



PE Grade 5

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September 2020

Content	Skills	Learning Targets	Assessment	Resources & Technology
<p>CEQ:</p> <ul style="list-style-type: none"> ● WHAT IS THE SIGNIFICANCE OF PARTICPATING IN PHYSICAL ACTIVITY AND LEARNING NEW SKILLS? ● WHAT ARE THE CHARACTERISTICS OF A PHYSICALLY FIT INDIVIDUAL? ● WHAT ARE SOME KEY COMPONENTS A PERSON WITH GOOD SPORTSMANSHIP DISPLAYS? <p>PE EXPECTATIONS</p> <ul style="list-style-type: none"> ● Rules and expectations of physical education <p>UEQ:</p> <ul style="list-style-type: none"> ● <i>List three important throwing mechanics when throwing a football?</i> 	<p>PE SYLLABUS </p> <p>FLAG FOOTBALL</p> <ol style="list-style-type: none"> 1. Demonstrates proficiency in throwing a spiral pass. 2. Demonstrates competency in receiving the ball. 3. Demonstrates proficiency in ball-carrying and handing-off skills. 4. Demonstrates proficiency in punting the ball. 5. Willingly cooperates and participates in a modified game of flag football.  <p>Cooperative Games</p> <ol style="list-style-type: none"> 1. Demonstrates ability to cooperate with others. 	<p>Flag Football</p> <p>I will be able to throw a football pass to a classmate who is 5 yrds away.</p> <p>I will be able to catch a football using my hands only.</p> <p>Cooperative Games</p> <p>I will be able to complete team building challenges while working in a group.</p> <p>I will use positive comments while working with my group.</p>	<p>FLAG FOOTBALL</p> <ol style="list-style-type: none"> 1. Informal assessments of skill and knowledge through observation of play <p>COOPERATIVE GAMES</p> <ol style="list-style-type: none"> 1. Informal assessments of skill and knowledge through observation of play CA (see shared folder for grading rubric) 	

- *What are the most important parts to punting a football?*
- *Describe to key ingredients when kicking a football?*

2. Demonstrates willingness to share ideas and listen to others while completing team challenges. 🌐

FLAG FOOTBALL

- Skills
- Spiral Pass
- Catching with hands
- Hand-offs and receiving hand-offs
- Punting with a 2 step approach

UEQ:

- *What communication tactics are needed to work in a group to achieve a goal?*
- *Why is teamwork important to have success when working with others?*
- *Why is good sportsmanship important when performing in this unit?*



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COOPERATIVE GAMES

<ul style="list-style-type: none"> ● Skills ● Teamwork ● Strategies ● Decision Making 					
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October

Content	Skills	Learning Targets		Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>When can you use your hands in soccer?</i> ● <i>What part of the foot should you use to kick a soccer ball?</i> ● <i>What 3 things constitute a good pass?</i> <p>SOCCER</p>	<p>SOCCER</p> <ol style="list-style-type: none"> 1. Demonstrates proficiency in dribbling techniques, instep kick and performing a throw-in. 2. Demonstrates competency in performing the different trapping techniques. 3. Demonstrates competency in performing fundamental soccer skills in a modified game. 4. Willingly cooperates and integrates with team members. 	<p>Soccer</p> <p>I will be able to pass the ball with the instep of my foot to a partner 5 yds away.</p> <p>I will be able to trap a soccer ball with my body.</p> <p>Frisbee</p> <p>I will be able to complete a backhand pass to a partner 10 yds away.</p>		<p>SOCCER</p> <ol style="list-style-type: none"> 1. Informal assessments of skill and knowledge through observation of play 2. Sportsmanship 	



