



Course Outline: 3rd – 5th Grade Physical Education

Standards: [Physical Education - Grade 3](#); [Physical Education - Grade 4](#); [Physical Education - Grade 5](#)

Length: 36 Week Course (1 Year) based on a 4-day rotation. 180 school days/ 4 rotations = 45 Classes

Curriculum Resources: [Elementary Canvas Resources](#), [OPEN PE](#), Spark PE (Binders)

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Comprehensive 3-5

Classes	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-5	Unit 1: Introduction, Rules and Routines, Cooperatives	<p>Introduction to Class: Class norms/expectations, Rules and Routines, Groupings, Safety/Signals for Attention</p> <p>Physical Education Components: Rules, Routines, Student Groupings Apply locomotor skills in a variety of movement settings, Detect, analyze and correct errors, Develop strategies to enhance performance, Offensive and defensive strategies, Working Cooperatively, Displaying sportsmanship, Positive encouragement, Safety rules and procedures</p> <p>Health Education Components: Cooperative Skills, How personal decisions affect others, Problem solving, Injury prevention, Making healthy choices, Taking ownership, Consequences for following and not following directions</p>	PE.3.M.1.9 PE.3.C.2.1,2.2,2.7,2.8 PE.3.R.5.1,5.3 PE.3.R.6.3 PE.4.C.2.2,2.7 PE.4.R.5.1,5.2 PE.4.R.6.1 PE.5.R.5.1,5.2 PE.5.R.6.2 HE.3.R.1.1 HE.3.R.2.1 HE.3.P.8.1 HE.4.R.1.2 HE.4.R.2.1 HE.4.R.4.2 HE.4.P.8.1 HE.5.R.1.1,1.2,1.3 HE.5.R.3.1 HE.5.R.4.3 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS.org
6-10	Unit 2: Fitnessgram	<p>Physical Education Components: Apply locomotor skills in a variety of movement settings, Detect, analyze and correct errors, Develop strategies to enhance performance, Stretching exercises, Working productively with a partner, Formal and informal physical fitness assessment, Warm-up and cool-down techniques, Importance of purposeful movement, Analyze peer performance</p> <p>Physical Fitness Components: Muscular Strength, Muscular Endurance, Flexibility, Body Composition.</p> <p>Health Education Components: Model responsible personal health behaviors, Persuade others to make positive health choices. Considering the</p>	PE.3.C.2.2,2.6 PE.3.L.3.5,4.3 PE.4.L.4.2,4.5,4.8,4.9 PE.4.C.1.4 PE.4.R.5.1 PE.5.L.4.1,4.2,4.4 PE.5.R.6.3 HE.3.R.2.1 HE.3.P.8.1 HE.3.R.4.2 HE.4.R.2.3 HE.4.V.1.1 HE.5.R.1.3 HE.5.R.2.3 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS

