

5th Grade- Physical Education Pacing Guide

Marking Period 1	Marking Period 2	Marking Period 3	Marking Period 4
Perform	Perform	Perform	Perform
<ul style="list-style-type: none"> - utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle - demonstrate developmentally appropriate form when using movement skills in applied settings (creative dance, etc.) - demonstrate the use of force and motion to impact the quality of physical movement and employ the principles of space, effort, and relationships to modify movement; modify movement in response to dynamic, interactive environments - use visual and verbal cues to improve performance during a physical activity - 	<ul style="list-style-type: none"> - evaluate the critical elements of a movement skill or skill combination and provide appropriate feedback; apply a learned skill to another movement - perform planned movement sequences based on a theme and using rhythm or music - discuss how practice, regular participation and appropriate feedback improve performance and how movement is an opportunity for self-expression, creativity, and teamwork - demonstrate the use of offensive, defensive, and cooperative strategies - compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment 	<ul style="list-style-type: none"> - summarize activity rules, describe how they enhance participation and safety, and follow them during activities - select, use and care for equipment used during physical activity - describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity as part of a sports psychology improving and health improving activities - describe how body systems adapt over time to regular activity and how gender, age, heredity, training and health behaviors impact fitness - investigate technological advances that impact physical activity and fitness 	<ul style="list-style-type: none"> - describe the relationship between physical activity, healthy eating and body composition - discuss the relationship between practice, training, and injury prevention and discuss how the principles of training include FIT, overload, progression, and specificity improve physical performance; apply appropriate training principles to various physical activities - describe the physical and behavioral effects of performance enhancing substances and discuss related legal and competition issues - engage in moderate to vigorous physical activity at a target heart rate for 20 minutes minimum; monitor physiological indicators before, during, and after exercise - develop a personal fitness plan and demonstrate age and gender specific progress towards improving fitness