

**PRESCOTT UNIFIED SCHOOL DISTRICT**  
**District Instructional Guide**  
**2016**

<b>Grade Level: 5th</b>	<b>Subject: Physical Education</b>	<b>Time: Quarters 1 and 2</b>	<b>Core Text:</b>
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<b>Time</b>	<b>Unit/Topic</b>	<b>Standards</b>	<b>Assessments</b>
Week 1, Ongoing	S4. E5 Safety S4. E4	Applies safety principles with age appropriate physical activities. Assesses adherence to rules, etiquette, and fair play of various games and activities.	
Quarter 1	S1. E1 Locomotor	Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. <i>(5.b)</i> Combines traveling with manipulative skills for execution to a target. <i>(5.c)</i>	
Quarter 1 and 2	S1. E2 Locomotor Running	Applies appropriate pacing for a variety of running distances.	
Quarter 1	S1. E7 Stability/Weight Transfer	Transfers weight from feet to hands varying speed and using large extensions. (e.g., mule kick, handstand, cartwheel)	

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Quarters 1 and 2	S1. E8 Stability, curling, stretching, twisting and bending	Performs curling, twisting & stretching actions with correct application in small modified games in games environment.	
Quarters 1 and 2	S1. E10 Manipulatives: underhand throw, underhand throw at target	Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects.  Throws underhand to a large target with accuracy.	
Quarters 1 and 2	S1. E11 Manipulatives: overhand throw, overhand throw at target	Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. (5.a) Throws overhand to large target with accuracy. (5.b)	
Quarters 1 and 2	<b>S1. E12</b> <b>Manipulatives</b> <i>Passing with Hands (S1.E12.3-5.a)</i> <i>Passing with Hands Small Game (S1.E12.3-5.b)</i>	Throws with accuracy, both partners moving. (5.a) Throws with reasonable accuracy in dynamic, small modified games. (5.b)	

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Quarters 1 and 2	<p><b>S1. E13 Manipulatives</b>  <i>Catching (S1.E13.3-5.a)</i>  <i>Catching while Moving (S1.E13.3-5.b)</i>  <i>Catching Small Game (S1.E13.3-5.c)</i></p>	<p>Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills). (5.a)            5 - Catches with accuracy, both partners moving. (5.b)            Catches with reasonable accuracy in dynamic, small-sided games. (5.c)</p>	
Quarters 1 and 2	<p><b>S1. E14 Manipulatives</b>  <i>Dribbling/Ball Control with Hands (S1.E.14.3-5a)</i>  <i>Dribbling with an Implement (S1.E.14.3-5b)</i></p>	<p>Combines hand dribbling with other skills during 1v1 practice tasks. (5.a)            Dribbling with an implement while showing change of direction, speed and control. (5.b)</p>	
Quarter 2	<p><b>S1. E17 Manipulatives</b>  <i>Dribbling in Combination</i></p>	<p>Dribbles with hands or feet with mature patterns in a variety of small-sided games.</p>	
Quarter 1	<p><b>S1. E18 Manipulatives</b>  <i>Kicking</i></p>	<p>Demonstrates mature patterns in kicking and punting in small-sided practice task environments.</p>	

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Quarter 1	<b>S1.E20</b> <b>Manipulatives</b> <i>Volley, Overhead</i>	Volleys a ball using a mature two-hand overhead pattern sending it upward to a target.	
Quarters 1 and 2	<b>S1.E22</b> <b>Manipulatives</b> <i>Striking, Long Handled Implements (S1.E20.3-5.a)</i> <i>Striking, Long Handled Implements while Traveling (S1.E20.3-5.b)</i>	5 - Strikes a pitched ball with a bat using a mature pattern. (5.a) 5 - Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (5.b)	
Quarter 1 and 2	<b>S1.E23</b> <b>Manipulatives</b> <i>In Combination with Locomotor</i>	5 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball).	
Quarter 2	<b>S1.E24</b> <b>Manipulatives</b> <i>Jumping Rope</i>	5 – Creates a jump rope routine with a partner, using either a short or long rope.	
Quarter 1, on-going	<b>S2.E1</b> <b>Movement Concepts</b> <i>Open Spaces (S2.E1.3-5.a)</i>	5 - Applies the concept of open spaces to combination skills involving locomotor and non locomotor movements for small groups. (5.a) 5 - 5 - Applies the concept of closing spaces in small sided practices. (5.b) 5 - Identify boundaries and apply knowledge to small games. (5.c)	

