



## **Physical Education 5**

### **Course Summary:**

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 others are emphasized as students participate in cooperative physical education 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 their 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.

### **Course Outline**

#### **1. The Presidential Fitness Challenge: Introduction**

1. About the Presidential Fitness Challenge
  - Learn about the Presidential Fitness Challenge programs, which include the Presidential Active Lifestyle program and the Presidential Physical Fitness program
  - Analyze baseline fitness data to assess levels of personal fitness and identify strengths and weaknesses
2. Powerful Pacer and Mighty Mile
  - Learn the proper way to do the mile run/walk
  - Learn the proper way to complete the pacer test
  - Demonstrate accurate completion of the mile run/walk
  - Demonstrate accurate completion of the pacer test
3. Perfect Push-ups and Curl-ups
  - Learn the proper way to do push-ups
  - Demonstrate proper technique while doing push-ups
  - Learn the proper way to do curl-ups
  - Demonstrate proper technique while doing curl-ups
4. Terrific Trunk Lift and Stretchy Sit-and-Reach
  - Learn the proper way to do the Stretchy Sit-and-Reach
  - Learn the proper way to do the Terrific Trunk Lift

#### **2. Learning Locomotor Skills**

1. Steal the Ball
  - Develop locomotor skills of running, and dribbling a ball with your feet
2. Marathon Walk/Run
  - Develop the locomotor skills of walking and running
3. Up and Down the Step Aerobics
  - Develop and demonstrate coordination
4. Let's Get Jumping
  - Develop and demonstrate the locomotor skill of jumping

5. Let's Have a Ball
  - Develop the locomotor skills of throwing and catching a ball
  - Develop eye-hand coordination skills
6. Throw and Catch
  - Develop accurate throwing, catching, visual tracking, and dexterity
7. You Can Build a Strong Upper Body
  - Develop knowledge of exercises that strengthen the upper body
8. Get Flexible
  - Develop flexibility by performing bending and stretching exercises
9. Strong Legs Will Take You Far
  - Develop strength in the lower body through interval training
10. Core Strength: Twisting and Turning
  - Develop core strength through the use of twisting and turning skills
11. Fitness Around the House
  - Develop fitness skills by performing exercises that address different components of fitness

### 3. **Developing a Healthy Exercise Routine**

1. A Healthy Exercise Routine
  - Identify the four principles of exercise
  - Identify the components of an exercise routine
  - Demonstrate how to properly warm up and cool down
  - Identify how physical activity can improve mental health and reduce stress.
2. Flexibility Training
  - Demonstrate an understanding of the importance of flexibility and its overall health benefits
  - Demonstrate a variety of stretching techniques in order to improve flexibility
  - Incorporate stretching into your daily exercise routine
  - Identify the major components of the skeletal system
3. Aerobic Training
  - Demonstrate an understanding of the importance of aerobic activity
  - Demonstrate an understanding of aerobic activities and include them in a daily exercise routine
  - Identify the major components of the cardiorespiratory and vascular systems
  - Calculate your heart rate during physical activity
  - Explain the relationship between heart rate and cardiorespiratory fitness
4. Training for Strength and Endurance
  - Demonstrate an understanding of the importance of muscular strength and endurance
  - Incorporate strength and endurance exercises into a daily exercise routine
  - Identify the major components of the muscular system
  - Describe specific movements by applying knowledge of skeletal and muscular systems
  - Understand how flexibility is related to bones, muscles, and joints

### 4. **Your Body and Exercise**

1. Body Composition
  - Learn about different body types and the characteristics of each
  - Identify the three components of body composition
  - Calculate your Body Mass Index using a BMI Calculator
2. Nutrition & Healthy Eating
  - Identify the five food groups that make up MyPlate
  - Explain why eating a healthy diet is important to overall wellness

- Name specific foods and what food group they belong to
  - Explain Recommended Dietary Allowance (RDA)
  - Evaluate components of food labels
3. The Importance of Fluids
    - Define homeostasis and explain the role it plays in body system regulation
    - Explain why replacing fluids is important during exercise
  4. Injuries
    - Learn how to prevent exercise-related injuries
    - Learn how to care for exercise-related injuries
- 5. The Presidential Fitness Challenge**
1. Endurance Run/Walk and Shuttle Run
    - Participate in The Presidential Physical Fitness Challenge
    - Complete the endurance run/walk
    - Complete the shuttle run
  2. Pull-ups or Push-ups and Curl-ups
    - Participate in The Presidential Physical Fitness Challenge
    - Complete pull-ups or push-ups
    - Complete curl-ups
  3. V-Sit and Reach
    - Participate in The Presidential Physical Fitness Challenge
    - Complete the v-sit and reach
- 6. Games Around The World**
1. Asia
    - Participate in games that are played by children in Asia
    - Demonstrate locomotor skills necessary for running and jumping
  2. Europe
    - Participate in games that are played by children in Europe
    - Demonstrate locomotor skills necessary for running and jumping
    - Demonstrate hand-eye coordination necessary to catch a ball with a cup
  3. Australia
    - Participate in games that are played by children in Australia
    - Demonstrate hand-eye coordination necessary to throw and catch a ball
    - Demonstrate locomotor skills necessary to run
  4. Africa
    - Participate in games that are played by children in Ghana
    - Demonstrate locomotor skills necessary for running and jumping