

PRESCOTT UNIFIED SCHOOL DISTRICT
District Instructional Guide
2016

Grade Level: 5th	Subject: Physical Education	Time: Quarters 1 and 2	Core Text:
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Time	Unit/Topic	Standards	Assessments
Week 1, Ongoing	S4. E5 Safety S4. E4	Applies safety principles with age appropriate physical activities. Assesses adherence to rules, etiquette, and fair play of various games and activities.	
Quarter 1	S1. E1 Locomotor	Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. <i>(5.b)</i> Combines traveling with manipulative skills for execution to a target. <i>(5.c)</i>	
Quarter 1 and 2	S1. E2 Locomotor Running	Applies appropriate pacing for a variety of running distances.	
Quarter 1	S1. E7 Stability/Weight Transfer	Transfers weight from feet to hands varying speed and using large extensions. (e.g., mule kick, handstand, cartwheel)	

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Quarters 1 and 2	S1. E8 Stability, curling, stretching, twisting and bending	Performs curling, twisting & stretching actions with correct application in small modified games in games environment.	
Quarters 1 and 2	S1. E10 Manipulatives: underhand throw, underhand throw at target	Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. Throws underhand to a large target with accuracy.	
Quarters 1 and 2	S1. E11 Manipulatives: overhand throw, overhand throw at target	Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. (5.a) Throws overhand to large target with accuracy. (5.b)	
Quarters 1 and 2	S1. E12 Manipulatives <i>Passing with Hands (S1.E12.3-5.a)</i> <i>Passing with Hands Small Game (S1.E12.3-5.b)</i>	Throws with accuracy, both partners moving. (5.a) Throws with reasonable accuracy in dynamic, small modified games. (5.b)	

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Quarters 1 and 2	<p>S1. E13 Manipulatives <i>Catching (S1.E13.3-5.a)</i> <i>Catching while Moving (S1.E13.3-5.b)</i> <i>Catching Small Game (S1.E13.3-5.c)</i></p>	<p>Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills). (5.a) 5 - Catches with accuracy, both partners moving. (5.b) Catches with reasonable accuracy in dynamic, small-sided games. (5.c)</p>	
Quarters 1 and 2	<p>S1. E14 Manipulatives <i>Dribbling/Ball Control with Hands (S1.E.14.3-5a)</i> <i>Dribbling with an Implement (S1.E.14.3-5b)</i></p>	<p>Combines hand dribbling with other skills during 1v1 practice tasks. (5.a) Dribbling with an implement while showing change of direction, speed and control. (5.b)</p>	
Quarter 2	<p>S1. E17 Manipulatives <i>Dribbling in Combination</i></p>	<p>Dribbles with hands or feet with mature patterns in a variety of small-sided games.</p>	
Quarter 1	<p>S1. E18 Manipulatives <i>Kicking</i></p>	<p>Demonstrates mature patterns in kicking and punting in small-sided practice task environments.</p>	

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Quarter 1	S1.E20 Manipulatives <i>Volley, Overhead</i>	Volleys a ball using a mature two-hand overhead pattern sending it upward to a target.	
Quarters 1 and 2	S1.E22 Manipulatives <i>Striking, Long Handled Implements (S1.E20.3-5.a)</i> <i>Striking, Long Handled Implements while Traveling (S1.E20.3-5.b)</i>	5 - Strikes a pitched ball with a bat using a mature pattern. (5.a) 5 - Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (5.b)	
Quarter 1 and 2	S1.E23 Manipulatives <i>In Combination with Locomotor</i>	5 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball).	
Quarter 2	S1.E24 Manipulatives <i>Jumping Rope</i>	5 – Creates a jump rope routine with a partner, using either a short or long rope.	
Quarter 1, on-going	S2.E1 Movement Concepts <i>Open Spaces (S2.E1.3-5.a)</i>	5 - Applies the concept of open spaces to combination skills involving locomotor and non locomotor movements for small groups. (5.a) 5 - 5 - Applies the concept of closing spaces in small sided practices. (5.b) 5 - Identify boundaries and apply knowledge to small games. (5.c)	

