

## SMA Grade 5P.E. Curriculum

<b>Dates</b>	<b>Units/Curriculum Connections</b>	<b>Standards Met</b>	<b>Assessments</b>	<b>Resources /materials used</b>
<b>Sept.</b>	Basic movement stretching, dodging, skipping	PE-CG 1, PE-CG 3, PE-CG 4	Teacher observations Gross motor skill observation	Cones, music, ropes, hoops
	Volleyball serving, hitting, passing	PE-CG 1, PE-CG 2, PE-CG 3, PE-CG 4, PE-CG 5, PE-CG 6	Volleyball assessment Rubik	volleyball, net
<b>Oct</b>	Volleyball serving, hitting, passing	PE-CG 1, PE-CG 2, PE-CG 3, PE-CG 4, PE-CG 5, PE-CG 6	Volleyball assessment Rubik	volleyball, net
	Flag Football passing, catching	PE-CG 1, PE-CG 2, PE-CG 3, PE-CG 4, PE-CG 5, PE-CG 6	Football Skills Rubik	football, flag belts, goals
<b>Nov.</b>	Soccer- indoor soccer drills, games	PE-CG 2, PE-CG 3, PE-CG 6	Teacher observations Gross motor skill observation	indoor soccer ball, goals
	Kickball indoor kickball games/drills	PE-CG 2, PE-CG 3, PE-CG 6	Kickball Rubik	kickball, bases
<b>Dec.</b>	Presidential Fitness	PE-CG1, PE-CG 2	National Standards charts	Stretch box, gym, pull up bar, stop watch
	Basketball dribbling, passing, shooting, eye/hand co-ordination	PE-CG 2, PE-CG 3, PE-CG 6	Man to Man Assessment	basketball, nets
<b>Jan.</b>	Presidential Fitness	PE-CG1, PE-CG 2	National Standards charts	Stretch box, gym, pull up bar, stop watch
	Speedball- throwing, catching, running, hand/eye coordination, co-operation	PE-CG 2, PE-CG 3, PE-CG 6	Teacher observations	indoor ball, goal
<b>Feb.</b>	Speedball throwing, catching, running, hand/eye coordination, co-operation	PE-CG 2, PE-CG 3, PE-CG 6	Teacher observations	indoor ball, goal
	Whiffle ball	PE-CG 2, PE-CG 3, PE-CG 6	Whiffle ball Rubik	whiffle ball, bat, bases
<b>MAR.</b>	Team Frisbee throwing, catching, running	PE-CG2, PE-CG 3	Teacher observations	frisbee, goal

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	Relay games	PE-CG 1, PE-CG 3, PE-CG 4, PE-CG 5	Teacher observations	cones, ropes, balls
<b>April</b>	Crab soccer squatting, squat running, kicking, co-operation	PE-CG 2, PE-CG 3, PE-CG 6	Teacher observations	crab soccer ball, goals
	Capture the Flag running, dodging, team co- operation	PE-CG 2, PE-CG 3, PE-CG 6	Teacher observations	flag sets
<b>May</b>	Running relays running, turning, throwing, catching	PE-CG 1, PE-CG 3, PE-CG 4, PE-CG 5	Teacher observations	cones, ropes, balls
	Whiffle ball throwing, catching, running	PE-CG 2, PE-CG 3, PE-CG 6	Whiffle ball Rubik	Whiffle ball, bat bases
<b>June</b>	Badminton serving, hitting, game rules	PE-CG 2, PE-CG 3, PE-CG 6	Teacher observations	rackets, birdies, net
	Softball/baseball running, throwing, catching, team co- operation	PE-CG 2, PE-CG 3, PE-CG 6	Baseball Rubik	baseball, bat, glove, bases