

Page County Public Schools

Curriculum Pacing Guide

Course: PE
Grade Level: 5

Nine-Weeks	Content and Essential Questions	Skills	Suggested Assessments
1 st	Skilled Movement PE 5.1 a,	Demonstrate proficiency in movement skills and skill combinations in complex movement activities. a) Demonstrate proficiency in locomotor, non-locomotor and manipulative skill combinations in more complex environments and modified sports activity.	Follow-up Activities Teacher Observation Station Work Game Situations
	Movement Principles and Concepts PE 5.2 a, b	The student will understand and apply movement principles and complex movement activities. a) Apply principles of accuracy, force and follow through when projecting objects. b) Identify and demonstrate basic small group offensive and defensive tactics and strategies.	Follow-up Activities Teacher Observation Station Work Game Situations
	Personal Fitness PE 5.3, 5.4 a	The student will describe short- and long-term benefits of engaging in regular physical activity. Use personal fitness assessment data to enhance understanding of physical fitness. a) Identify sources for data collection (print materials, community resources, heart rate monitors, Internet, pedometers, skin fold calipers).	Discussions Question-Answer Virginia Wellness Test and/or President's Physical Fitness Test
	Responsible Behaviors PE 5.5 a, b	Participate in establishing and maintaining a safe environment for learning physical activities. a) Work independently and with others to improve learning during physical activity. b) Display appropriate cooperative and competitive behaviors.	Teacher Observation Cooperative Skills Practice of Safety
	Physically Active Lifestyle PE 5.6	Identify and participate in physical activities based on personal abilities and interests (for improvement through practice, enjoyment, social interaction, and personal challenge).	Discussions
2 nd	Skilled Movement	Demonstrate proficiency in movement skills and skill combinations in complex movement activities.	Peer Assessment

Nine-Weeks	Content and Essential Questions	Skills	Suggested Assessments
	PE 5.1 a	A0. Demonstrate proficiency in locomotor, non-locomotor and manipulative skill combinations in more complex environment and modified sports activity.	Follow-up Activities Teacher Observation Station Work Game Situations
	Movement Principles and Concepts PE 5.2 a, b, c,	The student will understand and apply movement principles and complex movement activities. a) Apply principles of accuracy, force and follow through when projecting objects. b) Identify and demonstrate basic small group offensive and defensive tactics and strategies. c) Identify and apply principles of practice to enhance performance such as form, consistency, repetition.	Follow-up Activities Teacher Observation Station Work Game Situations
	Personal Fitness PE 5.3, 5.4 a, b	The student will describe short- and long-term benefits of engaging in regular physical activity. The student will describe short- and long-term benefits of engaging in regular physical activity. a) Identify sources for data collection (print materials, community resources, heart rate monitors, Internet, pedometers, skin fold calipers). b) Analyze fitness data to describe and improve personal fitness levels	Discussions Question-Answer Virginia Wellness Test and/or President's Physical Fitness Test J
	Responsible Behaviors PE 5.5 a, b	Participate in establishing and maintaining a safe environment for learning physical activities. a) Work independently and with others to improve learning during physical activity. b) Display appropriate cooperative and competitive behaviors.	Teacher Observation Cooperative Skills Practice of Safety
	Physically Active Lifestyle PE 5.6	Identify and participate in physical activities based on personal abilities and interests (for improvement through practice, enjoyment, social interaction, and personal challenge).	Discussions Student Participation
3 rd	Skilled Movement PE 5.1 a,	Demonstrate proficiency in movement skills and skill combinations in complex movement activities. a) Demonstrate proficiency in locomotor, non-locomotor and manipulative skill combinations in more complex environments and modified sports activity.	Follow-up Activities Teacher Observation

Nine-Weeks	Content and Essential Questions	Skills	Suggested Assessments
	Movement Principles and Concepts 5.2 a, b, c, d	The student will understand and apply movement principles and complex movement activities. a) Apply principles of accuracy, force and follow through when projecting objects. b) Identify and demonstrate basic small group offensive and defensive tactics and strategies. c) Identify and apply principles of practice to enhance performance such as form, consistency, repetition. d) Use feedback, to improve performance.	Station Work Game Situations Follow-up Activities Teacher Observation Station Work Game Situations
	Personal Fitness PE 5.3, 5.4 a, b	The student will describe short- and long-term benefits of engaging in regular physical activity. a) Identify sources for data collection (print materials, community resources, heart rate monitors, Internet, pedometers, skin fold calipers). b) Analyze fitness data to describe and improve personal fitness levels	Discussions Question-Answer Virginia Wellness Test and/or President's Physical Fitness Test
	Responsible Behaviors PE 5.5 a, b	Participate in establishing and maintaining a safe environment for learning physical activities. a) Work independently and with others to improve learning during physical activity. b) Display appropriate cooperative and competitive behaviors.	Teacher Observation Cooperative Skills Practice of Safety
	Physically Active Lifestyle PE 5.5	Identify and participate in physical activities based on personal abilities and interests (for improvement through practice, enjoyment, social interaction, and personal challenge).	Discussion Student Participation
4th	Skilled Movement PE 5.1	Demonstrate proficiency in movement skills and skill combinations in complex movement activities.	Follow-up Activities Teacher Observation Station Work Game Situations
	Movement Principles and Concepts	The student will understand and apply movement principles and complex movement activities. a) Apply principles of accuracy, force and follow through when projecting objects.	Follow-up

Nine-Weeks	Content and Essential Questions	Skills	Suggested Assessments
	PE 5.2 a, b, c, d	b) Identify and demonstrate basic small group offensive and defensive tactics and strategies. c) Identify and apply principles of practice to enhance performance such as form, consistency, repetition. d) Use feedback, to improve performance.	Activities Teacher Observation Station Work Game Situations
	Personal Fitness PE 5.3, 5.4 a, b	The student will describe short- and long-term benefits of engaging in regular physical activity. a) Identify sources for data collection (print materials, community resources, heart rate monitors, Internet, pedometers, skin fold calipers). b) Analyze fitness data to describe and improve personal fitness levels	Discussions Question-Answer Virginia Wellness Test and/or President's Physical Fitness Test
	Responsible Behaviors PE 5.5 a, b	Participate in establishing and maintaining a safe environment for learning physical activities. a) Work independently and with others to improve learning during physical activity. b) Display appropriate cooperative and competitive behaviors.	Teacher Observation Cooperative Skills Practice of Safety
	Physically Active Lifestyle PE 5.6	Identify and participate in physical activities based on personal abilities and interests (for improvement through practice, enjoyment, social interaction, and personal challenge).	Discussions Student participation