

**HEALTH AND PHYSICAL EDUCATION DEPARTMENT  
TOWNSHIP OF OCEAN INTERMEDIATE SCHOOL**

**GRADE 5 PHYSICAL EDUCATION UNITS TIMELINE MAP**

**REVISED: JUNE 2009**

	1	2	3	4	5	6	7	8	9	10
MP 1	<b>Unit: Cooperative Challenges</b>		<b>Unit: Lifetime</b>	<b>Unit: Team Sports</b>						
	11	12	13	14	15	16	17	18	19	20
MP 2	<b>Unit: Fitness</b>		<b>Unit: Cooperative / Dance</b>				<b>Unit: Team Sports</b>			
	21	22	23	24	25	26	27	28	29	30
MP 3	<b>Unit: Team</b>	<b>Unit: Fitness</b>		<b>Unit: Individual</b>			<b>Units: Lifetime/Dual</b>			
	31	32	33	34	35	36	37	38	39	40
MP 4	<b>Unit: Individual/Dual</b>			<b>Unit: Team</b>			<b>Unit: Recreation</b>			

Township of Ocean  
Intermediate School

GRADE 5

**PHYSICAL EDUCATION**  
**CURRICULUM**

**JUNE 2009**

**Health and Physical Education Department**  
Mrs. Marcia Hanke M.S., Ed. M.

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## **Curriculum Timeline**

**Physical Education Units  
Unit Lessons  
Lessons Guide**

## **Unit Mapping: NJCCCS 2009**

**UNIT 1: Cooperative Challenges  
UNIT 2: Lifetime & Fitness  
UNIT 3: Team Sports  
UNIT 4: Dance  
UNIT 5: Individual & Dual  
UNIT 6: Recreation**

## **Units: *Understanding By Design***

**Essential Questions  
Enduring Understandings  
Key Concepts and Skills  
Learning Activities  
Assessments**

**TOIS GRADE 5 PHYSICAL EDUCATION UNITS MAP****2009  
MP**

	<b>Lesson</b>	<b>UNIT</b>	
1	Project Adventure	COOPERATIVE	I
2	Cooperative games		
3	Safety- Bicycle	FITNESS/LIFETIME	
4	Football skills	TEAM	
5	Football		
6	Soccer skills		
7	Soccer		
8	Lacrosse		
9	Field Hockey skills		
10	Field Hockey		II
11	Fitness Components	FITNESS	
12	Fitness Evaluation		
13	Cooperative challenges	COOPERATIVE	
14	Cooperative problem solving		
15	Dance individual	DANCE	
16	Dance group		
17	Volleyball skills	TEAM	
18	Volleyball		
19	Recreational Games		III
20	Basketball skills		
21	Basketball		
22	Floor Hockey		
23	Bowling	INDIVIDUAL	
24	Fitness Lifetime	FITNESS	
25	Fitness Training		
26	Gymnastics skills	INDIVIDUAL	
27	Gymnastics		
28	Circus		IV
29	Climbing		
30	Badminton	INDIVIDUAL/DUAL	
31	Tennis		
32	Track &		
33	Field		
34	Softball skills	TEAM	

