

Grades 4-6 Physical Education

Grade 5 Physical Education

During each lesson in physical education, students will be expected to learn and exercise. Fifth grade physical education students are exposed to a variety of activities throughout the school year with the main purpose behind all activities being to drive the following big ideas.

By the end of grade five, students will be able to:

- Team Skills

- Demonstrate sportsmanship during games and activities
- Exhibit a positive attitude in all activities; Be a positive contributor to the team effort
- Use of motivational speech in order to uplift and encourage others

- Athletic Skills

- Advanced passing and receiving within the various activities
- Expand methods of manipulating objects with upper and lower body within the various activities
- Controlled use of sporting equipment within the various activities

- Fitness

- Attach physical activity to the fitness component it impacts
- Differentiate between aerobic and anaerobic activities
- Identify specific sports or activities that appeal to an individual interest

