during a physical activity
- evaluate the critical elements of a movement skill or skill combination and provide appropriate feedback; apply a learned skill to another movement
- perform planned movement sequences based on a theme and using rhythm or music
- discuss how practice, regular participation and appropriate feedback improve performance and how movement is an opportunity for self-expression, creativity, and teamwork
- demonstrate the use of offensive, defensive, and cooperative strategies
- compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment
- summarize activity rules, describe how they enhance participation and safety, and follow them during activities
- select, use and care for equipment used during physical activity
- describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity as part of a sports psychology improving and health improving activities
- describe how body systems adapt over time to regular activity and how gender, age, heredity, training and health behaviors impact fitness
- investigate technological advances that impact physical activity and fitness
- describe the relationship between physical activity, healthy eating and body composition
- discuss the relationship between practice, training, and injury prevention and discuss how the principles of training include FIT, overload, progression, and specificity improve physical performance; apply appropriate training principles to various physical activities
- describe the physical and behavioral effects of performance enhancing substances and discuss related legal and competition issues
- engage in moderate to vigorous physical activity at a target heart rate for 20 minutes minimum; monitor physiological indicators before, during, and after exercise
- develop a personal fitness plan and demonstrate age and gender specific progress towards improving fitness

Extended Activities

1. **Team Handball (Intro to Sport Concepts)** - Objective: Build throwing, passing, and game strategy skills. Divide the class into two teams: pass the ball and try to score by throwing it into the goal area. Players may take 3 steps with the ball, then must pass or shoot. No physical contact allowed — focus on spacing, teamwork, and quick decision-making

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2. **Fitness Monopoly** - **Objective:** Make fitness fun with a game-based format. Students will roll dice and move around the custom fitness board. Each space represents a fitness challenge (e.g., 15 jumping jacks, 10 push-ups). “Chance” cards may offer fun surprises or bonus rounds. The game be played individually or in small teams for the length of each game depending on the cardiovascular fitness of the players.

Gifted and Talented

1. **Speedball** (Soccer + Basketball Hybrid) - **Objective:** Develop multiple sport skills and strategic thinking by combining elements of soccer (feet) and basketball (hands). A team captain helps with instruction during gameplay to allow players dribbling the ball with feet or pass it with hands depending on possession rules. You score by kicking the ball into a goal or passing into a designated zone or hoop. Great for reinforcing rules and adapting strategies.