

Physical Education

Pacing Guide

Grade 5



2010
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**Long Beach Unified School District
Christopher Steinhauser, Superintendent**

**PHYSICAL EDUCATION PACING GUIDE
GRADE 5**

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**Elementary Physical Education Pacing Chart
Grades 1-5**

Pacing charts are used to help teachers pace their instruction so they can make sure they teach all of the essential information in a given course of study. Pacing Charts serve to give a sense of how long to spend on a given series of lessons or units. California Education Code Section 51210 mandates a minimum of 200 minutes of Physical Education instruction every ten days for grades 1-6. The attached Pacing Chart is a guide for 36 weeks of Physical Education instruction.

The information in the top row of the following table explains the content of each column of the pacing chart.

The week number during the school year and the unit in the Lesson Plans	The LBUSD grade level Physical Education Content Standards addressed	The general type of skills or concepts addressed	The specific skills and concepts addressed	The name of activities in which the standards and skills are introduced, practiced, and reviewed	The resource and page on which the lesson's skill or concept is described and/or the directions for the activity are listed LP = Lesson Plans* SFA = Sport for All Cards**
Week	Focus Standard And Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity

*Example: "LP: Lesson 7, P. 52" = Lesson 7 on page 52 of the grade level **Physical Education Lesson Plans**. All teachers should have the appropriate grade level **Physical Education Lesson Plans**.

Example: "SFA Green 5" = Green (Sport Play) **Sport For All card #5. Each school has at least one set of both green (Sport Play) and blue (Sport Skill Basic) **Sport For All** cards

Physical Education Lesson Plans:

Each lesson of the **Lesson Plans** indicates: **Equipment** needed (A comprehensive recommended **Equipment** list is on Page 1 of the Lesson Plans. Most items are in the District Stock Catalog.) **Warm-ups** - Exercises for warm-ups are listed on page xii-xiv of Lesson Plans. **Concepts** - The **Concept** is provided to the students either at the start of the lesson or at various points throughout the lesson. Do not confuse the **Concept** with the **Student Activities**. **Student Activities** - Students engage in activities to learn and reinforce concepts and skills. **Closure** – Review questions.

See "page "i" of **Lesson Plans** for further explanation. The numbers in parentheses () in the **Lesson Plans** indicate the Region 9 Standard addressed. Correlation of Region 9 Standards to LBUSD Standards is on the very first page of the **Lesson Plans**.

Fitness concepts and activities, as well as social skills' concepts and activities, should be addressed, reviewed, and practiced in physical education lessons throughout the year.

Physical Education Pacing Guide Overview Grade 5

Week	Unit Focus	Standards
1	Introduction to Physical Education	5
2	Social Skill: Acceptance	5
3	Fitness: Pre-Test	3, 4
4	Fitness: Pre-Test	3, 4
5	Throwing, Rolling, & Catching: Rolling	1, 2, 3
6	Throwing, Rolling, & Catching: Underhand Throw	1, 2, 3
7	Throwing, Rolling, & Catching: Catching & Overhand Throw	1, 2, 3
8	Volleyball Skills: Overhead Volley & Serve	1, 2, 3
9	Volleyball Skills: Forearm Pass	1, 2, 3
10	Basketball Skills: Dribbling	1, 2, 3

11	Basketball Skills: Passing	1, 2, 3
12	Striking with Implements: Paddle Tennis	1, 2, 3
Week	Unit Focus	Standards
13	Striking with Implements: Partners	1, 2, 3
14	Striking with Implements: Bats	1, 2, 3
15	Soccer Skills: Kicking	1, 2, 3
16	Soccer Skills: Dribbling	1, 2, 3
17	New Games: Individual Differences	1,2,3,5
18	New Games: Games	1, 2, 3, 5
19	New Games: Respect	1, 2, 3, 5
20	Parachute Activities: Games	1, 3, 5

