

# 3-5 Physical Education

**2019-2020**

This course is designed for 3-5 students and intended to be 40 weeks in length. The purpose of this course is to provide students with the knowledge, skills, confidence, and attitude to participate and be physically fit and active using a wide variety of experiences to develop skills for success.

<b>Semester One</b>						<b>Physical Education Orientation Week</b>				
M	T	W	TH	F	Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety					
AUGUST						<b>Unit 1: Games/Cooperatives</b>				
			1	2	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		
5	6	7	8	9	<a href="#">PE.3.R.5.1</a>	<a href="#">PE.3.R.5.2</a>	<a href="#">PE.3.R.5.3</a>	<a href="#">PE.3.C.2.6</a>	<a href="#">PE.4.C.2.1</a>	Teamwork, Sportsmanship, Honesty, Under Control, pattern, Pace, Equipment, Cooperation, Demonstrate
12	13	14	15	16	<a href="#">PE.4.R.5.3</a>	<a href="#">PE.5.R.5.3</a>	<a href="#">PE.5.R.5.2</a>	<a href="#">PE.5.R.5.1</a>	<a href="#">PE.5.M.1.1</a>	
19	20	21	22	23	<b>Unit 2: Nutrition and Safety</b>					
26	27	28	29	30	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		
	2	3	4	5	<a href="#">PE.3.L.4.7</a>	<a href="#">PE.4.L.4.7</a>	<a href="#">PE.4.C.2.8</a>	<a href="#">PE.5.L.4.6</a>	<a href="#">PE.4.C.2.4</a>	Fruit, Vegetables, Protein, Grain, Dairy, Junk Food, Great Snacks, Good Moves, Breakfast, Lunch, Dinner; Bike Safety, Water Safety, Responsibility, Safety, Cooperation, Community, Knowledge
9	10	11	12	13	<a href="#">PE.3-4.L.3.6</a>	<a href="#">PE.5.L.3.8</a>				
16	17	18	19	20	<b>Unit 3: Fitness and Wellness</b>					
23	24	25	26	27	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		
30					<a href="#">PE.5.L.4.3</a>	<a href="#">PE.5.L.4.1</a>	<a href="#">PE.5.C.2.5</a>	<a href="#">PE.4.L.4.1</a>	<a href="#">PE.3-5.L.4.9</a>	Warm Up, Fitness Level, FITT, Equipment, Endurance, Healthy, Goal, Strength, Assessment, Lifestyle, Nutrition, Body Mass, Evaluate, Pulse, Cardiovascular
OCTOBER						<a href="#">PE.3-4.L.4.6</a>	<a href="#">PE.3-4.C.2.7</a>	<a href="#">PE.4.R.6.1</a>	<a href="#">PE.3.L.4.2</a>	
	1	2	3	4	<a href="#">PE.3-4.L.3.1</a>	<a href="#">PE.3-4.L.3.2</a>				
7	8	9	10	11	<b>Unit 4: FitnessGram Pre-Assessment</b>					
14	15	16	17	18	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		
21	22	23	24	25	<a href="#">PE.3-5.L.4.9</a>	<a href="#">PE.3.L.4.5</a>	<a href="#">PE.3.L.4.4</a>	<a href="#">PE.3.L.4.9</a>	<a href="#">PE.4.L.4.8</a>	Aerobic, Anaerobic, Body Composition, Body Mass Index, Flexibility, Muscular Endurance, Muscular Strength, Cardiovascular, Cardiorespiratory, Abdominal
28	29	30	31		<a href="#">PE.4.L.4.5</a>	<a href="#">PE.4.L.4.2</a>	<a href="#">PE.4.L.4.4</a>	<a href="#">PE.5.L.4.4</a>	<a href="#">PE.5.L.4.2</a>	
NOVEMBER						<b>Unit 5: Chasing and Fleeing</b>				
				1	<u>Course Standards - CPALMS</u>					<b>Essential Topics and Vocabulary</b>
4	5	6	7	8	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		
11	12	13	14	15	<a href="#">PE.3-5.M.1.1</a>	<a href="#">PE.3-4.C.2.2</a>	<a href="#">PE.3-4.C.2.1</a>	<a href="#">PE.5.C.2.2</a>	<a href="#">PE.5.R.6.3</a>	Chase, Flee, Tag, Fakes, Feints, Direction, Object, Flags, Midfield, Boundaries, Tail, Partner, Cooperation, Team
18	19	20	21	22	<a href="#">PE.5.R.5.1</a>	<a href="#">PE.5.R.6.2</a>	<a href="#">PE.3.C.2.6</a>			
25	26	27	28	29	<b>Unit 6: Throwing and Catching</b>					
DECEMBER 2019						<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>	
2	3	4	5	6	<a href="#">PE.3-5.M.1.7</a>	<a href="#">PE.3-4.M.1.8</a>	<a href="#">PE.5.M.1.8</a>	<a href="#">PE.3.C.2.5</a>	<a href="#">PE.3.C.2.8</a>	Throwing, Catching, Rolling, Tossing, Bowling, Cooperate, Accuracy, Goal, Follow, Twist, Overhand, Underhand
9	10	11	12	13	<a href="#">PE.4-5.C.2.5</a>	<a href="#">PE.4.R.5.3</a>	<a href="#">PE.5.C.2.5</a>	<a href="#">PE.5.C.2.6</a>	<a href="#">PE.3.C.2.6</a>	
16	17	18	19	20	<b>Unit 7 &amp; 12: Invasion Games</b>					
23	24	25	26	27	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		
30	31				<a href="#">PE.3-5.M.1.2</a>	<a href="#">PE.3-5.M.1.4</a>	<a href="#">PE.3-5.M.1.7</a>	<a href="#">PE.3-5.C.2.8</a>	<a href="#">PE.3-5.M.1.5</a>	Basketball, Flying Disc, Football, Soccer, Hockey, Dribble, Passing, Shooting, Catching, Accurate, Offense, Defense, Target, Kicking, Throwing, Control, Pivot
						<a href="#">PE.5.M.1.8</a>	<a href="#">PE.4-5.C.2.6</a>	<a href="#">PE.5.R.6.2</a>		

