

Wyoming Department of Education Required Virtual Education Course Syllabus

BIG HORN COUNTY SCHOOL DISTRICT #1

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| Program Name | WYCA | Content Area | Physical Education |
| Course ID | CAEL74473 | Grade Level | 5 |
| Course Name | Physical Education 5 | # of Credits | 0.5 |
| SCED Code | NoCourseSCED | Curriculum Type | Connections Academy |

COURSE DESCRIPTION

At the fifth grade level students understand the concept of fair play and begin to recognize the varying fitness levels within the appropriate age standards. Playing by the rules and respecting self and OTs are emphasized as students participate in cooperative PE activities. Students see how levels of physical activity and food intake are related to a healthy productive life-style. The President's Council on Physical Fitness and Sports Tests will be part of his/her curriculum. Depending on the program chosen, the student will have the opportunity to record his results on a periodic basis, and receive the appropriate award depending on the performance level.

WYOMING CONTENT AND PERFORMANCE STANDARDS

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| 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 | 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 |
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| <p>Unit 1: The Presidential Fitness Challenge: Introduction In this unit, your student 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. Your student will learn about the activities he can participate in, the awards that he can win, and how to keep track of his progress. By the end of this unit, your student will have taken his first step toward earning the Presidential Youth Fitness Award or the Presidential Active Lifestyle Award or he will have qualified for one.</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 | <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 In this unit, your student will demonstrate age-appropriate proficiency in fundamental sports skills: throwing, catching, kicking, running, and jumping. Your student 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 your student with dance skills and in becoming a more skillful mover. Your student will also begin to participate in daily exercise activities.</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 | <ul style="list-style-type: none"> • Demonstrate eight principle locomotor skills • Participate in various physical activities |
| <p>Unit 3: Developing a Healthy Exercise Routine 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> | 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 | <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 In this unit, your student will learn about how different factors affect her 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> | PE5.2.1, PE5.2.2, PE5.2.3, PE5.2.4, | <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 |

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| <p>Unit 5: The Presidential Fitness Challenge In this unit, your student 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. Your student will complete various exercises and submit a record of his performance in these exercises to his 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, PE5.2.1, PE5.2.2, PE5.2.3, PE5.2.4,</p> | <ul style="list-style-type: none"> • Participate in The Presidential Physical Fitness Challenge |
| <p>Unit 6: Games Around the World In this unit, your student will learn about games played by children in other countries. She will learn games from countries in Asia in the first lesson. Next she will look at games that are played in countries in Europe. The third lesson will concentrate on games that children play in Australia. Finally, in the fourth lesson your student will focus on games from countries in Africa.</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 |