<ul style="list-style-type: none"> ● Dribble ● Passing ● Goal Tending ● Kicking ● Throw in ● Rules <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What are some important characteristics to catching a frisbee?</i> ● <i>How can the grip of the frisbee effect the flight of the throw?</i> ● <i>How can the position of your feet increase/decrease the distance of a throw?</i> <p>FRISBEE</p> <ul style="list-style-type: none"> ● Balance & Coordination ● Catching Mechanics 	<ol style="list-style-type: none"> 5. Perform inside foot dribble 6. Perform outside foot dribble 7. Show passing techniques. 8. Show goal tending technique.  <p>FRISBEE</p> <ol style="list-style-type: none"> 1. Show catching mechanics 2. Show throwing mechanics 3. Show movement principles  <p>PRESIDENTIAL FITNESS TESTING</p> <ol style="list-style-type: none"> 1. Discuss the Presidential Physical Fitness Test, and how it tests muscle strength, muscle endurance, cardio-respiratory endurance, flexibility, and speed/agility. 	<p>I will be able to successfully catch a frisbee with 2 hands.</p> <p>Fitness Testing</p> <p>I will be able to perform 5 fitness tests.</p> <p>I will be able to explain the benefits of fitness.</p>		<ol style="list-style-type: none"> 3. Following Rules 4. Teacher observations of game knowledge, safety, sportsmanship and participation. Students will participate in playing each offensive and defensive position. <p>FRISBEE</p> <ol style="list-style-type: none"> 1. Informal assessments of skill and
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<ul style="list-style-type: none"> ● Footwork Mechanics ● Cardiovascular-Endurance <p>UEQ:</p> <ul style="list-style-type: none"> ● <i>Name the Presidential Fitness Tests</i> ● <i>What fitness components do these tests measure?</i> ● <i>What can you do to improve your fitness scores?</i> <p>Presidential Fitness Tests</p> <ul style="list-style-type: none"> ● Sit-ups (Curl-ups) ● Shuttle Run ● Sit and Reach ● 1 mile Run ● Pull-ups 	<ol style="list-style-type: none"> 2. Review the chart with the fitness standards for each award level. 3. Demonstrate how to perform and practice each of the five areas of the test. 4. Perform each of the fitness tests.  			<p>knowledge through observation of lay</p> <ol style="list-style-type: none"> 2. 3. Participation 4. Proper footwear 5. Sportsmanship 6. Following Rules <p>Presidential Fitness Tests</p> <ol style="list-style-type: none"> 1. Comparison to National and Presidential Standards 2. 3. Teacher Observation and Correction of
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				Technique during practice 4. CA= Formal Test - Presidential Physical Fitness Test	
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November

Content	Skills	Learning Targets	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> Demonstrate the best way to place your hands when bumping a volleyball. How many times can a volleyball be contacted before it must go over the net? When do players rotate? <p>Volleyball</p> <ul style="list-style-type: none"> Passing Setting Under Hand Serve 	<p>Volleyball</p> <ol style="list-style-type: none"> Demonstrates proficiency in performing the forearm pass, setting, serve receiving, underhand or overhand serve. Recognize skill development requires practice. Willing cooperates and integrates with partner and team members. Cooperatively participate and apply rules and team strategies during a modified game of one-bounce volleyball 	<p>VOLLEYBALL</p> <p>I can demonstrate how my hands should be positioned when bumping a volleyball.</p> <p>I can serve the volleyball over the net.</p> <p>CUP STACKING</p> <p>I can demonstrate how to up stack and down stack 6 cups.</p>	<p>Volleyball</p> <ol style="list-style-type: none"> Informal assessments of skill and knowledge through observation of lay Participation Proper footwear 	


<ul style="list-style-type: none"> ● Spiking ● Sidearm ● Overhand ● Blocking ● Digging ● Rotating <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>Demonstrate the correct way to hold cups when executing a 6 cup upstack.</i> ● <i>Demonstrate the best way to downstack a 6 cup stack.</i> ● <i>In Cupstacking, what is a fumble and how must it be fixed?</i> ● <i>Demonstrate the correct steps in a cycle.</i> <p>Cup Stacking</p> <ul style="list-style-type: none"> ● Stacking 	<p>5. Demonstrates competency in performing the fundamental volleyball skills in game situations. </p> <p>Cup Stacking</p> <ol style="list-style-type: none"> 1. Practice using both hands 2. Create pyramids. 3. Understand importance of hand /eye coordination.  	<p>I can explain the 3 parts of the cycle.</p> <p>I can explain the benefits of cupstacking.</p>	<p>4. Sportsmanship</p> <p>5. Following Rules</p> <p>6. Teacher observations of game knowledge, safety, sportsmanship and participation. Students will participate in playing each offensive and defensive position.</p> <p>Cup Stacking</p>	
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<ul style="list-style-type: none"> Utilizing fine gross motor skills 				<ul style="list-style-type: none"> Define Cup Stacking terms Informal assesses ments of skill and knowled ge though observat ion of play.
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December

Content	Skills	Learning Targets	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> <i>What are the most important parts to a good pass?</i> <i>What skills are needed for a rebound?</i> 	<p>BASKETBALL</p> <p>Shooting</p> <ol style="list-style-type: none"> Demonstrate correct form while shooting ball around key Shoot right/left handed lay-ups 	<p>BASKETBALL</p> <p>I can demonstrate how to shoot a basketball.</p> <p>I can demonstrate how to throw a bounce pass.</p>	<p>BASKETBALL</p> <ol style="list-style-type: none"> Teacher observations of game knowle dge, 	

