

SGS Unit Timeline Matrix

Grade: Fifth Grade

Subject Area: PHYSICAL EDUCATION

Month	Standard(s)	Unit	Benchmark(s)	Examples of Skills (Activities):
Example ~ Math 2nd Grade	7A	Currency/Money	7.A.1.c	*Add/Subtract using currency *Make change from \$1.00
Aug./Sept.	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Daily Warm-ups used throughout the year Soccer	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Jogging, stretching sequence Soccer skills-building team concepts-testing of shooting skills
October	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Flag Football Pre-Fitness Testing Speedball	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Kick/pass/catch football Perform drop or place kick Safety rules w/equipment Locomotor skills, reinforce skills from 3-4 grade, incorporate new skills; grapevine, "running form" drills, use of small equipment and parachute.
November	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Relays/Olympic Unit Bowling	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Relay skills/Olympic philosophy pride in doing best Bowling/stress headpins (1-3) *address *delivery *follow-through
December	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Basketball Relays-develop basketball skills	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Basic skills/team concepts/defense/offense Body balance; footwork/stations Skill development
January	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	(Complete basketball) Volleyball lead-up/team play Thursday stations	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Assess serve on court/over net foot work etc Continue communications skills-call ball and move to play Volley/rally/movement to ball
February	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Hockey 1-3 Puck Hockey Scooter Hockey Stations/Thursday	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Hockey-stick handling-safety issues Passing, dribbling, shooting at targets Team concepts Stations: fitness, skills for previous and future units
March	19A, 19B, 19C,	Ropes/PE Challenge	19.C.1.a, 19.A.1,	Build on 4th grade challenge skills

	20A, 20B, 20C, 21A, 21B, 24A	Stations Folk Dance/Rhythms	19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Stations-continue format Review "Virginia Reel" and "Oh, Susanna" mixer; add "Cotton-eyed Joe" and "The Electric Slide"
April	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Circuit/Fitness Testing Preparation Track & Field	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Prepare sit-ups, push-ups, v-sit and reach and mile run Soccer relays to incorporate cardio fitness Shot/discus/long jump/sprints/distance running
May/June	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Complete Track Fitness Testing Softball	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Fitness Testing/Mile Run Mini-track meet Softball variations

PE.5