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		perspective of others, Effective verbal and nonverbal communication, Display trustworthiness, Selecting personal health goals, Recognizing that body parts and organs work together, Treating others with respect.		
11-15	Unit 3: Football/Rugby – Skills, Spatial Awareness, Off/Def Strategies	<p>Physical Education Components: Apply Locomotor Skills in a Variety of Settings, Overhand and Underhand throw, Offensive and Defensive Strategies, Catching, Safety Rules and Procedures, Appropriate Practice Improves Performance, Work Cooperatively with Peers, Display Sportsmanship, Detect errors in Movement Patterns, Compare Skills with Similar Movement Patterns,</p> <p>Health Education Components: Cooperative Skills, How Decisions Affect Yourself and Others, Positive Ways to Deal with Failure, Taking Ownership for Actions, Injury Prevention, Being Respectful to Others, Taking Responsibility for One's Actions.</p>	PE.3.M.1.7,1.8 PE.3.C.2.5,2.6,2.8,2.9 PE.3.R.6.2 PE.3.L.3.1,3.2,3.3,3.4 PE.4.M.1.7,1.8 PE.4.C.2.5 PE.4.R.6.3 PE.4.L.3.3,3.4 PE.5.R.6.3 PE.5.C.2.5,2.8 PE.5.M.1.7,1.8 PE.5.L.3.3,3.4 HE.3.R.1.1 HE.3.R.2.3,2.4 HE.3.R.4.1 HE.4.R.1.2 HE.5.R.1.1 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS
16-20	Unit 4: Basketball/Soccer – Skills, Off/Def Strategies, Modified Gameplay	<p>Physical Education Components: Apply Locomotor Skills in a Variety of Settings, Strike an Object using Body Parts, Catch Different Types of Objects, Dribble with Hands and Feet, Perform a Teacher-Designed Sequence using Manipulatives, Safety Rules and Procedures, Appropriate Practice Improves Performance, Offensive and Defensive Tactics/Strategies, Working Cooperatively with Peers, Taking Responsibility for One's Behavior/Actions, Displaying Sportsmanship, Detect Errors in Movement Patterns, Compare Skills with Similar Movement Patterns, Demonstrating Respect and Caring.</p> <p>Health Education Components: Cooperative Skills, How Decisions Affect Yourself and Others, Positive Ways to Deal with Failure, Taking Ownership</p>	PE.3.M.1.2,1.3,1.5,1.9 PE.3.C.2.2,2.5,2.6,2.8 PE.3.L.3.3,3.4 PE.3.R.5.1 PE.4.M.1.2,1.7 PE.4.C.2.2,2.5,2.6,2.9 PE.4.L.3.1 PE.4.L.4.3,4.4 PE.5.M.1.2,1.5 PE.5.C.2.5,2.6,2.9 PE.5.L.3.1,3.2 PE.5.L.4.3,4.4 HE.3.R.2.2,2.4 HE.4.R.1.1,1.2 HE.4.C.1.4 HE.4.R.2.1 HE.5.R.1.3 ELA.3.V.1.1 ELA.4.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS

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		for Actions, Injury Prevention, Being Respectful to Others, Taking Responsibility for One's Actions.	ELA.5.V.1.1	
21-25	Unit 5: Kidnastics	<p>Physical Education Components: Apply Locomotor Skills in a Variety Settings, Perform Teacher-Designed Sequence, Safety Rules and Procedures, Appropriate Practice to Improve Performance, Reasons for Warm-Up and Cool-Down, Muscular Strength and Endurance, Flexibility, Stretching, Working Cooperatively, Detect and Correct Errors in Movement Patterns,</p> <p>Health Education Components: Responsible Decision Making, Injury Prevention, How Body Parts and Organs Work Together, Being Respectful and Responsible for One's Actions, Dealing and Learning from Failure</p>	PE.3.M.1.11 PE.3.C.2.2, 2.7 PE.3.L.3.3,3.4 PE.3.L.4.1,4.6 PE.4.M.1.11 PE.4.C.2.2 PE.4.L.3.3,3.4 PE.4.L.4.2 PE.5.M.1.11 PE.5.L.3.3,3.4 PE.5.L.4.5 PE.5.R.5.2 HE.3.P.8.1 HE.3.R.4.2 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS
26-30	Unit 6: Volleyball and Racket Activities – Skills, Strategies, Modified Gameplay	<p>Physical Education Components: Striking with Body Parts, Overhand and Underhand, Forehand and Backhand, Apply Locomotor Skills in a Variety of Settings, Dominant and Non-dominant Hand, Perform a Teacher-Designed Sequence using Manipulatives, Safety Rules and Procedures, Appropriate Practice Improves Performance, Offensive and Defensive Tactics/Strategies, Working Cooperatively with Peers, Taking Responsibility for One's Behavior/Actions, Displaying Sportsmanship, Detect Errors in Movement Patterns, Compare Skills with Similar Movement Patterns, Demonstrating Respect and Caring.</p> <p>Health Education Components: Cooperative Skills, How Decisions Affect Yourself and Others, Positive Ways to Deal with Failure, Taking Ownership for Actions, Injury Prevention, Being Respectful to Others, Taking Responsibility for One's Actions.</p>	PE.3.M.1.2,1.3 PE.3.R.5.1 PE.3.C.2.1, 2.2, 2.6 PE.3.L.3.3, 3.4 PE.4.M.1.2, 1.3 PE.4.C.2.2, 2.6, 2.9 PE.4.L.4.2 PE.5.M.1.2, 1.3 PE.5.C.2.6, 2.8 PE.5.L.4.2 HE.3.R.1.1 HE.3.R.4.2 HE.4.R.1.2 HE.5.R.1.3 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS

