

WEST DEPTFORD SCHOOL DISTRICT

Content Area: PE				
Course Title: Physical Education			Grade Level: 5	
	Quarter 1		9 weeks	
	Topic 1: Run Program Topic 2: Presidential Fitness Testing Topic 3: Flag Football/lead up activities			
	Quarter 2		9 weeks	
	Topic 1: Ball games			
	Quarter 3		9 weeks	
	Topic 1: Pillow Polo hockey Topic 2: Volleyball/lead up activities Topic 3: Fitness Circuits			
	Quarter 4		9 weeks	
	Topic 1: Presidential Fitness testing Topic 2: Ancient Olympic games			
Date Created: August 2022 Revised: August 2023		Board Approved on: August 2022 Revised Board Approved: August 2023		

WEST DEPTFORD SCHOOL DISTRICT

5th Grade PE Pacing Guide

Quarter Number	Title	DATES	Number of Days
1	Run Program	September/October	+ -15
	Presidential Fitness Tests	September/October	+ -15
	Flag football activities	October/ November	+ -15
2	One day PE/ One day Health- Ball games	November/January	+ -45
3	Pillow polo hockey	January/March	+ -15
	Volleyball activities	January/March	+ -15
	Fitness Circuits	January/March	+ -15
4	Presidential Fitness Tests	April/May	+ -20
	Ancient Olympic games	May/June	+ -20

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5th Grade PE Pacing Guide

Quarter Number	Skill	Instructional Period	Number of Days
Q1	<i>Run program, Fitness Tests, Flag Football</i> -Combine and use movement and handling skills -Refine individual and group activity skills -Improve skill performance Apply offensive and defensive -Follow rules and safety procedures -Analyze, and correct movements and apply to refine movement skills. -Manage emotions during physical activity and demonstrate sportsmanship -Use measurement assessment data to set personal fitness goals -Apply basic training principles	9/12-11/18	+45
Q2	1 Day Health - 1 day PE Ball Games -Combine and use movement and handling skills -Refine individual and group activity skills -Improve skill performance Apply offensive and defensive -Follow rules and safety	11/2023-1/2024	+9

	procedures -Analyze, and correct movements and apply to refine movement skills. -Manage emotions during physical activity and demonstrate sportsmanship -Use measurement assessment data to set personal fitness goals -Apply basic training principles		
Q3	<i>Pillow-polo, Volleyball, Fitness Circuits</i> -Combine and use movement and handling skills -Refine individual and group activity skills -Improve skill performance Apply offensive and defensive -Follow rules and safety procedures -Analyze, and correct movements and apply to refine movement skills. -Manage emotions during physical activity and demonstrate sportsmanship	1/2024-3/2024	+45
Q4	<i>Fitness Tests and Ancient Olympic games</i> Combine and use movement and handling skills -Refine individual and group activity skills -Improve skill performance Apply offensive and defensive -Follow rules and safety procedures -Analyze, and correct movements and apply to refine movement skills.	4/2024-6/2024	+45

	<ul style="list-style-type: none">-Manage emotions during physical activity and demonstrate sportsmanship-Use measurement assessment data to set personal fitness goals-Apply basic training principles		

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PE Lesson Plan Format

{45 Minutes of Instruction}

OPENING

5 minutes

- Warm-ups (independent)

SETTING THE STAGE

5 minutes

Objectives- Purpose of lesson and expectations

Equipment needed- What do we need to be successful

TEACHER LED INSTRUCTION

10 minutes

Activity- What is the activity

Learning plan- Teacher led explanation/demonstration, safety concerns

STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

Performance task- Independent student led activity

Assessment- Teacher observation