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	<p><i>Closing Spaces</i> (S2.E1.3-5.b) <i>Boundaries</i> (S2.E1.3-5.c)</p>		
Quarter 2	<p>S2.E3 Movement Concepts <i>Game Situations</i> (S2.E3.3-5.a) <i>Direction and Force</i> (S2.E3.3-5.b) <i>Modified Situations</i> (S2.E3.3-5.c)</p>	<p>5 - Applies movement concepts to strategy in game situations. (5.a) 5 - Applies the concept of direction and force to strike an object with a long handled implement. (5.b) 5 - Analyze movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics (5.c).</p>	
Quarter 2	<p>S2.E4 Movement Concepts Alignment and Muscular Tension (S2.E4.3-5.a) Movement (S2.E4.3-5.b)</p>	<p>5 - Applies skills of alignment in all forms of movement. (5.a) 5 - Employs the concept of muscular tension with balance in all forms of movement. (5.b)</p>	
Quarter 2	<p>S2.E5 Movement</p>		

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	<p>Concepts <i>Invasion Strategies/Tactics (S2.E5.3-5.a)</i> <i>Net/Wall Strategies/Tactics (S2.E5.3-5.b)</i> <i>Game and Sport Situations (S2.E5.3-5.c)</i></p>	<p>5 - Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. <i>(5.a)</i> 5 - Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. <i>(5.b)</i> 5 - Recognizes the type of throw, volley or striking action needed for different games and sports situations. <i>(5.c)</i></p>	
Quarter 2	<p>S3.E1 Physical Activity Knowledge</p>	<p>5 - Charts and analyzes physical activity outside physical education class for fitness benefits of activities.</p>	
Daily	<p>S3.E2 Engages in Physical Activity</p>	<p>5 - Actively engages in all the activities of physical education.</p>	
Quarters 1 and 2	<p>S3.E4 Fitness Knowledge <i>Health Related Fitness (S3.E4.3-5.a)</i></p>	<p>5 - List, define, and demonstrates the five components of health related fitness. <i>(5.a)</i> 5 - Identifies the need for warm-up & cool-down relative to various physical activities. <i>(5.b)</i> 5 - Identify and apply FITT to a fitness plan (frequency, intensity,</p>	

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	<p><i>Warm-Up/Cool Down</i> <i>(S3.E4.3-5.b)</i> <i>FITT Principle</i> <i>(S3.E4.3-5.c)</i> <i>Muscle Identification</i> <i>(S3.E4.3-5.d)</i> <i>Muscular/Skeletal Movement</i> <i>(S3.E4.3-5.e)</i></p>	<p>time, type). <i>(5.c)</i> 5 - Identify major muscles. <i>(5.d)</i> 5 - Experience how the muscular and skeletal systems work together to allow movement. <i>(5.e)</i></p>	
Quarter 2	<p>S3.E6 Assessment and Program Planning <i>Analyzes Fitness Assessment/Components</i> <i>(S3.E6.3-5.a)</i> <i>Fitness Assessment</i> <i>(S3.E6.3-5.b)</i> <i>FITT Strategies</i> <i>(S3.E6.3-5.c)</i></p>	<p>5 - Analyzes results of fitness assessment (pre- & post-), comparing results to fitness components for good health. <i>(5.a)</i> 5 - Perform a nationally recognized, criterion references, health related fitness assessment that includes muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition. <i>(5.b)</i> 5 - Identify strategies for progress in fitness areas using FITT strategies. <i>(5.c)</i></p>	
Quarter 1	<p>S4. E6 Safety</p>	<p>Apply sun safety practices. (5a)</p>	

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	<i>Sun Safety</i>		
Quarter 2	S5.E1 Health	5 - Compares the health benefits of participation in selected physical activities.	
	S5. E2 Challenge	5 - Analyzes the personal benefits to participating in an activity that is challenging.	
	S5. E3 Self Expression/Enjoyment	5 - Analyzes the personal benefits to participating in activity that is enjoyable.	
Quarter 1	<i>S5. E4 Social Interaction</i>	5 - Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.	
Quarter 2	S6.C2 PO4 Technology operations and concepts	5- Perform searches of existing databases.	
Quarter 2	5.RI.9 Informational text	5-Integrate information from several texts on the same topic in order to write or speak about the subject knowledgeably.	