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31-35	Unit 7: Lifetime Fitness (Jump Rope and Dance)	<p>Physical Education Components: Apply Locomotor Skills to a Variety of Movement Settings, Perform a Teacher-Designed Sequence, Perform a Dance Accurately, Continuously Jump a Self-Turned Rope, Understand Safety Rules and Procedures, Appropriate Practice Improves Performance, Moderate and Vigorous Physical Activity, Relationship Between Heart and Lungs, Identify Activities that Promote Cardiovascular Endurance, Work Cooperatively with Peers, Take Responsibility for One's Actions</p> <p>Health Education Components: Communicating Effectively in a Group, Responsible Decision Making, Creating Goals to Improve Practice, Identify Strategies to Deal with Setbacks, Injury Prevention, Making Healthy Choices for Personal Well-Being, How Body Parts and Organs Work Together, Creating Personal Goals</p>	PE.3.M.1.1 PE.3.M.1.10 PE.3.M.1.12 PE.3.C.2.2, 2.5 PE.3.L.3.3, 3.4 PE.3.L.4.2, 4.3 PE.3.R.5.1, 5.2 PE.4.M.1.10 PE.4.C.2.1 PE.4.L.3.3, 3.4 PE.4.L.4.2, 4.3 PE.5.M.1.10 PE.5.C.2.1 PE.5.L.3.3, 3.4 PE.5.L.4.2 HE.3.R.2.3,2.4 HE.3.R.4.2 HE.3.C.1.1 HE.4.R.1.4 HE.4.R.4.1 HE.4.B.4.1 HE.5.R.1.3 ELA.3.v.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS
36-40	Unit 8: Floorball, Lacrosse, Baseball – Strategies, Modified Game-Play	<p>Physical Education Components: Strike with long-handled implement, Overhand throw, Safety rules and procedures, Appropriate practice improves performance, Work cooperatively with peers, Take responsibility for actions, Detect personal errors, Compare skills/sports with similar movement patterns, Encourage others while refraining from negative comments, Display sportsmanship.</p> <p>Health Education Components: Working together, communicating within a group, Responsible decision making, Preventing injuries, Using hard work to improve performance, Taking ownership of actions, Being considerate and respectful,</p>	PE.3.M.1.4,1.8,1.9 PE.3.C.2.1,2.2,2.5,2.6,2.8 PE.3.L.3.6 PE.3.R.5.3 PE.4.M.1.4 PE.4.C.2.2, 2.6, 2.9 PE.5.M.1.4 PE.5.C.2.6, 2.8 PE.5.R.5.2 HE.3.R.2.2 HE.3.R.4.1 HE.4.R.1.2 HE.5.R.1.3 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS

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41-45	Unit 9: Water Safety, Pedestrian Safety, Nutrition	<p>Physical Education Components: Water rescue equipment and techniques, Swim Strokes/Skills, Bicycle Safety, Wearing a Bike Helmet, Food Groups, Nutrition Label, Planning a Meal</p> <p>Health Education Components: How decisions affect self and others, Injury Prevention, Making healthy choices, Examine when assistance is needed to make healthy decisions, Dealing with and learning from failure, Hard work can lead to improvement, Making short and long-term goals.</p>	<p>PE.3.C.2.2,2.4 PE.3.L.3.4, 3.7 PE.3.L.4.7 PE.4.C.2.2,2.4 PE.4.L.3.4, 3.6 PE.4.L.4.7 PE.5.M.1.6 PE.5.C.2.1,2.4,2.5 PE.5.L.3.4 PE.5.L.4.6 HE.3.R.3.2 HE.3.PHC.1.1,1.2 HE.3.P.8.1 HE.4.R.2.2 HE.4.R.PHC.1.2 HE.4.R.PHC.1.2 HE.4.R.PHC.3.1 HE.4.R.PHC.3.5 HE.5.R.2.2 HE.5.PHC.1.2,3.2 ELA.3.V.1.1 ELA.4.V.1.1 ELA.5.V.1.1</p>	<p>Elem. PE Canvas Course</p> <p>Spark Resources</p> <p>Openphysed.org</p> <p>CPALMS</p>
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English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)