Course Description
Foundationally built upon Missouri's Grade Level Expectations and national studies, Park Hill's health and physical education courses provide students with the fundamental knowledge and skills to develop personal fitness goals and to succeed in reaching those goals. Courses connect the relevancy of nutrition, activity, and options outside of class to encourage students to continue their fitness goals.

Course Rationale
School-based health education and physical education programs, when effectively implemented and coordinated, can play a leading role in enabling students to lead healthy, active lives now and in the future. A sound curriculum with effective instruction and evaluation procedures provide learners with the tools for assuming personal ownership and some degree of control over factors in their lives that influence their health and wellness.

Board Approval Date
June 25, 2009

Course Details

Unit: Foundations of Physical Education  
Duration: Ongoing

Enduring Understandings
- I belong to a school community that depends upon me to treat everyone with respect and kindness.
- If I do not follow rules to activities, there will be consequences for the wrong choices that I make.

Essential Questions
Why is it important to follow the rules of the activities and games?
How can your choices impact others in a game situation?

Example Assessment Items
- In a given game situation, students will demonstrate the ability to follow the rules of the game.
- Given various situations, students will identify how choices impact others and the outcome of the game (role play).

Academic Vocabulary
Respect
Sportsmanship
Cooperation
Diversity
Consequence

Topic: Personal/ Social Responsibilities  
Duration: 0 Day(s)

Learning Targets
The student will demonstrate appropriate social skills while working with diverse ability groups.
Assessment: Given various situations, students will identify how choices impact others and the outcome of the game (role play).

The student will demonstrate appropriate sportsmanship and apply rules to all activities.
Assessment: - In a given game situation, students will demonstrate the ability to follow the rules of the game.
- Given various situations, students will identify how choices impact others and the outcome of the game (role play).

Unit: Movement and Muscles  
Duration: Ongoing

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Park Hill, MO
Enduring Understandings
- Warm-up and cool-down activities are essential to preventing injuries.
- Muscles are often injured in strenuous activity due to lack of stretching and hydration.
- Groups of muscles work in conjunction during all movements.

Essential Questions
Why do most injuries in sports occur?
What is the difference between dynamic and static stretching?
What muscles are used during a squat, push-up, pacer, etc.?

Example Assessment Items
- Given the opportunity, students will demonstrate knowledge of a warmup and cool-down by leading the class through stretches that touch on every part of the body.
- When given the choice to use certain muscles (bicep, tricep, quadriceps) students will effectively demonstrate the use of that muscle with different movements.

Academic Vocabulary
Warm-Up
Cool-Down
Flexibility

Learning Targets
The student will recognize and demonstrate warm up and cool down activites to be safe and to prevent injuries.

Assessment: Given the opportunity students will demonstrate knowledge of a warm up and cool down by leading the class through stretches that touch on every part of the body.

Learning Targets
The student will recognize major muscle groups and bones throughout the body.

Assessment: When given the choice to use certain muscles/bones (bicep, tricep, quadriceps, gluts, femur, patella, ribs), students will effectively demonstrate the use of that muscle with different movements.

Unit: Fitness Principles

Enduring Understandings
- It is important to eat from a variety of food groups to maintain overall health.
- If you are more physically active, you will be healthier.
- A proper warm-up and cool-down increases flexibility and decreases the chance of injury.
- There are a number of recreatonal activities outside of school that increase overall fitness.

Essential Questions
Why is it important to eat from a variety of food groups?
What activities can you do to increase your overall fitness?
What stretch can be done to help prevent leg injuries?

Example Assessment Items
- When given 4 different foods, students will properly identify the food group in which they belong.
- Students will lead the class in a warm-up activity that works on different body parts.
- Students will describe different activities they participate in outside of school that promote fitness.

Academic Vocabulary
Fitness
Flexibility
Nutrition

Learning Targets
The student will tell the importance to be physically active every day.

Assessment: Students will be able to a partner why its important to be active on a daily basis and give three supportive examples.

Learning Targets
The student will describe the benefits of appropriate warm-up and cool-down activities.

Assessment: The student will choose appropriate warm up/cool down activities and describe the benefits of each.

The student will participate in health-related fitness assessments and analyze individual strengths and weaknesses.
Assessment: Students’ healthy fitness levels will be measured through the use of the Fitnessgram. The student will name the major functions of the cardio respiratory system.

Unit: Wellness

Enduring Understandings
Making good food choices will provide your body the nutrition for overall wellness.
Aerobic (long-term/continuous) activity burns fat and makes the cardio-respiratory system stronger for a healthier life (with oxygen).
Anaerobic (short-term/burst of energy) activity uses carbs and protein as energy to support physical activity (without oxygen).