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Semester Two					Unit 8 & 11: Jump Rope									
M	T	W	TH	F	Course Standards - CPALMS					Essential Topics and Vocabulary				
JANUARY					<a href="#">PE.5.M.1.9</a>	<a href="#">PE.5.L.4.2</a>	<a href="#">PE.5.L.4.3</a>	<a href="#">PE.5.L.3.1</a>	<a href="#">PE.3.M.1.12</a>	Jump, Hop, Leap, Shapes, Rope, Back, Side, Crisscross, Walk, Around, Exercise, Herat Rate, Single, Double, Swing, Jumper, Turner, Pendulum Swing				
		1	2	3	<a href="#">PE.3.C.2.6</a>	<a href="#">PE.5.C.2.7</a>	<a href="#">PE.4.L.4.1</a>							
6	7	8	9	10										
13	14	15	16	17	<b>Unit 9: Educational Dance and Gymnastics</b>									
20	21	22	23	24	Course Standards - CPALMS					Essential Vocabulary				
27	28	29	30	31	<a href="#">PE.4.L.4.6</a>	<a href="#">PE.4.R.5.2</a>	<a href="#">PE.5.M.1.9</a>	<a href="#">PE.4.M.1.10</a>	<a href="#">PE.4.M.1.11</a>	Streamer, Ranges, Mirror, Levels, Pathways, Flexible, Balance, Forward, Side, Rear, Under, Around, Twist, Straddle, Stretch, Speed, Rolls, Sequence, Jump, Turn, Concentration, Transition, Smooth, Rhythmn				
FEBRUARY					<a href="#">PE.5.M.1.11</a>	<a href="#">PE.5.M.1.10</a>	<a href="#">PE.5.R.5.1</a>	<a href="#">PE.5.R.6.1</a>	<a href="#">PE.3.M.1.10</a>					
3	4	5	6	7										
10	11	12	13	14	<b>Unit 10 &amp; 16: Striking</b>									
17	18	19	20	21	Course Standards - CPALMS					Essential Vocabulary				
24	25	26	27	28	<a href="#">PE.3-5.M.1.2</a>	<a href="#">PE.3-5.M.1.4</a>	<a href="#">PE.5.M.1.8</a>	<a href="#">PE.3-5.C.2.8</a>	<a href="#">PE.5.R.6.2</a>	Golf, Tennis, Hockey, <b>USA Baseball/Softball Fun at Bat Program</b> , Striking, Self/Personal Space, General Space, Distance, Force, Pass, Receive, Focus, Target, Aim, Accuracy, Sportsmanship, Control, Technique				
MARCH					<a href="#">PE.3.C.2.6</a>	<a href="#">PE.5.C.2.7</a>	<a href="#">PE.3-4.C.2.2</a>	<a href="#">PE.5.C.2.2</a>	<a href="#">PE.5.R.5.1</a>					
2	3	4	5	6										
9	10	11	12	13	<b>Unit 13: Lifetime Activities</b>									
16	17	18	19	20	Course Standards - CPALMS					Essential Vocabulary				
23	24	25	26	27	<a href="#">PE.5.R.6.2</a>	<a href="#">PE.5.R.6.2</a>	<a href="#">PE.5.R.6.3</a>	<a href="#">PE.5.R.5.2</a>	<a href="#">PE.4.R.5.2</a>	Pilates, Yoga, Tai Chi, Cycling, Shuffleboard, Bowling, Golf, Fishing, Strength, Flexibility, Lifestyle, Transistion, Stability, Timing, Cast, Rod, Reel, Focus, Position				