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	<p><i>Closing Spaces</i> (S2.E1.3-5.b)  <i>Boundaries</i> (S2.E1.3-5.c)</p>		
Quarter 2	<p><b>S2.E3</b>  <b>Movement Concepts</b>  <i>Game Situations</i> (S2.E3.3-5.a)  <i>Direction and Force</i> (S2.E3.3-5.b)  <i>Modified Situations</i> (S2.E3.3-5.c)</p>	<p>5 - Applies movement concepts to strategy in game situations. (5.a)            5 - Applies the concept of direction and force to strike an object with a long handled implement. (5.b)            5 - Analyze movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics (5.c).</p>	
Quarter 2	<p><b>S2.E4</b>  <b>Movement Concepts</b>  <b>Alignment and Muscular Tension</b> (S2.E4.3-5.a)  <b>Movement</b> (S2.E4.3-5.b)</p>	<p>5 - Applies skills of alignment in all forms of movement. (5.a)            5 - Employs the concept of muscular tension with balance in all forms of movement. (5.b)</p>	
Quarter 2	<p><b>S2.E5</b>  <b>Movement</b></p>		

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	<p><b>Concepts</b>  <i>Invasion Strategies/Tactics (S2.E5.3-5.a)</i>  <i>Net/Wall Strategies/Tactics (S2.E5.3-5.b)</i>  <i>Game and Sport Situations (S2.E5.3-5.c)</i></p>	<p>5 - Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. (5.a)  5 - Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. (5.b)  5 - Recognizes the type of throw, volley or striking action needed for different games and sports situations. (5.c)</p>	
Quarter 2	<p><b>S3.E1</b>  <b>Physical Activity Knowledge</b></p>	<p>5 - Charts and analyzes physical activity outside physical education class for fitness benefits of activities.</p>	
Daily	<p><b>S3.E2</b>  <b>Engages in Physical Activity</b></p>	<p>5 - Actively engages in all the activities of physical education.</p>	
Quarters 1 and 2	<p><b>S3.E4</b>  <b>Fitness Knowledge</b>  <i>Health Related Fitness (S3.E4.3-5.a)</i></p>	<p>5 - List, define, and demonstrates the five components of health related fitness. (5.a)  5 - Identifies the need for warm-up &amp; cool-down relative to various physical activities. (5.b)  5 - Identify and apply FITT to a fitness plan (frequency, intensity,</p>	

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	<p><i>Warm-Up/Cool Down</i>  <i>(S3.E4.3-5.b)</i>  <i>FITT Principle</i>  <i>(S3.E4.3-5.c)</i>  <i>Muscle Identification</i>  <i>(S3.E4.3-5.d)</i>  <i>Muscular/Skeletal Movement</i>  <i>(S3.E4.3-5.e)</i></p>	<p>time, type). <i>(5.c)</i>            5 - Identify major muscles. <i>(5.d)</i>            5 - Experience how the muscular and skeletal systems work together to allow movement.  <i>(5.e)</i></p>	
Quarter 2	<p><b>S3.E6</b>  <b>Assessment and Program Planning</b>  <i>Analyzes Fitness Assessment/Components</i>  <i>(S3.E6.3-5.a)</i>  <i>Fitness Assessment</i>  <i>(S3.E6.3-5.b)</i>  <i>FITT Strategies</i>  <i>(S3.E6.3-5.c)</i></p>	<p>5 - Analyzes results of fitness assessment (pre- &amp; post-), comparing results to fitness components for good health. <i>(5.a)</i>            5 - Perform a nationally recognized, criterion references, health related fitness assessment that includes muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition.  <i>(5.b)</i>            5 - Identify strategies for progress in fitness areas using FITT strategies. <i>(5.c)</i></p>	
Quarter 1	<p><b>S4. E6</b>  <b>Safety</b></p>	<p>Apply sun safety practices. (5a)</p>	

