



**Woodridge
Fifth Grade PE
Year at a Glance (YAG)**



First Semester		Second Semester	
1 st Nine Weeks – 40 days		3 rd Nine Weeks – 45 days	
<p>TEKS 5.1ABC</p> <p>5.1CDFKL</p> <p>5.1KL</p> <p>5.1IJ 5.3A 5.4AB</p> <p>5.1ABCE</p> <p>5.5ABCD 5.7A</p> <p>5.5ABCD 5.7ABC</p> <p>5.3AB 5.4ABCD</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: reinforcement of all locomotor skills including chasing and fleeing</p> <p>Body Management: applies skills such as rolling, jumping, throwing, catching and striking using correct body alignment in lead up games.</p> <p>Manipulatives: dribble with hands and feet while keeping control of the ball, striking objects to self and others using racquets</p> <p>Rhythms/Dance: individual and long jump roping, group fitness and Drum Fit</p> <p>Movement Concepts: personal space, boundaries, start/stop, levels of movement, pathways, speed/tempo, directions and Pacer Test</p> <p>Safety: gym and playground rules, water, restroom and emergency procedures</p> <p>Social: demonstrates responsible behavior, self-direction and cooperation with others, uses all equipment safely</p> <p>Health & Body: completes a health-related personal fitness assessment (Fitnessgram Testing)</p>	<p>TEKS 5.1AB</p> <p>5.1CD</p> <p>5.1KL 5.2C</p> <p>5.1HIJ</p> <p>5.2ABC 5.3AB 5.4C</p> <p>5.5ABCD</p> <p>5.7AB</p> <p>5.4FGHI</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: appropriate use of levels in dynamic movement situations</p> <p>Body Management: perform a variety of skills with attention to form, power, accuracy and follow through</p> <p>Manipulatives: applies combinations of catching, throwing and striking in small-sided lead up games</p> <p>Rhythms/Dance: creates combinations of movement patterns found in aerobic dance, line dance or jump rope routines</p> <p>Movement Concepts: basic resistance training techniques, use of plyometrics to increase “explosiveness” and circuit training to increase speed, agility and coordination</p> <p>Safety: Bike Rodeo safety</p> <p>Social: uses good sportsmanship to settle disagreements</p> <p>Health & Body: healthy lifestyle choices to include exercise, sleep, nutrition</p>
2 nd Nine Weeks – 43 days		4 th Nine Weeks – 45 days	
<p>TEKS 5.1ABC</p> <p>5.1DEFG</p> <p>5.1KL</p> <p>5.1HIJ</p> <p>5.2BC 5.6AB</p> <p>5.5ABCD 5.7A</p> <p>5.6B 5.7ABC</p> <p>5.4HI</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: locomotor skills performed in dynamic situations with changes in speed and direction/pathways</p> <p>Body Management: moving in and out of balanced positions with control and appropriate form</p> <p>Manipulatives: volley to self and others</p> <p>Rhythms/Dance: performs movement sequences with a beginning, middle and end. Jump bands</p> <p>Movement Concepts: understands basic positions, offensive VS defensive strategies and that good practice improves consistency</p> <p>Safety: equipment, climbing and exercise safety</p> <p>Social: works with others of varying skill levels in a positive manner, appropriately responds to winning and losing in competitive situations</p> <p>Health & Body: knows the effects of alcohol, smoking and drugs on physical performance</p>	<p>TEKS 5.1ABCKL</p> <p>5.3AB 5.4C</p> <p>5.2ABC</p> <p>5.1HI</p> <p>5.1KL 5.2ABC</p> <p>5.5ABCD</p> <p>5.7C</p> <p>5.4ABCD</p>	<p style="text-align: center;">Units</p> <p>Locomotor Skills: combinations of non-locomotor, locomotor and manipulatives in lead up games/activities</p> <p>Body Management: introduce yoga</p> <p>Manipulatives: track and field skills</p> <p>Rhythms/Dance: introduce social/partner dancing</p> <p>Movement Concepts: use of complex movement concepts to refine skills and apply to the learning of new skills</p> <p>Safety: sun and exercise</p> <p>Social: see how physical activity with a partner or team can increase motivation, self-esteem and enhance safety</p> <p>Health & Body: can perform self-paced activities, keeping in the appropriate heart rate zone and monitoring recovery rate</p>