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Grade Level: 5th	Subject: Physical Education	Time: Quarters 3 and 4	Core Text:
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Time	Unit/Topic	Standards	Assessments
Week 1, Ongoing	S4. E5 Safety S4. E4	Applies safety principles with age appropriate physical activities. Assesses adherence to rules, etiquette, and fair play of various games and activities.	
Quarter 3	S1. E1 Locomotor	Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. <i>(5.b)</i> Combines traveling with manipulative skills for execution to a target. <i>(5.c)</i>	
Quarter 3 and 4	S1. E2 Locomotor Running	Applies appropriate pacing for a variety of running distances.	
Quarter 3	<i>S1.E4</i> Locomotor <i>Cultural Dance</i> <i>(S1.E4.3-5.a)</i> <i>Group Dance</i> <i>(S1.E4.3-5.c)</i>	5 - Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. <i>(5.a)</i> 5 - Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, and time, flow) to create and perform a dance with a group. <i>(5.c)</i>	

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Quarter 3	S1. E7 Stability/Weight Transfer	Transfers weight from feet to hands varying speed and using large extensions. (e.g., mule kick, handstand, cartwheel)	
Quarters 3 and 4	S1. E8 Stability, curling, stretching, twisting and bending	Performs curling, twisting & stretching actions with correct application in small modified games in games environment.	
Quarter 3	1. E9 Non-Loco-motor Combinations	5 -Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.	
Quarters 3 and 4	S1. E10 Manipulatives: underhand throw, underhand throw at target	Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. Throws underhand to a large target with accuracy.	
Quarters 3 and 4	S1. E11 Manipulatives: overhand throw, overhand throw at target	Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. (5.a) Throws overhand to large target with accuracy. (5.b)	
Quarters 3 and 4	S1. E12 Manipulatives <i>Passing with Hands</i>	Throws with accuracy, both partners moving. (5.a) Throws with reasonable accuracy in dynamic, small modified games. (5.b)	

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	<p><i>(S1.E12.3-5.a)</i> <i>Passing with Hands Small Game</i> <i>(S1.E12.3-5.b)</i></p>		
Quarter 3	<p>S1. E13 Manipulatives <i>Catching</i> <i>(S1.E13.3-5.a)</i> <i>Catching while Moving</i> <i>(S1.E13.3-5.b)</i> <i>Catching Small Game</i> <i>(S1.E13.3-5.c)</i></p>	<p>Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills). <i>(5.a)</i> 5 - Catches with accuracy, both partners moving. <i>(5.b)</i> Catches with reasonable accuracy in dynamic, small-sided games. <i>(5.c)</i></p>	
Quarters 3 and 4	<p>S1. E14 Manipulatives <i>Dribbling/Ball Control with Hands</i> <i>(S1.E.14.3-5a)</i> <i>Dribbling with an Implement</i> <i>(S1.E.14.3-5b)</i></p>	<p>Combines hand dribbling with other skills during 1v1 practice tasks. <i>(5.a)</i> Dribbling with an implement while showing change of direction, speed and control. <i>(5.b)</i></p>	
Quarters 3 and 4	<p>S1. E17 Manipulatives <i>Dribbling in</i></p>		

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	<i>Combination</i>	Dribbles with hands or feet with mature patterns in a variety of small-sided games.	
Quarter 3	S1.E18 Manipulatives <i>Kicking</i>	Demonstrates mature patterns in kicking and punting in small-sided practice task environments.	
Quarter 4	S1.E20 Manipulatives <i>Volley, Overhead</i>	Volleys a ball using a mature two-hand overhead pattern sending it upward to a target.	
Quarters 3 and 4	S1.E22 Manipulatives <i>Striking, Long Handled Implements (S1.E20.3-5.a)</i> <i>Striking, Long Handled Implements while Traveling (S1.E20.3-5.b)</i>	5 - Strikes a pitched ball with a bat using a mature pattern. (5.a) 5 - Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (5.b)	
Quarter 3 and 4	S1.E23 Manipulatives <i>In Combination with Locomotor</i>	5 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball).	
Quarter 4	S1.E24 Manipulatives <i>Jumping Rope</i>	5 – Creates a jump rope routine with a partner, using either a short or long rope.	

