

### Course Description:

Physical Education 5 (1 of 2) explores both exercise basics and specific sports. Topics include fundamental aspects of physical activity (safety tips, proper form, and good sportsmanship), personal fitness, and the importance of regular exercise to encourage lifelong healthy activity. Sports in the course include gymnastics, dance, soccer, baseball, and basketball.

### Course Objectives:

- Show personal responsibility in physical activity settings by following the rules, encouraging others, and accepting feedback.
- Use feet effectively and with good form when dribbling, kicking, receiving, and punting a ball.
- Describe each component of health-related fitness, including flexibility, body composition, muscular strength, muscular endurance, and cardiovascular endurance.
- Describe the FITT strategies (frequency, intensity, time, and type) and use them in a fitness plan.
- Identify short-term, long-term, and health-related fitness goals.
- Analyze your own health-related fitness assessment results.
- Use hands effectively and with good form when dribbling, catching, and striking a ball.
- Identify the major muscles of the human body.
- Participate in physical activity and describe how it is a source of enjoyment.
- Create and perform routines that demonstrate proper jumping and landing, movement patterns, smooth transitions, balance, coordination, and rhythm.
- Explain when to adjust pace and speed in running activities.
- Identify how to participate safely in physical activity by having proper attire, completing a warm-up and cooldown, and using equipment correctly.
- Describe different offensive and defensive strategies, including specialized positions (e.g. goalkeeper), and use them in a game.

### Required Materials:

Required:

- construction or printer paper (2-3 pieces)
- baseball glove
- baseball tee or cone
- basketball
- batter's helmet
- hand weights (3-5 lbs)
- hula hoops
- large piece of paper
- laundry basket
- markers or colored pencils
- music
- music player
- pencil (or other writing utensil)
- plastic baseball bat
- plastic baseballs (2-3)

- plastic cones (4-6)
- rubber floor dots
- short jump rope (2)
- soccer ball
- tape
- timer or watch
- writing paper

Optional:

- bucket or basket
- low balance beam

### Course Overview:

This course is made up of six units. Each unit has five lessons. Lessons are made of up activities that include the following types of learning:

- **Warm-Ups** allow for practice of skills and concepts taught in previous lessons. These are graded activities.
- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Practice** activities allow for practice of a skill without support. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities.
- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.