21	Parachute Activities: Routines	1, 3, 5
22	Jump Ropes: Long Ropes	1, 2, 3
23	Jump Ropes: Short Ropes	1, 2, 3
24	Jump Ropes: Jump Skills	1, 2, 3
Week	Unit Focus	Standards
25	Rhythm & Dance: Ally Cat	1, 3, 5
26	Rhythm & Dance: Teton Mountain Stomp	1, 3, 5
27	Rhythm & Dance: Tinikling	1, 3, 5
28	Stunts & Tumbling: Stunts	1, 5
29	Stunts & Tumbling: Tumbling	1, 5
30	Stunts & Tumbling: Routines	1, 2, 5
31	Fitness: Post-Test: Flexibility	3, 4, 5

32	Fitness: Post-Test: Muscular Endurance	3, 4, 5
33	Fitness: Post-Test: Muscular Strength	3, 4, 5
34	Cultural Games: Native American	5
35	Cultural Review Activities and Closure	5
36	Culminating Review and Closure	1, 2, 3, 4, 5

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Week	Focus Standard And Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
0		Teacher Preparation	Background Information and Review for Teacher	Read Orientation to Physical Education Lessons Standards	LP: p. i, v-vii, xii-xiv LBUSD 5 th Grade Standards
1 Unit 1, Lessons 1-3 Pages i-9	5	Introduction Rules Procedures Routines Social Skills (Fleece Balls, Cones, Hoops)	Safety (Including Attire) Equipment Signals Formations Boundaries Warm-up Stretching Techniques	Safety lesson PE, and Playground equipment Start/stop Class Management Playing Areas General Specific	LP: p. v; LBUSD playground safety video available thru OMS LP: Unit 2, Lesson 2, p.9 LP: p. v LP: p. v-vii LP: p. i, xii LP: p. xii-xiv
2 Unit 1, Lessons 1-2 Pages 5-6	5.4 5.5 5.6 5.7 5.8	Social Skills Acceptance	Demonstrate Acceptance During Activity	T-Chart for Acceptance Toss-a-Name Game Toss-a-Name Game w/Thank You Group Juggling Interest Circle Group Juggling	LP: Lesson 1, Page 5 LP: Lesson 1, Page 5 LP: Lesson 2, Page 6 LP: Lesson 2, Page 6 LP: Unit 2, Lesson 1, Page 8 SFA Blue 23

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Week	Focus Standard And Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
<p align="center">3-4</p> <p align="center">Unit 3, Lessons 1-7 Pages 11-15</p>	<p>3.3</p> <p>3.4</p> <p>3.5</p> <p>3.6</p> <p>3.7</p> <p>3.8</p> <p>3.9</p> <p>4.3</p> <p>4.4</p> <p>4.7</p> <p>4.8</p> <p>4.9</p> <p>4.13</p> <p>4.14</p> <p>4.15</p> <p>4.16</p> <p>5.1</p> <p>5.2</p>	<p>Fitness</p> <p align="center">Fitness Pre-Test</p> <div style="border: 1px solid black; padding: 5px;"> <p>Pages in Fitnessgram Manual for Directions:</p> <p>Healthy Fit.Zones.61-62</p> <p>Pacer Test.....28-32</p> <p>Mile Run.....32-33</p> <p>Curl-Up.....42-44</p> <p>Trunk Lift.....45-46</p> <p>Push-Up.....47-48</p> <p>Sit and Reach.....53-54</p> <p>Shoulder Stretch..55-56</p> </div>	<p>Preparation for Fitness Pre-Test</p> <p>Fitness Pre-Tests</p> <p>Cognitive Concepts</p> <div style="border: 1px solid black; padding: 5px;"> <p>Fitness Tests – When each test is given, review with students what component of fitness the test measures. Provide opportunity for students to record their individual scores and compare them to the Healthy Fitness Zone for their age. Although individual scores should be recorded, to avoid embarrassing individuals while they test, students should be tested in groups, not individually.</p> </div>	<p>Back Saver Sit and Reach</p> <p>Trunk Lift</p> <p>Push-ups</p> <p>Curl-ups</p> <p>Mile Run/Pacer Run</p> <p>Skinfold Measurement (Body Composition)</p> <p>Fitness Activities</p> <p>Fitness Stations</p> <p>For Pacer Test: (Test half the class at a time, one partner counts on sideline, while partner tests.) Have jump ropes or other equipment available for students who finish and a marked area for them to be safely active, until the entire half of the class has completed the test.</p>	<p>LP: Physical Fitness, Pages viii</p> <p>LP: Lesson 4, p. 13 FM p. 53-54</p> <p>LP: Lesson 5, P. 14 FM p. 45-46</p> <p>LP: Lesson 1, P. 12 FM p. 47-48, SFA Blue 29</p> <p>LP: Lesson 2, P. 12 FM p. 42-44, SFA Blue 30</p> <p>LP: Lessons 6-7, p. 14-15 FM p. 28-33</p> <p>LP: Lesson 3, P. 13, FM p. 36-38</p> <p>Fitnessgram Manual All schools have manual. If more are needed, contact Research Office.)</p> <p>SFA Blue 29</p> <p>SFA Blue 30</p>
<p align="center">5-7</p> <p align="center">Unit 4 Lessons 1-15 Pages 17-24</p>	<p>1.5</p> <p>1.6</p> <p>1.7</p> <p>2.3</p> <p>3.1</p>	<p>Throwing, Rolling, and Catching</p> <p>(Fleece Balls, Variety of Balls, Cones, Beanbags, flying discs)</p>	<p>Rolling</p>	<p>Rolling Teaching Cues</p> <p>Rolling Activities</p> <p>Team Bowling</p> <p>Create a Game</p> <p>Rolling – Partner Knockdown</p>	<p>LP: Lesson 1, p. 17</p> <p>LP: Lesson 2, p. 18</p> <p>LP: Lesson 3, p. 18</p> <p>LP: Lesson 4-6, p. 19-20</p> <p>SFA Blue 1</p>