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Quarter 3, on-going	<p>S2.E1 Movement Concepts <i>Open Spaces (S2.E1.3-5.a)</i> <i>Closing Spaces (S2.E1.3-5.b)</i> <i>Boundaries (S2.E1.3-5.c)</i></p>	<p>5 - Applies the concept of open spaces to combination skills involving locomotor and non locomotor movements for small groups. (5.a) 5 - 5 - Applies the concept of closing spaces in small sided practices. (5.b) 5 - Identify boundaries and apply knowledge to small games. (5.c)</p>	
Quarter 4	<p>S2.E3 Movement Concepts <i>Game Situations (S2.E3.3-5.a)</i> <i>Direction and Force (S2.E3.3-5.b)</i> <i>Modified Situations (S2.E3.3-5.c)</i></p>	<p>5 - Applies movement concepts to strategy in game situations. (5.a) 5 - Applies the concept of direction and force to strike an object with a long handled implement. (5.b) 5 - Analyze movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics (5.c).</p>	
Quarter 4	<p>S2.E4 Movement Concepts Alignment and Muscular</p>	<p>5 - Applies skills of alignment in all forms of movement. (5.a) 5 - Employs the concept of muscular tension with balance in all forms of movement. (5.b)</p>	

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	<p><i>Tension</i> <i>(S2.E4.3-5.a)</i></p> <p><i>Movement</i> <i>(S2.E4.3-5.b)</i></p>		
Quarter 4	<p>S2.E5 Movement Concepts <i>Invasion</i> <i>Strategies/Tactics (S2.E5.3-5.a)</i> <i>Net/Wall</i> <i>Strategies/Tactics (S2.E5.3-5.b)</i> <i>Game and Sport</i> <i>Situations (S2.E5.3-5.c)</i></p>	<p>5 - Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. <i>(5.a)</i></p> <p>5 - Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. <i>(5.b)</i></p> <p>5 - Recognizes the type of throw, volley or striking action needed for different games and sports situations. <i>(5.c)</i></p>	
Quarter 4	<p>S3.E1 Physical Activity Knowledge</p>	<p>5 - Charts and analyzes physical activity outside physical education class for fitness benefits of activities.</p>	
Daily	<p>S3.E2 Engages in Physical Activity</p>	<p>5 - Actively engages in all the activities of physical education.</p>	

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<p>Quarters 3 and 4</p>	<p>S3.E4 Fitness Knowledge <i>Health Related Fitness</i> <i>(S3.E4.3-5.a)</i> <i>Warm-Up/Cool Down</i> <i>(S3.E4.3-5.b)</i> <i>FITT Principle</i> <i>(S3.E4.3-5.c)</i> <i>Muscle Identification</i> <i>(S3.E4.3-5.d)</i> <i>Muscular/Skeletal Movement</i> <i>(S3.E4.3-5.e)</i></p>	<p>5 - List, define, and demonstrates the five components of health related fitness. <i>(5.a)</i></p> <p>5 - Identifies the need for warm-up & cool-down relative to various physical activities. <i>(5.b)</i></p> <p>5 - Identify and apply FITT to a fitness plan (frequency, intensity, time, type). <i>(5.c)</i></p> <p>5 - Identify major muscles. <i>(5.d)</i></p> <p>5 - Experience how the muscular and skeletal systems work together to allow movement. <i>(5.e)</i></p>	
<p>Quarter 4</p>	<p>S3.E6 Assessment and Program Planning <i>Analyzes Fitness Assessment/Components</i> <i>(S3.E6.3-5.a)</i> <i>Fitness Assessment</i></p>	<p>5 - Analyzes results of fitness assessment (pre- & post-), comparing results to fitness components for good health. <i>(5.a)</i></p> <p>5 - Perform a nationally recognized, criterion references, health related fitness assessment that includes muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition. <i>(5.b)</i></p> <p>5 - Identify strategies for progress in fitness areas using FITT</p>	

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	<i>(S3.E6.3-5.b)</i> <i>FITT Strategies</i> <i>(S3.E6.3-5.c)</i>	strategies. (5.c)	
Quarter 3	S4. E6 Safety Sun Safety	Apply sun safety practices. (5a)	
Quarter 4	S5.E1 Health S5. E2 Challenge S5. E3 Self Expression/Enjo yment	5 - Compares the health benefits of participation in selected physical activities. 5 - Analyzes the personal benefits to participating in an activity that is challenging. 5 - Analyzes the personal benefits to participating in activity that is enjoyable.	
Quarter 3	<i>S5. E4</i> <i>Social Interaction</i>	5 - Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.	
Quarter 4	S6.C2 PO4 Technology operations and concepts	5- Perform searches of existing databases.	
Quarter 4	5.RI.9 Informational	5-Integrate information from several texts on the same topic in order to write or speak about the subject knowledgeably.	

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	<i>text</i>		
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