

Grades 5/6 Physical Education/Health Education Course Outline

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The grade 5/6 course focuses on 5 main areas.

- 1.Movement
- 2.Fitness Management
- 3.Safety
- 4.Personal and Social Management
- 5.Healthy Lifestyle Practices

1. Movement

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

2. Fitness Management

The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.

3. Safety

The student will demonstrate safe and responsible behavior to manage risks and prevent injuries in physical activity participation and in daily living.

4. Personal and Social Management

The student will demonstrate the ability to develop self-understanding, to make health enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

5. Healthy Lifestyle Practices

The student will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.

Objectives: Develop physical well-being.

Develop basic motor skills.

Express themselves in a positive manner through activity.

Develop confidence in pursuing physical activity.

Develop health and safety practices.

Enhance positive social interactions.

Basic Rules: Proper running shoes and gym wear.

Be on time.

Change quickly and quietly.

Respect and take care of each other

If you have a problem, let the teacher know.

Keep food and drinks out of the play area.

Play with safety in mind.

Evaluation: Movement 20%

Fitness Management 20%

Safety 20%

Personal and Social Management 20%

Healthy Lifestyle Practice's 20%

Activities:

September: Fitness Test

Soccer

Movement patterns

October: Volleyball lead up games

Tag games/low organized games

Soccer Baseball

Drills and progressions for catching, throwing, and kicking

November: Gymnastics

Forward roll, backward roll, round off, cartwheel, headstand

Basketball drills and games

December: Basketball modified games

Choice of games

January: Four Square

Mission Impossible

Dodgeball

February: Hula Hoop activities

Modified Lacrosse

Cart activities.

Crab Soccer.

March: Badminton drills

Modified Badminton games

Frisbee activities

April: Bean Bag activities

Throwing and catching games.

Indoor Baseball (T-Ball)

May: Track Activities

Baseball Outside

Fitness Test # 2

June: Track and Field
 Games of choice
 Fun low organized games