

Grade Level 5th Grade

Quarter	Content	Skills
1st	Fitness/cardiovascular	<ol style="list-style-type: none">1. Learning to keep running pace2. knowing different types of cardiovascular exercise3. Taking their own pulse4. Knowing how to use a Heart Rate Monitor5. Learning what cardiovascular exercise does to the body6. Knowing benefits of cardiovascular exercise7. Running the mile
x	Soccer	<ol style="list-style-type: none">1. Performing inside of foot dribble2. Performing outside of foot dribble3. Performing instep dribble4. Stationary Passing inside of foot5. Passing while moving using the inside of the foot6. Inside of foot Trap7. Learning to trap with body8. Performing inside of foot kick

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		<ul style="list-style-type: none">9. Performing instep of foot kick10. Knowing basic game rules11. Knowing basic strategy of a goal keeper12. Knowing basic strategy of other positions13. Knowing basic strategy of the game of soccer
		<ul style="list-style-type: none">14. Performing the punt
		<ul style="list-style-type: none">15. Understanding teamwork within the game of soccer
	Movement Awareness	<ul style="list-style-type: none">1. Locomotor Skills2. Non Locomotor Skills
	Flag Football	<ul style="list-style-type: none">1. pulling flags2. dodging3. Catching4. Performing Underhand Laterals5. Performing Overhand Forward Pass6. Executing handoffs7. Performing a center quarterback exchange8. Running Routes9. Performing place kicks10. Performing Punts11. Understanding basic strategies and positions for flag football12. Understanding defensive concepts
2nd	Volleyball	<ul style="list-style-type: none">1. Performing catching2. Performing a volley3. Performing a bump4. Performing a set5. Performing underhand serve6. Performing overhand serves7. Learning volleyball rotations

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		8. Learning volleyball game strategies
	Fitness/Balances	1. Performing various body balances 2. Performing bridges
	Scoters	1. Performing individual scooter activities 2. Performing partner scooter activities 3. Performing team scooter activities
	Basketball	1. Dribbling 2. Performing chest pass 3. Performing bounce pass 4. Performing Overhead Pass 5. Shooting 6. Learning basketball strategies 7. Performing teamwork activities
	Floor Hockey	1. Learning safety rules 2. Performing stick handling 3. Dribbling 4. Carrying 5. Passing 6. Shooting 7. Performing the wrist shot 8. Learning Goal tending skills 9. Learning hockey strategies 10. Performing teamwork activities
	Adventure Education	1. Climbing Traverse Wall 2. Climbing Rope 3. Climbing Cargo Net
	Roller Skating	1. Learning Safety Rules 2. Learning how to stand 3. Learning Proper way to fall 4. Performing a T Stop 5. Performing forward skating 6. Performing a turn 7. Performing a crossover turn 8. Performing backwards skating 9. Playing Roller Hockey
	Tumbling	1. Performing Log Roll

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3rd	Dance	2. Performing Egg Roll 3. Performing Front Roll 4. Performing Back Roll 5. Performing Cart Wheel 6. Performing Round Off 7. Jumping and balancing group activities Understanding tempo and pace Performing basic rhythm movements Performing Dance Steps
	Hand/Eye Coordination	Juggling Stacking cups
	Fitness/ strength	1. Performing Push-ups 2. Performing Crunches 3. Performing Ab roll-outs 4. Performing Pull-ups 5. Performing squats 6. Performing Lunges 7. Performing total body workouts using a body bar 8. Performing total body workout using resistant bands 9. Evaluating push-up strength 10. Evaluating Pull-ups 11. Evaluating Abdominal strength
	Fitness/ Agility	1. Performing Ladder 2. Run 3. Performing line hops 4. Hopping cones 5. Starting and stopping drills 6. Performing the dot drill 7. Shuttle run
	Bowling	1. Learning safety rules and procedure 2. Learning the proper way to hold a ball 3. Performing the proper roll 4. Performing the four step approach 5. Aiming 6. Learning how to score 7. Knowing bowling rules and etiquette
	Team Building	1. Performing Trust building exercises 2. Parachutes

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		3. Cooperation activities
	Fitness/cardiovascular	Jumping Rope Performing partner jump rope activities Performing long rope activities Performing step aerobics Jogging Introducing Tai Bow Performing Boot camp aerobics Evaluating Step Test Evaluating Pacer Test
	Indoor Racquet Sports	Badminton Pickle Ball
4th	Softball	Catching with glove Throwing underhand Throwing overhand Catching fly balls Catching ground balls Batting off a tee Batting from a live pitcher Running bases Understanding rules and strategies of softball
	Track and field	Performing handoffs Performing sprints Performing team relays Performing long distance running running the mile evaluating long jump running 50 meter dash evaluating high jump evaluating softball throw

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	Tennis	<ol style="list-style-type: none">1. Performing forehand2. Performing underhand serve3. Performing overhand serve4. Performing backhand5. Learning to volley
	Fitness Games	<ol style="list-style-type: none">1. Performing Frisbee Golf2. Performing Lacrosse3. Performing Lasso golf
	Golf	<ol style="list-style-type: none">1. Safety rules and procedures2. putting3. performing golf swinging4. chipping