

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 to develop healthy behaviors to promote lifelong wellness.

Content:

Volleyball
Football
Soccer
Hockey (floor and field)
Track and Field
Basketball
Tennis
Baseball/ Softball
Lacrosse
Golf
Pickleball
Badminton
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, hoping, 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 strategies
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

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

