

Physical Education Curriculum

Approved 2014 (NJCCS 2009 alignment)

Unit: **Basic Skills and Lead – Up Games** Grades: **Grades 5 & 6**

This unit is designed to build upon skills, which are necessary for successful participation in exercise, athletic activities and sports. The Fifth Grade PE challenge includes throwing and catching, jumping rope, volleying a ball, balance activities, and hula hooping; the students receive an award for successful completion of these skills. Students learn skills in warm up activities and by playing lead-up games which may include (but are not limited to): Pirate City, Relays, Hoops, Shuttle in the Bucket, King/Queen of the Court, wall volleys, Pac Man, Pass and Shoot, Squad Ball, Keep Away, Target Frisbee, jump rope skills, tag games, Hit the Pin, Frogs and Ants, GoBots on the Loose, 4 Square variations, 1 on 1 games, Hoop Volleyball, Keep It up, Snipes and Snorpes, Kickball, Big Base Kickball, and Moonball.

Essential Questions	Skills		NJCCCS	Assessment	Resources
What motor skills are necessary to develop an appreciation for lifetime activities?	<u>Throwing</u> <ul style="list-style-type: none"> • Underhand • Overhand • Sidearm 		2.5.6.A1	Teacher Observation	Various internet resources including but not limited to:
How will you develop a positive attitude toward team and lifetime activities?	<u>Catching</u> <ul style="list-style-type: none"> • Above waist • Below waist 		A2	Self Assessment	
Why are rules necessary for the safety of all participants?	<u>Dribbling</u> <ul style="list-style-type: none"> • Right hand • Left hand 		2.5.6.C.1	Peer Assessment	PE Central AAHPERD NJAHPERD NASPE
How does participation in small group activities help to develop appropriate social behavior?	<u>Striking</u> <ul style="list-style-type: none"> • Hand • Implement <ul style="list-style-type: none"> Bat Racket Hockey Stick 		C.2	Informal Question/Answer	
Why is the development of basic motor skills essential?	<u>Kicking</u> <ul style="list-style-type: none"> • Inside foot • Outside foot • Jumping • Basic skills • Rope skills 		C.3	Rubric	
				PE Challenge	