

Richmond Public Schools



Department of Curriculum and Instruction Curriculum Pacing And Resource Guide

Course Title/ Course #: Physical Education/Fifth Grade

Start day:1

Meetings:180 days

Course Description

Physical Education for fifth grade will focus on skills, anatomic movement, fitness planning, social development, and energy balance.. Standards are outlined in the Virginia Standards of Learning in which students continue to develop responsible personal and social behaviors they work with others in safe and respectful ways.

Pacing Resources Assessments MP1

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
4 weeks	5.1 a, e, f, g	Locomotor, non-locomotor and manipulative skills (throw and catch, pass to stationary and moving partner) in sport activities with force and accuracy	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
4 weeks	5.2 a 5.3 a, b, c, d	Major body systems FITT principles (Frequency)	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback

		SMART goals	http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	
	5.5 a, b	Energy Balance	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
1 week/ongoing	5.4 a- e	Rules, safety, etiquette and respectful behavior	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways

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Pacing Resources Assessments MP2

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	5.1 a, d-g 5.2 a, b, c	Locomotor, non-locomotor and manipulative skills (throw and catch, dribble, strike, pass to stationary and moving partner) in sport activities with force and accuracy	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.usta.com/Youth-Tennis/?intloc=headernav http://www.thefirsttee.org/Club/Scripts/Home/home.asp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	5.1 c 5.2 b	Rhythm/dance sequences	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists
3 weeks	5.2 a 5.3 a- f	Major body systems , FITT principles (Intensity) and heart rate SMART goals	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback

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9 weeks	5.5 c, d	Energy Balance, Vitamins and Minerals	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
ongoing	5.4 a-e	Rules, safety, etiquette and respectful behavior	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

Pacing Resources Assessments MP3

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	5.1 a, d, e-g 5.2 a, b, c	Locomotor, non-locomotor and manipulative skills (strike and volley) in sport activities with force and accuracy	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.usta.com/Youth-Tennis/?intloc=headernav http://www.thefirsttee.org/Club/Scripts/Home/home.asp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	5.1 b	Gymnastics	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

3 weeks	5.2 a 5.3 a-f	Major body systems FITT (Type) principles and heart rate SMART goals. Sources for data collection in MVPA	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
9 weeks	5.5 e, f	Energy Balance	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
ongoing	5.4 a-e	Rules, safety, etiquette and respectful behavior	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

Pacing Resources Assessments MP4

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	5.1 a, d, e-g 5.2 a, b, c	Locomotor, non-locomotor and manipulative skills (strike, dribble, pass, trap) in sport activities with force and accuracy	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://usvolleyfutbol.wix.com/volley	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	5.2 a 5.3 a-f	Major body systems FITT (Time) principles and heart rate SMART goals	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback

ongoing	5.4 a-e	Rules, safety, etiquette and respectful behavior	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways
3 weeks	Review 5.1-5.5	Skilled movements, principals, concepts, personal fitness, and responsible behaviors	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Tests/quizzes Dialogue Tests/quizzes Ticket out of the door Thumbs up/down/sideways