

Wyoming Department of Education Required Virtual Education Course Syllabus

Campbell County School District # 1

Program Name	Campbell County Virtual School	Content Area	WE
Course ID	WESV	Grade Level	5
Course Name	PE 5	# of Credits	
SCED Code		Curriculum Type	K12 Inc

COURSE DESCRIPTION

A daily physical education program is designed to ensure that our students develop the coordination, motor skills and overall fitness necessary to lead healthy and active lives. The school administration has developed a versatile physical education program that offers a variety of options. A CCVS staff member will further outline instructions about this program

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
PE5.1.1	Students combine locomotor and body control skills into movement patterns.
PE5.1.2	Students demonstrate a combination of body control skills.
PE5.1.3	Students apply fundamental manipulative skills in a variety of physical activities.
PE5.1.4	Students demonstrate and apply basic tactics and principles of movement.
PE5.1.5	Students explain critical elements of locomotor skills.
PE5.1.6	Students explain critical elements of body control skills.
PE5.1.7	Students explain critical elements of fundamental manipulative skills.
PE5.1.8	Students explain basic tactics and principles of movement.
PE 5.2.1	Students assess current levels of personal health-related fitness.
PE 5.2.2	Students define the health benefits of physical activity.
PE 5.2.3	Students explain the principles, components, and practices of health-related fitness.
PE 5.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 5.3.1	Students understand the purpose of and apply appropriate rules, procedures, and safe practices in physical activity setting.
PE 5.3.2	Students interact and communicate positively with others.
PE 5.3.3	Students participate in and explain physical activities that promote self-challenge and enjoyment.
PE 5.3.4	Students participate in physical activities that promote self-expression and social and group interaction.

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
<p>Unit 1: The Presidential Fitness Challenge: Introduction</p> <p>In this unit, students will learn about the President’s Council on Fitness, Sports & Nutrition Award Programs. The United States government created the President’s Council to guide and inspire students to be physically active and fit. Students will learn about the activities to participate in, the awards that can be won, and how to keep track of progress. By the end of this unit, students will have taken the first step toward earning the Presidential Youth Fitness Award or the Presidential Active Lifestyle Award or will have qualified for one.</p>	<p>PE5.2.1, PE5.2.2, PE5.2.3, PE5.2.4, PE5.3.1, PE5.3.2, PE5.3.3, PE5.3.4</p>	<ul style="list-style-type: none"> • Learn about the Presidential Fitness Challenge award programs which include the Presidential Active Lifestyle program and the Presidential Physical Fitness program • Learn how to keep track of exercise progress

<p>Unit 2: Learning Locomotor Skills</p> <p>In this unit, students will demonstrate age-appropriate proficiency in fundamental sports skills: throwing, catching, kicking, running, and jumping.</p> <p>Students will learn the eight principal locomotor skills: running, hopping, vertical jumping, horizontal jumping, galloping, sliding, skipping, and leaping. Some of these locomotor skills relate directly to sports skills, while others will assist students with dance skills and in becoming a more skillful mover. Students will also begin to participate in daily exercise activities.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE5.2.1, PE5.2.2, PE5.2.3, PE5.2.4, PE5.3.1, PE5.3.2, PE5.3.3, PE5.3.4</p>	<ul style="list-style-type: none"> • Demonstrate eight principle locomotor skills • Participate in various physical activities
<p>Unit 3: Developing a Healthy Exercise Routine</p> <p>In this unit, your student will learn the four principles of exercise: regularity, overload, specificity, and progression. He will also learn about the four components—warm-up, stretching, exercise, and cool-down—that make up an effective exercise routine. Lastly, he will gain an understanding of why each one is important and then begin the suggested daily exercise activities.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE5.2.3, PE5.2.4, PE5.3.1, PE5.3.2, PE5.3.3, PE5.3.4</p>	<ul style="list-style-type: none"> • Demonstrate an understanding of the importance of flexibility and its overall health benefits • Demonstrate a variety of stretching techniques • Incorporate stretching into a daily exercise routine
<p>Unit 4: Your Body and Exercise</p> <p>In this unit students will learn about how different factors affect the body during exercise. The unit explores body type and composition, proper diet and nutrition, the importance of fluids during exercise, how the human body maintains a healthy balance, and how exercise-related injuries can be prevented and cared for.</p>	<p>PE5.2.1, PE5.2.2, PE5.2.3, PE5.2.4</p>	<ul style="list-style-type: none"> • Define body type and body composition • Understand the value of eating a healthy diet • Explain the importance of fluids for your body • Demonstrate appropriate care and prevention of exercise-related injuries
<p>Unit 5: The Presidential Fitness Challenge</p> <p>In this unit, students will participate in The Presidential Physical Fitness Challenge. The President's Challenge is a program created by the United States government that rewards students for being physically active and physically fit. Students will complete various exercises and submit a record of performance in these exercises to the teacher for verification and recognition.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE 5.2.1, PE 5.2.2, PE 5.2.4</p>	<ul style="list-style-type: none"> • Participate in the Presidential Fitness Challenge
<p>Unit 6: Games Around the World</p> <p>In this unit, students will learn about games that children play. However, the games that students will learn are probably not ones that they have played before. Students are going to take a look at games that children play in different countries around the world. In the first lesson, students will learn games from countries in Asia. Next they will look at games that are played in countries in Europe. The third lesson will concentrate on countries of Africa. In the fourth lesson, students will learn some games from Australia.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE5.2.3, PE5.2.4, PE5.3.1, PE5.3.2, PE5.3.3, PE5.3.4</p>	<ul style="list-style-type: none"> • Participate in various games played by children in other countries • Demonstrate locomotor skills necessary for running and jumping