

Perry Elementary 5th Grade Physical Education Yearly Plan 2018-2019

<u>Weeks</u>	<u>Unit</u>
1 - 3	Recess Games - agility ladder, red gym, scoops, 4 square, tetherball, jump rope, soccer, kick fence, knockout and around the world. Color teams, voice levels, speed levels, water fountain and bathroom rules.
4 - 7	Fitness Evaluations - 20 meter pacer run, max push ups, max curl ups, trunk lift, sit and reach, height and weight, journal writing, and SMART goals.
8 - 11	Ball skills - underhand throw, overhand throw, step with opposition at target, force, accuracy, pivot foot, crease, small sided ultimate games, sportsmanship, fingers up/down catching, watch ball in hands.
12 - 15	Basketball Skills - dribbling, bounce pass, chest pass, shooting, small sided bounce ball games, ball fake, v-cut, offensive and defensive strategies.
16 -18	Tag Games - octopus tag, zookeepers, rocks, capture the frisbee, personal and social responsibility.
19 - 22	Stick Skills - grip, forehand, backhand, controlling the ball with the blade, Dribbling, passing, goalie play, and play small sided floor hockey games.
23 - 25	Fitness Evaluations - fitnessgram, journal writing, and SMART goals.
26 - 29	Foot Skills - dribbling, passing, trapping, kicking with control, offensive and defensive strategies, "open" the field, forwards, defenders, corner kick, goal kick, throw in, and free kick. Play in small sided 5 v 5 soccer games.
30 - 33	Racquet Skills - grip, serve, forehand, backhand, low to high racquet path, etiquette, force, accuracy, weight transfer, and follow through. Play in small sided 2 v 2 pickleinton games.
34 - 36	Striking Skills - grip, stance, and swing a wiffle ball bat. Bat path, run the Bases, and play in small sided 3 v 3 hustle ball games.
37	Field Day