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	<i>Sun Safety</i>		
Quarter 2	<b>S5.E1 Health</b>	5 - Compares the health benefits of participation in selected physical activities.	
	<b>S5. E2 Challenge</b>	5 - Analyzes the personal benefits to participating in an activity that is challenging.	
	<b>S5. E3 Self Expression/Enjoyment</b>	5 - Analyzes the personal benefits to participating in activity that is enjoyable.	
Quarter 1	<i>S5. E4 Social Interaction</i>	5 - Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.	
Quarter 2	<b>S6.C2 PO4 Technology operations and concepts</b>	5- Perform searches of existing databases.	
Quarter 2	<b>5.RI.9 Informational text</b>	5-Integrate information from several texts on the same topic in order to write or speak about the subject knowledgeably.	



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<b>Grade Level: 5th</b>	<b>Subject: Physical Education</b>	<b>Time: Quarters 3 and 4</b>	<b>Core Text:</b>
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<b>Time</b>	<b>Unit/Topic</b>	<b>Standards</b>	<b>Assessments</b>
Week 1, Ongoing	S4. E5 Safety S4. E4	Applies safety principles with age appropriate physical activities. Assesses adherence to rules, etiquette, and fair play of various games and activities.	
Quarter 3	S1. E1 Locomotor	Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. (5.b) Combines traveling with manipulative skills for execution to a target. (5.c)	
Quarter 3 and 4	S1. E2 Locomotor Running	Applies appropriate pacing for a variety of running distances.	
Quarter 3	<b>S1.E4</b> <b>Locomotor</b> <i>Cultural Dance</i> <i>(S1.E4.3-5.a)</i> <i>Group Dance</i> <i>(S1.E4.3-5.c)</i>	5 - Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. (5.a) 5 - Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, and time, flow) to create and perform a dance with a group. (5.c)	

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Quarter 3	S1. E7 Stability/Weight Transfer	Transfers weight from feet to hands varying speed and using large extensions. (e.g., mule kick, handstand, cartwheel)	
Quarters 3 and 4	S1. E8 Stability, curling, stretching, twisting and bending	Performs curling, twisting & stretching actions with correct application in small modified games in games environment.	
Quarter 3	<b>1. E9</b> <b>Non-Loco-motor Combinations</b>	5 -Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.	
Quarters 3 and 4	S1. E10 Manipulatives: underhand throw, underhand throw at target	Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects.  Throws underhand to a large target with accuracy.	
Quarters 3 and 4	S1. E11 Manipulatives: overhand throw, overhand throw at target	Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. (5.a) Throws overhand to large target with accuracy. (5.b)	
Quarters 3 and 4	<b>S1. E12</b> <b>Manipulatives</b> <i>Passing with Hands</i>	Throws with accuracy, both partners moving. (5.a) Throws with reasonable accuracy in dynamic, small modified games. (5.b)	