<ul style="list-style-type: none"> ● Describe the ingredenent for a great jump shot. <p>BASKETBALL</p> <ul style="list-style-type: none"> ● Dribbling ● Passing ● Shooting ● Defense <p>Game Strategy</p> <p>Positions</p> <p>Team play</p> <p>Offense and defense</p> <p>Rules</p> <p>Sportsmanship</p> <p>Fitness Principles</p> <p>Muscles involved</p> <p>Target Heart Rate</p> <p>Components</p>	<ol style="list-style-type: none"> 3. Shoot baskets against time 4. Shoot baskets under pressure <p>Dribbling</p> <ol style="list-style-type: none"> 1. Use right/left hand to control the ball in a series of ball handling skills 2. Switch hands to protect the ball 3. Dribble under pressure <p>Passing</p> <ol style="list-style-type: none"> 1. Pass ball using chest, bounce overhead technique 2. Step around defender to pass 3. Fake a Pass to Make a Pass 4. Pass to a moving target <p>Guarding/Defending</p> <ol style="list-style-type: none"> 1. Demonstrate proper defensive stance 			<p>safety, sportsmanship and participation.</p> <ol style="list-style-type: none"> 2. Students will participate in playing each offensive and defensive position. 3. Informal assessments of skill and knowledge through observation of lay 4. Participation 5. Proper footwear
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	<p>and position relative to the ball</p> <ol style="list-style-type: none"> 2. Defend opponent w/ the ball 3. Defend opponent w/out the ball <p>Offense</p> <ol style="list-style-type: none"> 1. Demonstrate "Screen and Roll" with a teammate 2. Practice spacing to utilize "whole" court <p>Team Play</p> <ol style="list-style-type: none"> 1. Demonstrate rule violations in game situations 2. Develop offensive/defensive strategies in 3 v. 3 game 3. Use individual skills in game situation  			<ol style="list-style-type: none"> 6. Sportsmanship 7. Following Rules 	
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January

Content	Skills	Learning Targets	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are key componets to a succesfull backward twirl?</i> • <i>How is coordination related to jump roping?</i> • <i>Why is teamwork and communication skills important while doing partner jumps?</i> <p>JUMP ROPE</p> <ul style="list-style-type: none"> • Single Jumps • Parnter Jumps • Balance Jumps • Power Jumps • Multiple Jumps <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>When performing the front crawl and backstroke, which kick is used?</i> • <i>List 3 rules that are used in the pool area.</i> 	<p>JUMP ROPE</p> <ol style="list-style-type: none"> 1. Participate in all activities 2. Demonstrates competency in 75% of the skills 3. Perform these skills <ul style="list-style-type: none"> o 2 feet- double, triple quadruple hops <ul style="list-style-type: none"> o Step-overs o double hop step overs (can-can) o 1 foot hops o 360 degree hop o Backward Twirl (same) o Crossing Arms o Double Under o Partner front to front o Partner front to back 	<p>JUMP ROPE</p> <p>I can perform 2 different jump rope skills.</p> <p>I can twirl the rope forward and backward.</p> <p>SWIMMING</p> <p>I can demonstrate the kick used in the front crawl and backstroke.</p> <p>I know at least 3 different pool rules.</p>	<p>JUMP ROPE</p> <ul style="list-style-type: none"> • Informal observation of skill and knowledge through observation of play. <p>SWIMMING</p>	

- Explain the meaning of "Tickle - T - Touch".

SWIMMING

- Safety/Rules
- Swim test
- Front crawl
- Back crawl
- Elementary backstroke
- Safety Day


- Partner side by side
- Partner backward twirl 

SWIMMING

1. **Follow the Safety/Rules**
 - Always walk on deck
 - 1 whistle stop and listen
 - 3 whistles get out of water sit on bleachers
 - Shallow water enter feet first only
 - No dunking, hanging on each other, splashing
 - One jump on diving board
 - One person on diving