35	Softball		
36+	Backyard/Blacktop	RECREATION	

**TOIS GR. 5 PHYSICAL EDUCATION GUIDE- 185 LESSONS**

COOPERATIVE - 15 LESSONS

Problem Solving Challenges & Activities - 15

COURT - 15 LESSONS

Badminton - 5            Table tennis - 3

Tennis -5                Paddleball -2

DANCE - 10 LESSONS

Group -5

Individual - 5

FITNESS - 15 LESSONS

Skill & Health Evaluation- 5

Conditioning principles - 5

Fitness Activities - 5

GYMNASTICS - 10 LESSONS

Tumbling - 5

Apparatus - 5

TARGET - 10 LESSONS

Bowling - 5

Golf - 5

TEAM – 70 LESSONS

Basketball - 10        Field Hockey - 10

Floor Hockey -5      Football - 10

Lacrosse - 5            Softball - 10

Soccer - 10            Volleyball - 10

TRACK and FIELD - 10 LESSONS

Track – 5                Field - 5

RECREATIONAL/ LIFETIME- 30 LESSONS

Indoor/Outdoor games – 10        Cycling - 5

Circus skills - 5

Tae-bo / yoga - 5

Climbing – 5

Months	September – June
Topic	Cooperative Challenges- Project Adventure, Problem solving activities
<b>Essential Questions</b>	
<ul style="list-style-type: none"> <li>• <b>Why must students develop mutual relationship concepts to maintain a health throughout their life?</b></li> <li>• <b>What cooperative skills and creative principles are necessary to promote active, social relationships?</b></li> <li>• <b>How are the necessary concepts and skills applied to enhance all dimensions of wellness healthy lifestyle?</b></li> </ul>	
<b>Enduring Understandings</b>	
<ul style="list-style-type: none"> <li>• <b>Development of social health concepts and skills to promote a healthy lifestyle.</b></li> <li>• <b>Utilization of cooperative skills to promote a healthy social lifestyle.</b></li> <li>• <b>Application of a various creative and problem solving concepts necessary in solving challenges of a healthy lifestyle.</b></li> </ul>	
NJCCCS	2.1.6 Wellness- D. Safety E. Social Health 2.2.6 Integrated Skills A. Communication B. Decisions C. Character E. Health 2.4.6 Relationships A. Relationships 2.5.6 Motor Skill Development B. Strategy C. Sportsmanship
<b>Key Concepts and Skills</b>	
<ul style="list-style-type: none"> <li>• <b>Use effective communication skills and display good character values (sportsmanship) under challenging situations.</b></li> <li>• <b>Develop an understanding of how fundamental lifestyle habits relate to personal growth and development.</b></li> <li>• <b>Resolve conflicts and discrimination issues through inclusion.</b></li> <li>• <b>Demonstrate mutual respect through social rules with consideration to cultural customs.</b></li> <li>• <b>Recommend strategies to prevent bullying and violence.</b></li> <li>• <b>Apply effective decision making with outcome predictions.</b></li> </ul>	
<b>Learning Activities</b>	
<ul style="list-style-type: none"> <li>• <b>Overview and introduction to cooperative challenges.</b></li> <li>• <b>Discussion questions about personal experiences and examples.</b></li> <li>• <b>Presentation and demonstration of skills and various concepts.</b></li> <li>• <b>Practice partner, small and large group activity challenges.</b></li> <li>• <b>Review successful solutions and possible modifications for problems.</b></li> </ul>	
<b>Assessments</b>	
<ul style="list-style-type: none"> <li>• <b>Students will demonstrate achievement of desired results through quizzes, academic prompts, and teacher observation.</b></li> </ul>	

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| <ul style="list-style-type: none"> <li>• <b>Students will reflect upon and self-evaluate their learning through review.</b></li> </ul> |
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Months	September - June
Topic	Fitness and Lifetime Activities- Cycling, Yoga, Pilates, Tae-Bo, Circuit Training, Games & Activities

**Essential Questions**

- **Why must students develop fitness to maintain health throughout their life?**
- **What movement skills and health concepts are necessary to promote an active lifestyle?**
- **How are the principles of fitness and health applied to daily living?**

**Enduring Understandings**

- **Staying healthy is a life long process that includes fitness as part of all the dimensions of wellness.**
- **Knowing and applying fitness principles throughout life enhances health.**
- **Understanding the fundamental concepts to effective execution of actions provides the foundation for participation in lifetime activities.**

NJCCCS	2.1.6 Wellness A. Growth & Development D. Safety E. Social & Emotional 2.5.6 Motor Skill Development A. Skills & Concepts C. Rules & Safety 2.6.6 Fitness A. Fitness & Physical Activity
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**Key Concepts and Skills**

- **Collect health data- BMI and components to be used to assess and improve fitness**
- **Summarize components and explain how people contribute to making traffic safety systems effective.**
- **Develop skills for lifetime stress management.**
- **Demonstrate planned, smooth movement sequences.**
- **Participate safely, demonstrating knowledge of rules that reflect origin and culture.**
- **Identify benefits of physical experiences for all dimensions of health**
- **Choose activities that have either health or skill-related fitness components**
- **Development of a personal fitness plan with goals based on assessment levels.**
- **Monitor heart rate and determine target heart rate.**

**Learning Activities**

- **Overview and introduction to lifetime fitness concepts and components.**
- **Discussion questions about activities and personal goal setting.**
- **Presentation and demonstration of skills and activities to enhance lifetime fitness.**
- **Practice individual, partner, and small, and large group fitness challenges.**
- **Evaluate influences and possible modifications for specific programs.**

**Assessments**

- **Standardized fitness tests , Fitnessgram, will be used for authentic performance tasks.**
- **Students will analyze their own performance and progress based on goals.**
- **Achievement of desired results will be monitored by tracking progress in portfolios.**

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Month	Sept. – June
Topic	Team Sports- Football, Field Hockey, Soccer, Lacrosse, Volleyball, Basketball, Floor Hockey, Softball

**Essential Questions**

- **Why must students develop mechanically correct movements to maintain health throughout their life?**
- **What skills and principles are necessary to promote an active lifestyle?**
- **How are necessary concepts and skills applied to enhance a health?**

**Enduring Understandings**

- **Development of total health concepts and skills to promote a healthy lifestyle.**
- **Utilization of safe, efficient movement skills to promote an active lifestyle.**
- **Application of a variety of fitness concepts necessary to maintain health.**

NJCCCS	2.5.6 Motor Skill Development- A. Movement Skills & Concepts, B. Strategy, C. Sportsmanship, Rules & Safety 2.6.6 Fitness- A. Fitness & Physical Activity
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**Key Concepts and Skills**

