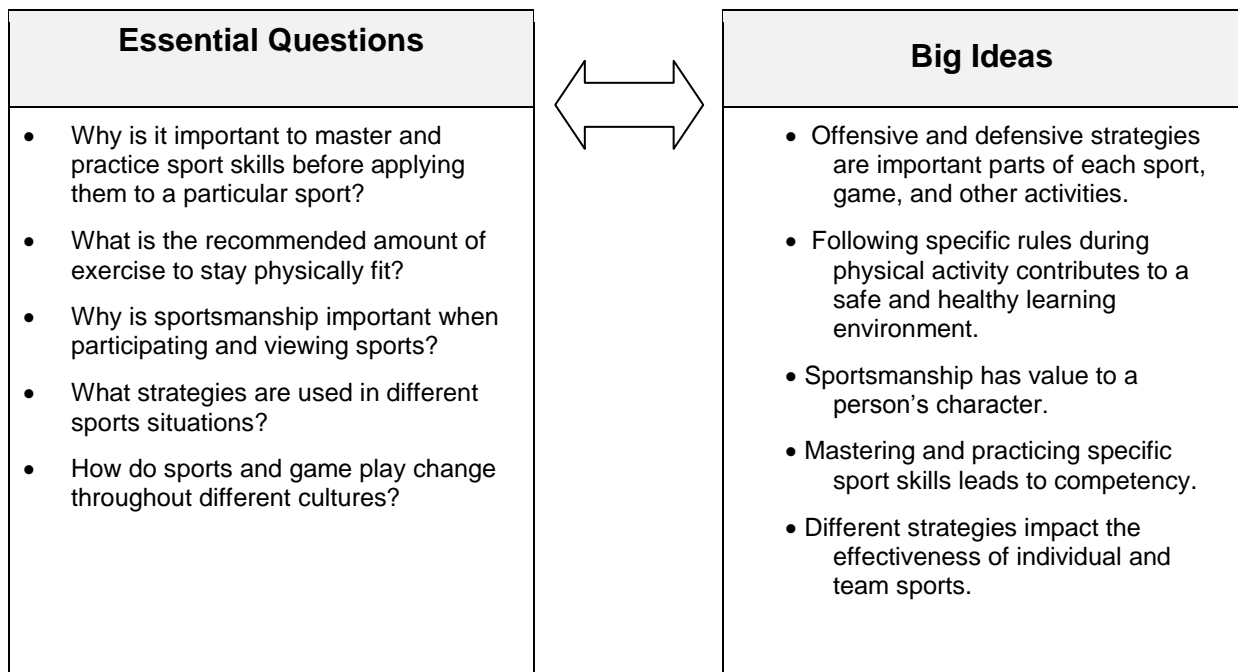


Grade 5-6 Physical Education

Title	Sport Skills, Strategy, Sportsmanship, Rules, and Safety
21 st Century Themes	Health Literacy, Civic Literacy
Interdisciplinary focus and technology integration	<p>Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.</p> <p>In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment of sportsmanship, rules and safety guidelines.</p>

Stage 1: Integrate essential questions, big ideas and learning targets, and ensure it can be differentiated and assessed



Learning Targets-students will be able to;
<p>Students will be able to:</p> <ul style="list-style-type: none"> • Apply a master skill to a sport and game setting. • Demonstrate the use of offensive and defensive strategies. • Demonstrate and identify specific rules and procedures for various sports. • Compare, contrast, implement, and modify strategies used in individual/team sports and activities. • Identify sport rules and regulations from different cultures.

- Observe physical activities and provide feedback to participants to improve performance.
- Describe and demonstrate the application of appropriate rules, strategies and sportsmanship behaviors as a participant in and observer of physical activities.
- Apply critical thinking, decision-making, and problem solving skills through sport and activity.

Assessments: Teacher observation, student participation / effort, preparation, oral responses, partner assessment, self assessment, fitness tests

Differentiation

Written work and artistic expression are used in the presentation and the assessment of the lesson.

Adjust length of lesson and equipment being used according to student abilities.

Stage 2: Backward planning: from the assessment to the learning activities through inquiry

Content Standards: 2.5 Motor Skills 2.6 Fitness

2.5.6.B.1 Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.

2.5.6.B.2 Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.