Essential Questions
What is the difference between aerobic and anaerobic exercise?
What happens to your body during exercise during different types of exercise?
Heart rate increases, Blood carries oxygen to muscles, Respiratory rate increases
What is the body's biggest energy source? Carbohydrates

Example Assessment Items
- Given a scenario, the student will be able to identify whether the activity is aerobic or anaerobic.
- Given a scenario, the student will be able to identify the difference between healthy and unhealthy food choices.

Academic Vocabulary
Aerobic
Anaerobic
Carbohydrate
Protein
Energy

Topic: Wellness

Learning Targets
The student will identify the benefits of physical activity and healthy food choices and how they relate to overall wellness.
Assessment: Given a scenario, the student will be able to identify the difference between healthy and unhealthy food choices for overall wellness.

Unit: Fitness Principles

Learning Targets
The student will explain how the body responds to physical activity.
Assessment: Given a scenario, the student will be able to explain what happens to your body during different types of exercise. Heart rate increases, Blood carries oxygen to muscles, Respiratory rate increases

The student will identify and explain the effects of aerobic and anaerobic activity.
Assessment: Given a scenario, the student will be able to identify if the activity is an aerobic or anaerobic.

Unit: Sports Skills and Strategies

Enduring Understandings
- Following the rules is essential for the validity of any game.
- The ability to follow directions in an organized setting while working with others is a major life skill.
- To be successful in lifetime movement, you must show proper technique to gain maximum efficiency and effectiveness (law of opposition).

Essential Questions
Why do we need to work well with others and follow directions?
Why is it important use proper technique in fundamental skills?

Example Assessment Items
- Given a scenario, students will be able to independently follow the rules of the game.
- Given a scenario, students will be able to adjust their strategy based on prior performance in a similar activity.
- During a given activity (i.e. throwing), students will use the law of opposition and identify the proper technique necessary for the skill.

Academic Vocabulary
Law of Opposition
Team Sport
Technique
Strategy
5th Grade Physical Education
Physical Education and Health Department

**Topic: Manipulative Skills**
Duration: 0 Day(s)

**Learning Targets**
The student will demonstrate a variety of sport specific lead up games while following the rules and cooperating with others.
Assessment: Given a scenario, the student will be able to cooperate with others and follow the rules of the game independently.

**Topic: Movement Concepts**
Duration: 0 Day(s)

**Learning Targets**
The student will connect the importance of body position with performance of various skills.
Assessment: During a given activity (i.e. throwing arcade), students will use the law of opposition and identify the proper technique necessary for a sport-specific skill.

**Topic: Developmental Games**
Duration: 0 Day(s)

**Learning Targets**
The student will apply fundamental skills in game and practice situations while using simple strategies.
Assessment: During a given activity (i.e. throwing arcade), students will demonstrate the law of opposition and use the proper technique necessary for a sport-specific skill in a game situation.

**Topic: Skill Techniques**
Duration: 0 Day(s)

**Learning Targets**
The student will demonstrate and provide feedback for proper technique in a variety of sport-specific skills.
Assessment: During a given activity, students will demonstrate the proper technique necessary for a sport-specific skill and self-correct mistakes.

**Topic: Individual, Dual and Team Sports**
Duration: 0 Day(s)

**Learning Targets**
The student will apply fundamental skills in game and practice situation while using simple strategies.
Assessment: Given a scenario, the student will be able to adjust the strategy based on prior performance in a similar activity.

**Unit: Stunts and Tumbling**
Duration: Ongoing

**Enduring Understandings**
Balance is essential to everyday life.

**Essential Questions**
Why is it important to have a strong core (abs)?
What are key techniques to maintaining balance on apparatuses?

**Example Assessment Items**
- Given a variety of situations requiring balance, students will maintain balance using different techniques (individual and partner).
- Students will put 4-5 stunts together in combination.

**Academic Vocabulary**
Balance
Core Muscles
Apparatus

**Topic: Body Management**
Duration: 0 Day(s)

**Learning Targets**
The student will demonstrate combination tumbling skills.
Assessment: Students will perform 4 - 5 stunts with proficiency.
5th Grade Physical Education
Physical Education and Health Department

Learning Targets
The student will demonstrate activities safely on basic apparatus.
Assessment: The student will perform 2 - 3 basic activities safely using apparatus (rope, balance beam, climbing wall, vault, stability ball).

Unit: Rhythmic Activities
Duration: Ongoing

Enduring Understandings
Rhythm is essential in the process of fluid movement and safety.

Essential Questions
What are some examples of activities in which rhythm is necessary?

Example Assessment Items
Given a variety of activities, students will demonstrate the ability to move in a rhythmic pattern.

Academic Vocabulary
Tempo
Rhythm
Pattern

Topic: Rhythmic Activities
Duration: 0 Day(s)

Learning Targets
The student will demonstrate rhythmic activities with a manipulative.
Assessment: Given a variety of activities, the student will demonstrate the ability to move in a rhythmic pattern with a manipulative.