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	<p><i>(S1.E12.3-5.a)</i>  <i>Passing with Hands Small Game</i>  <i>(S1.E12.3-5.b)</i></p>		
Quarter 3	<p><b>S1. E13 Manipulatives</b>  <i>Catching</i>  <i>(S1.E13.3-5.a)</i>  <i>Catching while Moving</i>  <i>(S1.E13.3-5.b)</i>  <i>Catching Small Game</i>  <i>(S1.E13.3-5.c)</i></p>	<p>Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills). <i>(5.a)</i>            5 - Catches with accuracy, both partners moving. <i>(5.b)</i>            Catches with reasonable accuracy in dynamic, small-sided games. <i>(5.c)</i></p>	
Quarters 3 and 4	<p><b>S1. E14 Manipulatives</b>  <i>Dribbling/Ball Control with Hands</i>  <i>(S1.E.14.3-5a)</i>  <i>Dribbling with an Implement</i>  <i>(S1.E.14.3-5b)</i></p>	<p>Combines hand dribbling with other skills during 1v1 practice tasks. <i>(5.a)</i>            Dribbling with an implement while showing change of direction, speed and control. <i>(5.b)</i></p>	
Quarters 3 and 4	<p><b>S1. E17 Manipulatives</b>  <i>Dribbling in</i></p>		

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	<i>Combination</i>	Dribbles with hands or feet with mature patterns in a variety of small-sided games.	
Quarter 3	<b>S1.E18 Manipulatives Kicking</b>	Demonstrates mature patterns in kicking and punting in small-sided practice task environments.	
Quarter 4	<b>S1.E20 Manipulatives Volley, Overhead</b>	Volleys a ball using a mature two-hand overhead pattern sending it upward to a target.	
Quarters 3 and 4	<b>S1.E22 Manipulatives Striking, Long Handled Implements (S1.E20.3-5.a) Striking, Long Handled Implements while Traveling (S1.E20.3-5.b)</b>	5 - Strikes a pitched ball with a bat using a mature pattern. (5.a) 5 - Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (5.b)	
Quarter 3 and 4	<b>S1.E23 Manipulatives In Combination with Locomotor</b>	5 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball).	
Quarter 4	<b>S1.E24 Manipulatives Jumping Rope</b>	5 – Creates a jump rope routine with a partner, using either a short or long rope.	

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<p>Quarter 3, on-going</p>	<p><b>S2.E1</b> <b>Movement</b> <b>Concepts</b> <i>Open Spaces</i> <i>(S2.E1.3-5.a)</i> <i>Closing Spaces</i> <i>(S2.E1.3-5.b)</i> <i>Boundaries</i> <i>(S2.E1.3-5.c)</i></p>	<p>5 - Applies the concept of open spaces to combination skills involving locomotor and non locomotor movements for small groups. <i>(5.a)</i>  5 - 5 - Applies the concept of closing spaces in small sided practices. <i>(5.b)</i>  5 - Identify boundaries and apply knowledge to small games. <i>(5.c)</i></p>	
<p>Quarter 4</p>	<p><b>S2.E3</b> <b>Movement</b> <b>Concepts</b> <i>Game Situations</i> <i>(S2.E3.3-5.a)</i> <i>Direction and</i> <i>Force</i> <i>(S2.E3.3-5.b)</i> <i>Modified</i> <i>Situations</i> <i>(S2.E3.3-5.c)</i></p>	<p>5 - Applies movement concepts to strategy in game situations. <i>(5.a)</i>  5 - Applies the concept of direction and force to strike an object with a long handled implement. <i>(5.b)</i>  5 - Analyze movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics <i>(5.c)</i>.</p>	
<p>Quarter 4</p>	<p><b>S2.E4</b> <b>Movement</b> <b>Concepts</b> <b>Alignment and</b> <b>Muscular</b></p>	<p>5 - Applies skills of alignment in all forms of movement. <i>(5.a)</i>  5 - Employs the concept of muscular tension with balance in all forms of movement. <i>(5.b)</i></p>	