2.5.6.C.1 Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

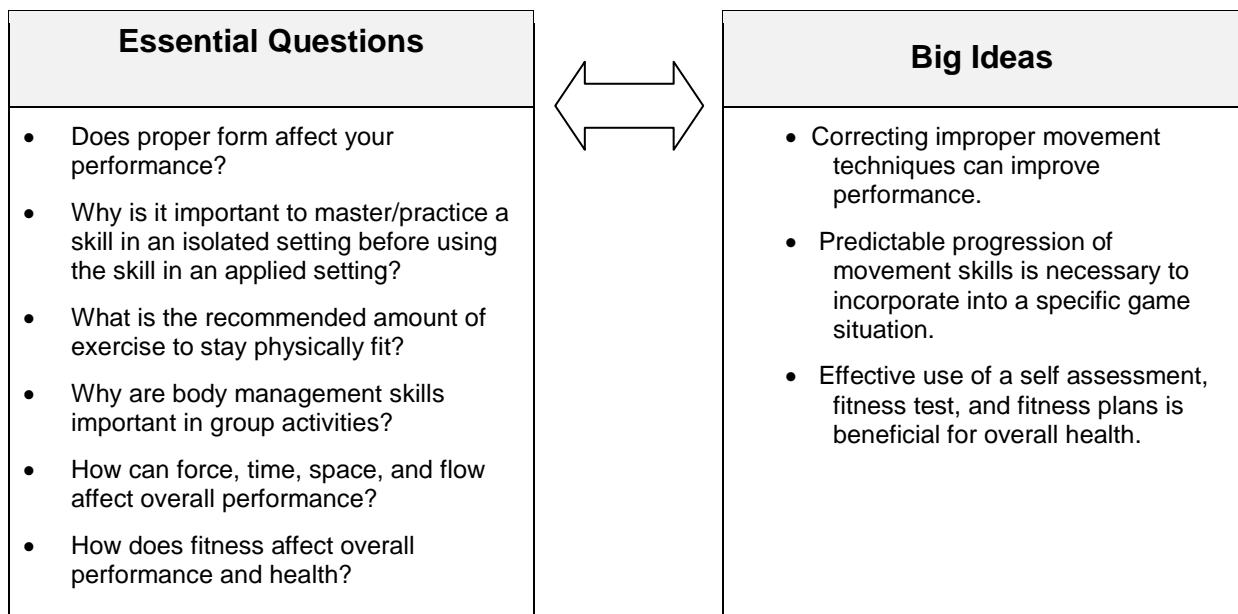
2.5.6.C.3 Relate to origin and rules associated with certain games, sports, and dances to different cultures.

<p>Learning Experiences</p> <p>Soccer Football Basketball Volleyball Tumbling/Gymnastics Ultimate Frisbee Cooperative Activities</p> <p>Pickle-ball Hockey Wiffle-Ball Cardio-Kickball Fitness Testing Badminton</p>	<p>Teaching Strategies</p> <p>Convergent Divergent Guided Discovery Inclusion Reciprocal Command Self Check</p>
<p>Resources: PE Central, PE game manuals, workshops, teaching physical education textbooks</p>	

Grade 5-6 Physical Education

Title	Movement Skills and Concepts/Fitness and Physical Activity
21 st Century Themes	Health Literacy
Interdisciplinary focus and technology integration	<p>All students will develop competence and confidence in gross motor skills and provide a foundation for participation in physical activity.</p> <p>All students will apply health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>

Stage 1: Integrate essential questions, big ideas and learning targets, and ensure it can be differentiated and assessed



Learning Targets-students will be able to;
<p>Students will be able to:</p> <ul style="list-style-type: none"> • Identify and apply the components of health-related fitness and explain activities related to each component. • Demonstrate appropriate techniques used in fitness. • Develop and attain a personal fitness goal to improve performance. • Develop and implement a fitness plan that includes all fitness components based on the assessment of one's personal fitness level. • Demonstrate a variety of manipulative skills. • Follow proper safety methods when performing physical activities.

- Discuss physical, social, emotional benefits of exercise.
- Discuss how practice, regular participation, and appropriate feedback help improve skills.
- Perform movement skills specific to various sports.
- Follow proper safety methods when performing physical activities.
- Explain and apply the training principles, and frequency, intensity, time, and type (FITT) to improve personal fitness.
- Explain problems in physical activities by analyzing causes and potential solutions.

Assessments: Teacher observation, student participation/ effort, preparation, oral responses, partner assessment, self assessment, fitness tests

Differentiation

Written work and artistic expression are used in the presentation and the assessment of the lesson.

Adjust length of lesson and equipment being used according to student abilities.

Stage 2: Backward planning: from the assessment to the learning activities through inquiry

Content Standards: 2.5 Motor Skills 2.6 Fitness

2.5.6.A.1 Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games sports, dance, and recreational activities).

2.5.6.A.2 Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.

2.5.6.A.3 Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).

2.5.6.A.4 Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

2.5.6.C.1 Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

2.5.6.C.2 Apply specific rules and procedures for specific games, sports, and other competitive activities

and describe how they enhance participation and safety.

2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.

2.6.6.A.2 Determine to what extent various activities improve skilled related fitness versus health related fitness.

2.6.6.A.3 Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

2.6.6.A.4 Predict how factors such as health status, interests, environmental conditions, and available time may impact physical fitness.

2.6.6.A.5 Relate physical activity, healthy eating, and body composition to personal fitness and health.

2.6.6.A.6 Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.

Learning Experiences

Locomotion Skills	Lead up games
Manipulative activities	Fitness
Rhythmic skills	Partner activities
Creative Play	Cooperative games
Tagging Games	Apparatus
Stations	Jumping Rope
Body management skills	
Relays	

Teaching Strategies

Convergent
Divergent
Guided Discovery
Inclusion
Reciprocal
Command
Self Check

Resources: PE Central, PE game manuals, workshops, teaching physical education textbooks