	<ul style="list-style-type: none">board at a time○ No back dives in pool2. Perform Swim test○ Blue-shallow water<ul style="list-style-type: none">○ Gold-swimmers can go anywhere in pool3. Demonstrate Front crawl○ Flutter kick with kick board<ul style="list-style-type: none">○ Blow bubbles with face in the water○ Turn head to side to get breath○ Elbow out of water first○ Make paddle with hands				
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	<ul style="list-style-type: none">○ Push through water with hands4. Demonstrate Back crawl○ Flutter kick<ul style="list-style-type: none">○ Head back, belly up○ Arms at your ears○ Alternate like windmill○ Pinkies enter water first5. Demonstrate Elementary backstroke○ Whip kick (bend legs together, circle out, bring legs together, glide)<ul style="list-style-type: none">○ Arms- chicken, airplane, soldier or tickle, "t", touch				
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	<ul style="list-style-type: none"> ○ Arms and legs do the same thing at the same time ○ resting stroke ○ head back, belly up 6. Practice Safety Day <ul style="list-style-type: none"> ○ Using equipment to help struggling swimmers or panic swimmers  				
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February


Content	Skills	Learning Targets		Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What key elements constitute a good pass?</i> 	<p>FLOOR HOCKEY</p> <ol style="list-style-type: none"> 1. Students will demonstrate, analyze and apply 	<p>FLOOR HOCKEY</p> <p>I can explain how to stop and pass a floor hockey ball.</p> <p>I can shoot a floor hockey</p>		<p>HOCKEY</p> <ol style="list-style-type: none"> 1. Teacher will observe student s while playing 	


<ul style="list-style-type: none"> ● Describe different ways you can hold a hockey stick. ● What are some important skills for a goal tender to have? <p>FLOOR HOCKEY</p> <ul style="list-style-type: none"> ● Passing ● Shooting ● Rules ● Grip ● Stance ● Goal Tending ● Puck Control <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● What type of fitness componets are we using during the tumbling unit? ● How is flexibility important to our overall health? ● How does core strength help in 	<p>the following hockey skills:</p> <ul style="list-style-type: none"> ○ Shooting <ul style="list-style-type: none"> ○ Passing ○ Dribbling ○ Goal Tending 2. Knowledge of positions, rules, game, and strategie s 3. Practice following directions/rules/safe play 4. Practice proper grip, stance, dribbling, passing, shooting 5. Students will be able to demonstrate an attitude of respect by showing proper use of equipment. 6. Students will be able to learn basic offensive and defensive strategies. 	<p>ball.</p> <p>I can play a game using a combination of the skills learned.</p> <p>TUMBLING</p> <p>I can explain how to do a forward roll.</p> <p>I can perform a balance skill with a partner.</p>		<p>and help out as needed by giving them strategi es and using the correct rules.</p> <ol style="list-style-type: none"> 2. Particip ation 3. Proper footwea r 4. Sports manshi p 5. Followi ng Rules <ol style="list-style-type: none"> 1. Teacher observa tions of game knowle dge, safety,
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<p><i>other areas of physical activity?</i></p> <p>TUMBLING</p> <ul style="list-style-type: none"> ● Skills and Terminology ● Balance Tactics ● Rythmic Movements 	<p>TUMBLING</p> <ol style="list-style-type: none"> 1. Observe Rules, Terminology, & Safety 2. Students will be able to learn basic tumbling and rythmic movements: <ul style="list-style-type: none"> ● Forward Rolls ● Backward Rolls ● Cartwheels ● Round-Offs ● Cartwheel to Forward Roll ● Round-Off to Backward Roll ● Tripods ● Bridges ● Army Crawl ● Frog Leap ● Skipping ● Galloping ● Hopping ● Crab Walk ● Bear Crawl ● Army Crawl 			<p>sportsmanship and participation.</p> <ol style="list-style-type: none"> 2. Students will participate in playing each offensive and defensive position. <p>TUMBLING</p> <ol style="list-style-type: none"> 1. Teacher observation of activity.
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March

Content	Skills	Learning Targets	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>List the important mechanics when throwing the ball.</i> • <i>Why is teamwork important to have success when playing?</i> • <i>How can throwing from different arm angles effect the flight of the ball?</i> • <i>What are the rules, skills, and game strategies involved in team handball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in team handball improve physical fitness?</i> 	<p>TEAM HAND BALL</p> <ol style="list-style-type: none"> 1. Students will be able to demonstrate proficiency in passing, catching, and shooting. 2. Students will be able to learn and practice game-specific offensive strategies (fast break, team attack). 4. Students will be able to learn and practice game-specific modified rules. 5. Students will be able to demonstrate good sportsmanship. 6. Students will be able to identify specific offensive and defensive strategies and apply them in a game situation. 7. Students will be able to develop an understanding of team handball concepts. 	<p>Team Hand Ball</p> <p>I can throw the hand ball to a teammate.</p> <p>I can catch the hand ball.</p> <p>I can shoot the hand ball into the net.</p> <p>Dance</p> <p>I can perform a line or individual dance within a larger group of students.</p> <p>I can explain to someone how to perform a line or individual dance.</p> <p>JUGGLING</p> <p>I can explain a key component to juggling.</p>	<p>TEAM HAND BALL</p> <p>Teacher observations of game knowledge, safety, sportsmanship and participation. Students will participate in playing each offensive and defensive position.</p> <p>DANCE</p> <p>Proper Dance Steps Line and Group Dance Performance</p>	