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	<p><i><b>Tension</b></i>  <i><b>(S2.E4.3-5.a)</b></i></p> <p><i><b>Movement</b></i>  <i><b>(S2.E4.3-5.b)</b></i></p>		
Quarter 4	<p><b>S2.E5</b>  <b>Movement</b>  <b>Concepts</b>  <i>Invasion</i>  <i>Strategies/Tactics</i>  <i>(S2.E5.3-5.a)</i>  <i>Net/Wall</i>  <i>Strategies/Tactics</i>  <i>(S2.E5.3-5.b)</i>  <i>Game and Sport</i>  <i>Situations</i>  <i>(S2.E5.3-5.c)</i></p>	<p>5 - Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. <i>(5.a)</i></p> <p>5 - Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. <i>(5.b)</i></p> <p>5 - Recognizes the type of throw, volley or striking action needed for different games and sports situations. <i>(5.c)</i></p>	
Quarter 4	<p><b>S3.E1</b>  <b>Physical Activity</b>  <b>Knowledge</b></p>	<p>5 - Charts and analyzes physical activity outside physical education class for fitness benefits of activities.</p>	
Daily	<p><b>S3.E2</b>  <b>Engages in</b>  <b>Physical Activity</b></p>	<p>5 - Actively engages in all the activities of physical education.</p>	

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<p>Quarters 3 and 4</p>	<p><b>S3.E4</b>  <b>Fitness Knowledge</b>  <i>Health Related Fitness</i>  <i>(S3.E4.3-5.a)</i>  <i>Warm-Up/Cool Down</i>  <i>(S3.E4.3-5.b)</i>  <i>FITT Principle</i>  <i>(S3.E4.3-5.c)</i>  <i>Muscle Identification</i>  <i>(S3.E4.3-5.d)</i>  <i>Muscular/Skeletal Movement</i>  <i>(S3.E4.3-5.e)</i></p>	<p>5 - List, define, and demonstrates the five components of health related fitness. <i>(5.a)</i></p> <p>5 - Identifies the need for warm-up &amp; cool-down relative to various physical activities. <i>(5.b)</i></p> <p>5 - Identify and apply FITT to a fitness plan (frequency, intensity, time, type). <i>(5.c)</i></p> <p>5 - Identify major muscles. <i>(5.d)</i></p> <p>5 - Experience how the muscular and skeletal systems work together to allow movement. <i>(5.e)</i></p>	
<p>Quarter 4</p>	<p><b>S3.E6</b>  <b>Assessment and Program Planning</b>  <i>Analyzes Fitness Assessment/Components</i>  <i>(S3.E6.3-5.a)</i>  <i>Fitness Assessment</i></p>	<p>5 - Analyzes results of fitness assessment (pre- &amp; post-), comparing results to fitness components for good health. <i>(5.a)</i></p> <p>5 - Perform a nationally recognized, criterion references, health related fitness assessment that includes muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition. <i>(5.b)</i></p> <p>5 - Identify strategies for progress in fitness areas using FITT</p>	

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	<i>(S3.E6.3-5.b)</i> <i>FITT Strategies</i> <i>(S3.E6.3-5.c)</i>	strategies. <i>(5.c)</i>	
Quarter 3	<b>S4. E6</b> <b>Safety</b> <b>Sun Safety</b>	Apply sun safety practices. <i>(5a)</i>	
Quarter 4	<b>S5.E1</b> <b>Health</b> <b>S5. E2</b> <b>Challenge</b> <b>S5. E3</b> <b>Self</b> <b>Expression/Enjoyment</b>	5 - Compares the health benefits of participation in selected physical activities. 5 - Analyzes the personal benefits to participating in an activity that is challenging. 5 - Analyzes the personal benefits to participating in activity that is enjoyable.	
Quarter 3	<i>S5. E4</i> <i>Social Interaction</i>	5 - Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.	
Quarter 4	<b>S6.C2</b> <b>PO4</b> <b>Technology</b> <b>operations and</b> <b>concepts</b>	5- Perform searches of existing databases.	
Quarter 4	<b>5.RI.9</b> <b>Informational</b>	5-Integrate information from several texts on the same topic in order to write or speak about the subject knowledgeably.	



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