30	31				<a href="#">PE.5.L.3.5</a>	<a href="#">PE.5.L.3.6</a>	<a href="#">PE.5.M.1.4</a>	<a href="#">PE.4.M.1.12</a>	<a href="#">PE.3.R.6.1</a>					
APRIL														
		1	2	3	<b>Unit 14: FitnessGram Post Assessment</b>									
6	7	8	9	10	Course Standards - CPALMS					Essential Vocabulary				
13	14	15	16	17	<a href="#">PE.3-5.L.4.9</a>	<a href="#">PE.3.L.4.5</a>	<a href="#">PE.3.L.4.4</a>	<a href="#">PE.3.L.4.9</a>	<a href="#">PE.4.L.4.8</a>	Aerobic, Anaerobic, Body Composition, Body Mass Index, Flexibility, Muscular Endurance, Muscular Strength, Cardiovascular, Cardiorespiratory, Abdominal				
20	21	22	23	24	<a href="#">PE.4.L.4.5</a>	<a href="#">PE.4.L.4.2</a>	<a href="#">PE.4.L.4.4</a>	<a href="#">PE.5.L.4.4</a>	<a href="#">PE.5.L.4.2</a>					
27	28	29	30		<b>Unit 15: Net/Wall Games</b>									
MAY					Course Standards - CPALMS					Essential Vocabulary				
				1	<a href="#">PE.5.C.2.2</a>	<a href="#">PE.5.C.2.5</a>	<a href="#">PE.5.C.2.8</a>	<a href="#">PE.5.C.2.6</a>	<a href="#">PE.5.M.1.2</a>	Tennis, Volleyball, Forearm Pass, Platform, Overhead, Set, Sequence, Underhand, Teammate, Net, Serve, Cardiovascular, Aerobic, Control, Reaction, Boundaries				
4	5	6	7	8	<a href="#">PE.5.M.1.3</a>	<a href="#">PE.5.M.1.4</a>	<a href="#">PE.5.R.6.3</a>	<a href="#">PE.3.C.2.6</a>	<a href="#">PE.3.R.6.2</a>					
11	12	13	14	15	<a href="#">PE.4.C.2.9</a>									
18	19	20	21	22	<b>Unit 17: Recreational Activities</b>									
25	26	27	28	29	Course Standards - CPALMS					Essential Vocabulary				
					<a href="#">PE.5.C.2.2</a>	<a href="#">PE.5.C.2.5</a>	<a href="#">PE.5.C.2.6</a>	<a href="#">PE.5.L.3.3</a>	<a href="#">PE.5.L.3.4</a>	Offense, Defense, Sportsmanship, Leisure, Opponent, Lifestyle, Fitness, Endurance, Distance, Analyze, Under Control, Locomotor, Pattern				
					<a href="#">PE.5.L.3.5</a>	<a href="#">PE.5.L.3.6</a>	<a href="#">PE.3.C.2.6</a>	<a href="#">PE.4.C.2.9</a>	<a href="#">PE.4.R.5.2</a>					
<b>NO STUDENT DAYS</b>														
<b>END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES</b>														
<b>DWT</b>														
<b>NO CLASSES</b>														