<p>TEAM HAND BALL</p> <ul style="list-style-type: none"> ● Passing ● Shooting ● Defense ● Goal keeping ● Game Strategy ● Positions ● Team play ● Offense and defense ● Rules ● Scoring ● Sportsmanship ● Fitness Principles ● Muscles involved <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>Why is lower body strength important to our overall health.</i> ● <i>Why is balance crucial when operating a scooter?</i> ● <i>Describe different ways you can move on the scooter.</i> 	<p>DANCE</p> <p>1. Students will be able to use and understand the vocabulary used in dance.</p> <p>Honor Swing Partner Corner Do Si Do Couples Head/Side couples Grapevine Slide Promenade</p> <p>2. Students will be able to perform line dances, working together as a class.</p> <p>Electric Slide Cotton-Eye-Joe Boot-Scoot-N-Boogie </p> <p>JUGGLING</p> <p>1. Using both hands, the students will be able to make at least four</p>	<p>I can juggle 3 scarves, throwing them at least 4 times.</p>	<p>JUGGLING</p> <p>Teacher observation of skills. Partner evaluation.</p>	
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<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What type of movents are used during dance?</i> • <i>When might you be able to perfrom group dances?</i> • <i>Why are steps and sequences imporant during a sance?</i> <p>DANCE</p> <p>Group Dance Parntner Dance Single Dance</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>Why should you look to the "peak" when juggling?</i> 	<p>consecutive throws using scarves. 2. Using one hand, the students will be able to make at least three consecutive throws using scarves. </p>				
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<ul style="list-style-type: none"> • <i>What type of grip do you use when juggling scarves?</i> • <i>How high should you toss balls when juggling?</i> <p>JUGGLING</p> <ul style="list-style-type: none"> • Scarves • Bean Bags • Balls • Two object using one hand • Three objects using two hands. 					
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April



Content	Skills	Learning Targets		Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are some imporant steps in the throwing sequence?</i> 	<p>SOFTBALL/BASEBALL</p> <ol style="list-style-type: none"> 1. Students will be able to demonstrate proficiency in 	<p>Softball/Baseball</p> <p>I can demonstrate the correct foot to step with when throwing a ball.</p> <p>I can catch a ball thrown</p>		<p>SOFTBALL/BASEBALL</p> <ol style="list-style-type: none"> 1. Informal assess 	

<ul style="list-style-type: none"> • <i>What key characteristics are used when catching a ball?</i> • <i>How does the grip effect the travel of the ball?</i> <p>SOFTBALL/BASEBALL</p> <ul style="list-style-type: none"> • Throwing sequences • Fielding skills • Catching Tactics • Rules • Batting Stance • Proper Grip • Base Running Skills • Defensive positioning • Game Strategies <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What is the proper footwork approach to the delivery?</i> • <i>How does the grip of the bowling ball effect the path of the ball?</i> 	<p>throwing and catching.</p> <ol style="list-style-type: none"> 2. Students will be able to demonstrate proficiency in fielding (pop-ups, grounders). 3. Students will be able to learn and practice game-specific offensive strategies (base-running, sacrifice fly.) 4. Students will be able to learn and practice game-specific defensive strategies (defensive positioning, double play). 5. Students will be able to learn and practice game-specific modified rules. 🏏 <p>BOWLING</p> <ol style="list-style-type: none"> 1. Students will display a 	<p>from 25 feet using a glove.</p> <p>BOWLING</p> <p>I can explain the proper footwork on a bowling approach.</p> <p>I can demonstrate a bowling approach.</p>		<p>ments of skill and knowledge through observation of lay</p> <ol style="list-style-type: none"> 2. Participation 3. Proper footwear 4. Sportsmanship 5. Following Rules 6. Teacher observations of game knowledge, safety, sportsmanship and participation.
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<ul style="list-style-type: none"> • <i>What types of stances can be used to deliver the ball?</i> <p>BOWLING</p> <ul style="list-style-type: none"> • Scoring Rules • Grip • Approach • Delivery 	<p>knowledge of the rules of bowling.</p> <ol style="list-style-type: none"> 2. Students will demonstrate the correct grip, stance, approach, and delivery in bowling. 3. Students will recognize and use bowling terminology correctly. 4. Students will be able to understand how to keep track of scoring games 			<p>Students will participate in playing each offensive and defensive position.</p> <p>BOWLING</p> <ol style="list-style-type: none"> 1. Scoring Sheets 2. Sportsmanship 3. Following Rules 	
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May