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Week	Focus Standard And Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
<p align="center">5-7 Continued Unit 4 Lessons 1-15 Pages 17-24</p>	3.3	<p>Throwing, Rolling, and Catching (Fleece Balls, Variety of Balls, Cones, Beanbags, flying discs)</p>	Underhand Throw	Rolling- Keep Away Rolling Beanbag Shuffleboard Rolling Golf Rolling-Turkey Ball Underhand Throw Cues Participate in Underhand Throwing, Catching, and Rolling Activities.	SFA Blue 2 SFA Blue 3 SFA Blue 4 SFA Blue 5 LP: Lesson 1, Page 17
	1.5 1.6 1.7 2.1 2.3 3.1 3.3		Catching	Catching Teaching Cues Catch and Receive - On Your Own Catch and Receive – Body Part Catch and Receive with Partner Catch and Receive – Egg Toss Catch and Receive – Beat the Clock Circle Keep Away	LP: Lesson 7, Page 20 SFA Blue 15 SFA Blue 16 LP: Lesson 7, p.20, SFA Blue 17 SFA Blue 18 SFA Blue 19 SFA Blue 20
			Overhand Throwing	Overhand Throw Cues (Can use these activities for both underhand and overhand throwing) Throwing for Distance Throwing at Targets Developing a Rubrics Throwing with Partner Throwing Targets Everywhere Throwing – PIG Keep Away Create a Game	LP: Lesson 7, Page 20 LP: Lessons 8-9, Page 21 LP: Lesson 10, Page 22 LP: Lesson 11-12, Page 22 SFA Blue 12 SFA Blue 13 LP: Lesson 9, Page 35 SFA Blue 14

