Physical Education 5-8

1ˢᵗ Quarter

- Fitness Gram

    Push-ups, sit-ups, flexibility, shuttle run and Pacer test.

- Whiffle ball/baseball/softball
    Understand basic rules of the fundamentals and skills to playing ball
    Overview of the game
    Throwing and pitching
    Catching and fielding
    Batting (stance, hand position, swing)
    Base running
    Field positions

- Basketball
    Understand rules and the fundamentals and skills to play basketball
    Introduction and overview of the game
    Dribble (dominant and non-dominant hand) using speed and control
    Passing (chest, bounce, overhead)
    Shooting (set, shot, lay up)
    Defense (man-to-man)
    Double dribble
    Traveling
    Fouls
    Incorporate basketball skills learned and apply the rules of the game
    3v3, 5v5, basketball Tournament

2ⁿᵈ Quarter

- Floor Hockey

    Understand rules and the fundamentals and skills to play floor hockey
    Introduction and overview of the game
    Offense
    Defense
    Penalties
    Passing (forehand and backhand)
    6v6

- Volleyball
  - Understand rules and the fundamentals and skills to play volleyball
  - Introduction and overview of the game
  - Passing
  - Bumping
  - Serving

3rd Quarter

- Volleyball
  - Understand rules and the fundamentals and skills to play volleyball
  - Introduction and overview of the game
  - Passing
  - Bumping
  - Serving

- Fitness Gram
  - Push-ups, sit-ups, flexibility, shuttle run and Pacer test.

- PickleBall
  - Understand rules and fundamentals of Pickleball
  - Introduction and overview of the game
  - Drop shot, kitchen, court dimensions and serving skills
  - Doubles rules
  - Defensive strategy

4th Quarter

- PickleBall
  - Understand rules and fundamentals of Pickleball
  - Introduction and overview of the game
  - Drop shot, kitchen, court dimensions and serving skills
  - Doubles rules
  - Defensive strategy

- Fitness Gram

  Push-ups, sit-ups, flexibility, shuttle run and Pacer test.

- Soccer
  Understand rules and the fundamentals and skills to play soccer
  Introduction and overview of the game
  Offense
  Defense
  Penalties
  Passing
  Incorporate soccer skills learned and apply the rules of the game