

Fifth Grade Physical Education
Individual Activities and Fitness

<http://www.sad44.org/curriculum/health/health.pdf>

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Unit (Maybe on-going)				
Strands	Physical Fitness (A) Motor Skills (B) Personal and Social Interaction (C) http://www.state.me.us/education/lres/hpe.htm			
Activities	Snow shoeing T-Ball Capture the Flag Soccer Skills Basketball skills Cross Country skiing Jumping rope Frisbee Floor hockey Volleyball Team building skills Gymnastics Fitness development Cooperative skill development			
Assessments				
Vocabulary				
Resources	http://www.ceismc.gatech.edu/busyt/eng.shtml This site allows you to search by grade spans and a list of lessons will come up. http://www.pecentral.org/lessonideas/health/healthlp.asp Gives you lots of different options into how you want to search.			