- **Demonstrate knowledge of effective communication skills and good character (sportsmanship).**
- **Acquire understanding of fundamental concepts related to effective movement actions.**
- **Apply appropriate offensive, defensive, and cooperative strategies.**
- **Practice safe behavior, follow appropriate rules with social consideration to cultural customs.**
- **Apply knowledge of effective health-related and skill-related fitness principles.**

**Learning Activities**

- **Overview presentation and introduction to the sport.**
- **Discussion and questions about personal and related sports experiences.**
- **Demonstration of movement skills employing correct mechanics.**
- **Practice techniques individually, with partners and small group activities.**
- **Review successful solutions and discuss possible problem modifications.**

**Assessments**

- **Students will demonstrate achievement of desired results through quizzes, academic prompts, and participation observation.**
- **Students will reflect upon and self-assess their learning through game play review.**
- **Performance and understanding evaluated based on professional standards.**



Months	October - December
Topic	Dance- Social, Creative and Cultural
<b>Essential Questions</b>	
<ul style="list-style-type: none"> <li>• <b>Why must students develop skill-related fitness movements to maintain a healthy lifestyle?</b></li> <li>• <b>What cooperative social skills and principles are necessary to promote an active lifestyle?</b></li> <li>• <b>How are fundamental movement skills based on rhythm used to enhance physical experiences throughout life?</b></li> </ul>	
<b>Enduring Understandings</b>	
<ul style="list-style-type: none"> <li>• <b>Develop an understanding of fundamental concepts of music related to effective execution of movement actions.</b></li> <li>• <b>Development of total health concepts and skills to promote a healthy lifestyle.</b></li> <li>• <b>Utilization of safe, controlled movement skills to enhance health throughout life.</b></li> <li>• <b>Application of a variety of fitness concepts necessary to maintain health.</b></li> </ul>	
NJCCCS	2.5.6 Motor Skill A. Movement skills & concepts, B. Strategy C. Sportsmanship 2.6.6 Fitness A. Fitness & Physical Activity
<b>Key Concepts and Skills</b>	
<ul style="list-style-type: none"> <li>• <b>Relate the historical origins of dance and cultural backgrounds.</b></li> <li>• <b>Demonstrate an understanding of fundamental concepts related to effective execution of controlled movement actions.</b></li> <li>• <b>Create and perform planned flowing, rhythmic sequences.</b></li> <li>• <b>Practice safe behavior, controlled actions follow appropriate rules, and social with consideration to cultural customs.</b></li> <li>• <b>Explain the physical, social, emotional, and intellectual benefits of dance experiences.</b></li> <li>• <b>Analyze group and individual performance and receive constructive feedback.</b></li> </ul>	
<b>Learning Activities</b>	
<ul style="list-style-type: none"> <li>• <b>Overview and introduction to dance components and challenges.</b></li> <li>• <b>Discussion questions about personal experiences and examples.</b></li> <li>• <b>Presentation and demonstration of skills, sequences, and music concepts.</b></li> <li>• <b>Practice partner, small and large group activity challenges.</b></li> </ul>	
<b>Assessments</b>	
<ul style="list-style-type: none"> <li>• <b>Students will demonstrate achievement of desired results through, self-evaluation, academic prompts, and teacher observation.</b></li> <li>• <b>Performance and understanding evaluation based on creative dance project.</b></li> <li>• <b>Students will analyze personal performance and accept constructive feedback from</b></li> </ul>	

**others.**

Months	January - June
Topic	Individual/Dual Sports- Bowling, Gymnastics, Table Tennis, Badminton, Tennis, Golf, Track and Field

**Essential Questions**

- **Why must students develop mechanically correct movements to maintain health throughout their life?**
- **What movement skills and fitness principles are necessary to promote an active lifestyle?**
- **How are necessary social concepts and skills applied to enhance physical experiences?**

**Enduring Understandings**

- **Development of total health concepts and skills to promote a healthy lifestyle.**
- **Utilization of safe, efficient movement skills to promote an active lifestyle.**
- **Application of a variety of fitness concepts necessary to maintain health.**

NJCCCS	2.5.6 Motor Skills Development A. Movement Skills & Concepts B. Strategy C. Sportsmanship, Rules & Safety 2.6.6 Fitness A. Fitness & Physical Activity
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**Key Concepts and Skills**

- **Demonstrate knowledge of effective communication skills and good character (sportsmanship).**
- **Apply understanding of fundamental concepts related to effective movement actions.**
- **Explain appropriate offensive, defensive, and cooperative strategies.**
- **Practice safe behavior, follow appropriate rules with social consideration to cultural customs.**
- **Apply knowledge of effective health-related and skill-related fitness principles.**

**Learning Activities**

- **Overview presentation and introduction to the sport.**
- **Discussion and questions about personal and related sports experiences.**
- **Demonstration of movement skills employing correct mechanics.**
- **Practice techniques individually and with partners.**
- **Review successful solutions and discuss possible problem modifications.**

**Assessments**

- **Students will demonstrate achievement of desired results through quizzes, academic prompts, and participation observation.**
- **Students will reflect upon and self-assess their learning through game play review.**
- **Performance and understanding evaluated based on professional standards.**

