

## ASD Academic Plan

### Physical Education: 5<sup>th</sup> Grade

<b>Grade Level: 5<sup>th</sup> grade</b>	<b>Course Description:</b> This course provides a positive learning environment in which all children can experience a sequentially based and developmentally appropriate physical education program. The concepts of lifelong movement skills and wellness are organized thematically by “strands” and “skill/concepts” within each strand. At each grade level, students build upon skills learned at previous levels.
<b>Length: Year</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: N/A</b>	

### Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Establish Routines/Learning Environment	Rolling/Weight Transfer	Outdoor Winter Activities	Kicking & Punting
Chasing & Fleeing	Adventure Education/Initiatives	Throwing & Catching	Dribbling
Kicking/Punting	Jumping/Landing/Balance	Volleying/Striking	Orienteering
Initiatives	Rhythms with Implements	Sequenced Dance	Striking
Catching & Throwing	Native Youth Olympics	Fitness Concept: Strength	Throwing & Catching
Fitness Concept: Cardiovascular	Fitness Concept: Flexibility/Coordination/Agility	Optional – to be determined at each site, as appropriate	Jump/Land/Travel
Optional – to be determined at each site, as appropriate	Optional – to be determined at each site, as appropriate		Fitness Concepts
			Optional – to be determined at each site, as appropriate

\*\*Quarterly Essential Concepts are required to be completed by the end of the term indicated. Weekly pacing may vary due to the equipment, facilities, and/or available community resources.