Content	Skills	Learning Targets		Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are some important characteristics to a good long distance runner?</i> 	<p>Track & Field</p> <ol style="list-style-type: none"> 1. Long distance running, short sprints 	<p>TRACK AND FIELD</p> <p>I can explain one important skill needed to run a fast hurdle race.</p>		<ul style="list-style-type: none"> • Participation 	

<ul style="list-style-type: none"> • <i>What are the most important parts to a running long jump?</i> • <i>What componets of physical fitness are important during the hurdle jump?</i> <p>Track & Field</p> <ul style="list-style-type: none"> • Jumping • Hurdling • Sprinting • Jogging • Distance • Cardiovascular-endurance, Cardiovascular Strength <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the basic rules, locomotor skills and strategies involved in various ultimate games?</i> • <i>How do teamwork and sportsmanship affect game play?</i> 	<ol style="list-style-type: none"> 2. Running 100,200, and 400 meters 3. Timed running, interval running, horizontal ladder, jump ropes, appropriate exercises 4. Short Hurdle Jumps 5. Long Distance Hurdle Jumps  <p>Ultimate Games</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, dribbling, safety, and goal tending techniques as well as proper offensive and defensive positioning. 3. Display basic game strategies and tactics. 4. Define good sportsmanship and teamwork.  	<p>I can explain a characteristic needed to run long distances.</p> <p>Ultimate Games</p> <p>I can explain how teamwork is important in ultimate games.</p> <p>I can explain the importance of playing defense in ultimate games.</p>		<ul style="list-style-type: none"> • Proper footwear • Sportsmanship • Following Rules • Running, Jumping, and Throwing Events <p>Ultimate Games</p> <ul style="list-style-type: none"> • Teacher observations of game knowledge, safety, sportsmanship and 	
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<ul style="list-style-type: none"> ● <i>How does participation in ultimate games affect life long fitness?</i> <p>ULTIMATE GAMES</p> <ul style="list-style-type: none"> ● Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills ○ game rules and scoring <ul style="list-style-type: none"> ● Basic skills and knowledge ○ passing a variety of objects <ul style="list-style-type: none"> ○ shooting ○ goal tending ○ fleeing & dodging ○ safety rules ○ offensive positions ○ defensive positions ○ strategies and Tactics 				<p>participation.</p> <ul style="list-style-type: none"> ● Students will participate in playing each offensive and defensive position.
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<ul style="list-style-type: none"> • Teamwork and sportsmanship 					
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June

Content	Skills	Learning Targets		Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>How does the importance of teamwork effect the outcome of the game?</i> • <i>What does lifetime fitness mean to you?</i> • <i>Why is good sportsmanship important while performing this unit?</i> <p>Outdoor Games Unit</p> <ul style="list-style-type: none"> • Skills ○ Basic locomotor skills 	<p>Outdoor Games Unit</p> <ol style="list-style-type: none"> 1. Model knowledge of the rules and strategies for a variety of outdoor yard games. 2. Display an appreciation for the importance of lifetime fitness. 3. Actively engage in a variety of leisure games and activities. 4. Apply basic locomotor skills to a variety of outdoor activities. 5. Demonstrate good sportsmanship and teamwork. 🏆 	<p>OUTDOOR GAMES</p> <p>I can explain the importance of good sportsmanship while playing games.</p> <p>I can demonstrate how to strike or roll an object at a target.</p>		<p>Outdoor Games Unit</p> <ol style="list-style-type: none"> 1. Daily observation of students knowledge and skills in a variety of outdoor yard games. 	

<ul style="list-style-type: none">○ Spatial awareness○ Team play○ Good sportsmanship○ Throwing○ Catching○ Striking○ Rules and scoring for a variety of outdoor activities.					
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