



Woodridge Fifth Grade PE Year at a Glance (YAG)



First Semester		Second Semester	
1st Nine Weeks – 40 days (August 20 th – October 16 th) (September 3 rd – Labor day – No School) (October 8 th – Staff Development)		3rd Nine Weeks – 45 days (January 7 th – March 19 th) (January 21 st – MLK – No School) (March 11 th – 15 th – Spring Break)	
TEKS 5.1ABC 5.1CDFKL 5.1KL 5.1IJ 5.3A 5.4AB 5.1ABCE 5.5ABCD 5.7A 5.5ABCD 5.7ABC 5.3AB 5.4ABCD	Units Locomotor Skills: reinforcement of all locomotor skills including chasing and fleeing Body Management: applies skills such as rolling, jumping, throwing, catching and striking using correct body alignment in lead up games. Manipulatives: dribble with hands and feet while keeping control of the ball, striking objects to self and others using racquets Rhythms/Dance: individual and long jump roping, group fitness and Drum Fit Movement Concepts: personal space, boundaries, start/stop, levels of movement, pathways, speed/tempo, directions and Pacer Test Safety: gym and playground rules, water, restroom and emergency procedures Social: demonstrates responsible behavior, self-direction and cooperation with others, uses all equipment safely Health & Body: completes a health-related personal fitness assessment (Fitnessgram Testing)	TEKS 5.1AB 5.1CD 5.1KL 5.2C 5.1HIJ 5.2ABC 5.3AB 5.4C 5.5ABCD 5.7AB 5.4FGHI	Units Locomotor Skills: appropriate use of levels in dynamic movement situations Body Management: perform a variety of skills with attention to form, power, accuracy and follow through Manipulatives: applies combinations of catching, throwing and striking in small-sided lead up games Rhythms/Dance: creates combinations of movement patterns found in aerobic dance, line dance or jump rope routines Movement Concepts: basic resistance training techniques, use of plyometrics to increase “explosiveness” and circuit training to increase speed, agility and coordination Safety: Bike Rodeo safety Social: uses good sportsmanship to settle disagreements Health & Body: healthy lifestyle choices to include exercise, sleep, nutrition
2nd Nine Weeks – 43 days (October 17 th – December 21 st) (November 19 th – 23 rd – Thanksgiving Break) (December 24 th – January 4 th – Holiday Break)		4th Nine Weeks – 45 days (March 20 th – May 23 rd) (April 19 th – Good Friday – No School) (April 26 th – Battle of Flowers – No School) (May 27 th – Memorial Day – No School)	
TEKS 5.1ABC 5.1DEFG 5.1KL 5.1HIJ 5.2BC 5.6AB 5.5ABCD 5.7A 5.6B 5.7ABC 5.4HI	Units Locomotor Skills: locomotor skills performed in dynamic situations with changes in speed and direction/pathways Body Management: moving in and out of balanced positions with control and appropriate form Manipulatives: volley to self and others Rhythms/Dance: performs movement sequences with a beginning, middle and end. Jump bands Movement Concepts: understands basic positions, offensive VS defensive strategies and that good practice improves consistency Safety: equipment, climbing and exercise safety Social: works with others of varying skill levels in a positive manner, appropriately responds to winning and losing in competitive situations Health & Body: knows the effects of alcohol, smoking and drugs on physical performance	TEKS 5.1ABCKL 5.3AB 5.4C 5.2ABC 5.1HI 5.1KL 5.2ABC 5.5ABCD 5.7C 5.4ABCD	Units Locomotor Skills: combinations of non-locomotor, locomotor and manipulatives in lead up games/activities Body Management: introduce yoga Manipulatives: track and field skills Rhythms/Dance: introduce social/partner dancing Movement Concepts: use of complex movement concepts to refine skills and apply to the learning of new skills Safety: sun and exercise Social: see how physical activity with a partner or team can increase motivation, self-esteem and enhance safety Health & Body: can perform self-paced activities, keeping in the appropriate heart rate zone and monitoring recovery rate