

**Department:** Physical Education  
**Course Name:** Physical Education 5

**Course Description:**

Our students will demonstrate a comprehensive understanding of the important role of physical education, fitness, and healthy play in our personal lives and in society as a whole. They will possess the skills necessary to perform team and individual sports as well as maintain fitness and body control through various physical, mental, and social activities. A major emphasis will be placed on improving the four components of fitness: muscle strength, muscle endurance, cardiovascular fitness, and flexibility. Our program is to improve skill acquisition and physical fitness in order to develop healthy behaviors to promote lifelong wellness. Students will be masked properly at all times unless engaged in strenuous activities.

**Content:**

Volleyball  
Football  
Soccer  
Hockey (floor and field)  
Track and Field  
Basketball  
Tennis  
Softball  
Lacrosse  
Cardiovascular Endurance  
Various Fitness Exercises  
Recreational Activities  
Chase  
Flee  
Dodge  
Tag  
Body Changes (girls only)

**Skills:**

Develop locomotor and non-locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping, stretch, bend, twist, turn, push, pull)  
Pass, set, serve, and hit volleyballs  
Catch and throw a variety of shape and size balls/equipment  
Pass, kick, dribble, and trap a soccer ball  
Pass, steal, and shoot a hockey puck/ball  
Develop offensive and defensive strategy  
Pass (bounce and chest), shoot, and dribble basketballs  
Cradle, pass, and shoot using lacrosse sticks  
Strike objects using a club, bat, racquet, or stick  
Dodge people and objects while moving in space

**Text and Materials:**

HRA PE uniform and tennis shoes are required to participate

Mask

Individual refillable water bottle

**Methods of Instruction:**

Individual, partner, and group activities

Teacher directed instruction

**Methods of Evaluation:**

Teacher Observation

Quiz assessments regarding sport units

Polls

