

5th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Building Strength, Skills, and Sportsmanship

Version May/2025

1. Introduction

The Role of Physical Education in 5th Grade

The 5th Grade Physical Education curriculum develops motor competence, endurance, and cooperative play through sport and fitness. Students improve strength, coordination, and flexibility while practicing goal-setting, respectful behavior, and safe participation. They engage in both individual and team-based activities that build confidence and reinforce the value of lifelong movement.

By the end of this course, students will:

- ✓ **Demonstrate fundamental movement skills with accuracy and control.**
- ✓ **Understand the importance of warming up and conditioning.**
- ✓ **Participate safely and fairly in ball sports like soccer and volleyball.**
- ✓ **Monitor personal fitness and reflect on physical progress.**
- ✓ **Apply teamwork, strategy, and sportsmanship in active games.**

2. Core Competence Areas

PE.1 Physical Presentation and Body Awareness

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Use posture, balance, and controlled movement in performance.
- ✓ Understand body mechanics and positioning during exercise.
- ✓ Demonstrate focus, breathing, and composure in physical tasks.

Competencies

PE.1.A.1 – Practicing controlled and mindful movement.

- Perform static and dynamic balance poses.
- Create short movement routines emphasizing control and posture.

PE.1.A.2 – Presenting physical effort with confidence.

- Model correct form in stretches and drills.
 - Lead a class warm-up or showcase individual skills.
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PE.2 Warm-Up Routines and Conditioning

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Perform age-appropriate warm-ups and cooldowns.
- ✓ Understand the benefits of dynamic vs. static stretching.
- ✓ Use warm-up as preparation for sport or intense activity.

Competencies

PE.2.A.1 – Performing and designing warm-up routines.

- Practice warm-up circuits for agility, flexibility, and muscle activation.
- Lead a warm-up session in small groups.

PE.2.A.2 – Practicing recovery and cooldown skills.

- Perform cooldown sequences and monitor breathing and heart rate.
 - Discuss the physiological importance of rest and hydration.
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PE.3 Endurance and Cardiovascular Fitness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate sustained physical effort over time.**
- ✓ **Monitor exertion using pulse checks and the RPE scale.**
- ✓ **Set personal fitness goals for aerobic capacity.**

Competencies

PE.3.A.1 – Participating in endurance-building activities.

- Run/jog laps, complete timed challenges, and circuit stations.
- Use jump rope, agility ladders, or step routines.

PE.3.A.2 – Reflecting on fitness growth.

- Track endurance using logbooks and pulse graphs.
 - Set SMART fitness goals and monitor improvement..
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PE.4 Object Control: Ball Throw and Accuracy

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate proper throwing mechanics.**
- ✓ **Target stationary and moving objects using technique and aim.**
- ✓ **Reflect on accuracy and adjust movement as needed.**

Competencies

PE.4.A.1 – Developing throwing form.

- Practice overhand, underhand, and one-hand throws.
- Use games like target throw and obstacle relays.

PE.4.A.2 – Improving coordination and reaction.

- Engage in team ball games focusing on passing and catching.
 - Use cues and reaction drills to enhance response time.
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PE.5 Soccer Skills and Team Play

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate foundational soccer skills: passing, dribbling, shooting.**
- ✓ **Work cooperatively in team drills and small-sided games.**
- ✓ **Understand the rules, positions, and strategies of soccer.**

Competencies

PE.5.A.1 – Building individual ball skills.

- Practice footwork, control, and targeting drills.
- Engage in progressive skill stations.

PE.5.A.2 – Playing soccer with strategy and respect.

- Participate in modified games, focusing on communication and roles.
 - Show good sportsmanship and apply game rules accurately.
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PE.6 Volleyball Basics and Team Engagement

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Perform basic volleyball skills: bump, set, serve.
- ✓ Practice rhythm, timing, and spatial awareness.
- ✓ Cooperate in team rotations and structured gameplay.

Competencies

PE.6.A.1 – Learning volleyball fundamentals.

- Practice technique with drills using balloons or soft volleyballs.
- Use wall drills and paired bump-set routines.

PE.6.A.2 – Participating in volleyball gameplay.

- Play simplified games to reinforce serving, rotation, and rally scoring.
- Demonstrate responsibility, fairness, and encouragement.

3. Assessment and Evaluation

Formative Assessments – Daily Participation

- ✓ Movement observation checklists.
- ✓ Fitness journals and warm-up logs.
- ✓ Peer and self-assessment rubrics.

Summative Assessments – Skills and Strategy

- ✓ Fitness milestone review (run time, flexibility, throwing).
- ✓ Group game performance scoring.
- ✓ Sports rules and tactics quiz.

Authentic Assessment – Performance and Leadership

- ✓ Student-led warm-up or movement station.
- ✓ “Sport Leader of the Week” challenge.
- ✓ End-of-year Physical Growth Presentation.

4. Instructional Strategies for Online Learning

Inquiry and Student Choice

- ✓ Design-your-own game weeks.
- ✓ Group fitness strategy planning.

Technology and Integration

- ✓ Use pedometers or heart rate monitors.
- ✓ Record gameplay for self-analysis.

Safe and Inclusive Movement Culture

- ✓ Adapt games for various needs and skill levels.
- ✓ Encourage positive encouragement and teamwork.

Learning Culture

- ✓ “Try your best” attitude over perfection.
- ✓ Celebrate progress and effort.
- ✓ Provide feedback that motivates and informs.

