

## WEST DEPTFORD SCHOOL DISTRICT

Content Area: PE			
Course Title: Physical Education			Grade Level: 5
<b>Quarter 1</b>			9 weeks
Topic 1: Run Program Topic 2: Presidential Fitness Testing Topic 3: Flag Football/lead up activities			
<b>Quarter 2</b>			9weeks
Topic 1: Ball games			
<b>Quarter 3</b>			9 weeks
Topic 1: Pillow Polo hockey Topic 2: Volleyball/lead up activities Topic 3: Fitness Circuits			
<b>Quarter 4</b>			9 weeks
Topic 1: Presidential Fitness testing Topic 2: Ancient Olympic games			
<i>Date Created: August 2022</i> <i>Revised: August 2022</i>		<i>Board Approved on: August 2022</i> <i>Revised Board Approved: August 2022</i>	

**WEST DEPTFORD SCHOOL DISTRICT**  
**5th Grade PE Pacing Guide 2022 – 2023**

<b>Quarter Number</b>	<b>Title</b>	<b>DATES</b>	<b>Number of Days</b>
1	Run Program	September/October	+ -15
	Presidential Fitness Tests	September/October	+ -15
	Flag football activities	October/ November	+ -15
2	One day PE/ One day Health- Ball games	November/January	+ -45
3	Pillow polo hockey	January/March	+ -15
	Volleyball activities	January/March	+ -15
	Fitness Circuits	January/March	+ -15
4	Presidential Fitness Tests	April/May	+ -20
	Ancient Olympic games	May/June	+ -20

**WEST DEPTFORD SCHOOL DISTRICT**  
**5th Grade PE Pacing Guide 2022 – 2023**

Quarter Number	Skill	Instructional Period	Number of Days
Q1	<p><b><i>Run program, Fitness Tests, Flag Football</i></b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> <li>-Use measurement assessment data to set personal fitness goals</li> <li>-Apply basic training principles</li> </ul>	9/12-11/18	+-45
Q2	<p><b>1 Day Health - 1 day PE</b>  <b>Ball Games</b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety</li> </ul>	11/2022-1/2023	+-9

	<p>procedures</p> <ul style="list-style-type: none"> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> <li>-Use measurement assessment data to set personal fitness goals</li> <li>-Apply basic training principles</li> </ul>		
Q3	<p><b><i>Pillow-polo, Volleyball, Fitness Circuits</i></b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> </ul>	1/2023-3/2023	+45
Q4	<p><b><i>Fitness Tests and Ancient Olympic games</i></b></p> <ul style="list-style-type: none"> <li>Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> </ul>	4/2023-6/2023	+45

	<ul style="list-style-type: none"><li>-Manage emotions during physical activity and demonstrate sportsmanship</li><li>-Use measurement assessment data to set personal fitness goals</li><li>-Apply basic training principles</li></ul>		

# WEST DEPTFORD SCHOOL DISTRICT

## PE Lesson Plan Format

{45 Minutes of Instruction}

### OPENING

5 minutes

- Warm-ups (independent)

### SETTING THE STAGE

5 minutes

*Objectives- Purpose of lesson and expectations*

*Equipment needed- What do we need to be successful*

### TEACHER LED INSTRUCTION

10 minutes

*Activity- What is the activity*

*Learning plan- Teacher led explanation/demonstration, safety concerns*

### STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

*Performance task- Independent student led activity*

*Assessment- Teacher observation*