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Week	Focus Standard And Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
8-9 Unit 5 Lessons 1-13 Pages 26-33	1.13 1.17 2.4 3.1 3.3	Volleyball Skills (Volleyballs, or Other Balls, Balloons)	Overhead Volleying	Volleying Cues Volleying Volleying at Distances Volley Copy Cat	LP: Lesson 1, p. 26 LP: Lesson 12, p. 26 LP: Lesson 3, p. 27 LP: Lesson 4, p. 28
			Underhand Serve	Underhand Serve Cues Underhand Serve	LP: Lesson 5, p. 29 LP: Lesson 5-6, p. 29
			Forearm Pass	Forearm Pass Cues Lead Up Volleyball Circuit Create a Game	LP: Lesson 7, p. 30 LP: Lesson 8, p. 30 LP: Lesson 12, p. 33 LP: Lesson 13, p. 33
10-11 Unit 5 Lessons 9-13 Pages 31-33	1.14 1.16 2.3 3.1 3.3	Basketball Skills (Basketballs, Playground Balls, Cones)	Hand Dribbling	Dribbling Teaching Cues	LP: Lesson 9, p. 31
			Hand Dribbling	Dribbling Activities Dribble Tag Speed Dribbling Bounce Dribble - On Your Own Bounce Dribble – Knock Down Bounce Dribble – Dribble Obstacle Bounce Dribble – Dribble Keep Away	LP: Lesson 9, p. 31 LP: Lesson 10, p. 32 LP: Lesson 11, p. 32 SFA Blue 6 SFA Blue 8 SFA Blue 9 SFA Blue 10 SFA Blue 11
			Passing	Catch and Receive – Circle Keep Away Catch and Receive -Beat the lock Ball Handling – Penny Push Circuit Create a Game	SFA Blue 20 SFA Blue 19 SFA Blue 22 LP: Lesson 12, Page 33 LP: Lesson 13, Page 33

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Week	Focus Standard And Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
12-14 Unit 6 Lessons 1-15 Pages 35-42	1.10 1.11 1.13 2.4 3.1 3.3	Striking with Implements (Bats, Paddles, Pickleballs/Tennis Balls, Cones)	Paddle Tennis Skills	Paddle Teaching Cues	LP: Lesson 1, Page 35
			Softball Skills	Striking Paddle/Racket w/ Self Striking Paddle/Racket w/Others Striking w/ Bat Teaching Cues Hitting Stations Stations Create a Game	LP: Lesson 1, p. 35, SFA Blue 26 LP: Lessons 2-3 Page 36 SFA Blue 29 LP: Lesson 4, Page 37 LP: Lessons 5-6, Pages 37-38 LP: Lessons 11-12, Page 40 LP: Lessons 13-15, Pages 41-42
15-16 Unit 7 Lessons 1-14 Pages 43-52	1.8 1.9 1.14 1.15 2.1 2.4 3.1 3.3	Soccer Skills (Soccerballs, Beanbags, Cones, Playballs)	Kicking	Instep Kick Teaching Cues	LP: Lesson 1, Page 44
			Punting	Instep Kick for Distance Inside Kick Cue Inside Kick for Distance Punting Teaching Cue Dribbling 2 on 2 Keep Away Dribble Tag Ostrich Egg Juggling Stations Create a Game	LP: Lesson 2, Page 45 LP: Lesson 3, Page 46 LP: Lesson 4, Page 46 LP: Lesson 5, Page 47 LP: Lesson 6, Page 47 LP: Lesson 7, Page 48 LP: Lesson 7, Page 48 LP: Lesson 8, Page 49 LP: Lessons 9-10, Pages 49-50 LP: Lesson 11, Page 50 LP: Lessons 12-15, Pages 51-52
			Kicking and Passing	Kicking – Forceball Kicking ABC Kicking World Cup Goalkeeper Kicking Runaround	SFA Blue 30 SFA Blue 31 SFA Blue 32 SFA Blue 33
			Kicking and Dribbling	Kick Squash Rogueball	SFA Blue 34 SFA Blue 35

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17-19 Unit 8 Lessons 1-15 Pages 54-61	1.1 3.1 3.3 5.3 5.4 5.5 5.6 5.7	New Games (Hula Hoops, Blindfolds, Cones, Balls)	Small Games Appreciate Individual Differences	Carbo, Protien, Fat Shark Attack Mine Fields Sherpa Walk Towel Volleyball Ultimate Frisbee Hackerball Create a Game	LP: Lesson 1, Page 54 LP: Lesson 2, Page 54 LP: Lesson 3, Page 55 LP: Lesson 4, Page 55 LP: Lessons 5-6, Page 56 LP: Lessons 7-9, Pages 57-58 LP: Lessons 10-12, Pages 58-59 LP: Lessons 13-15, Pages 60-61
20-21 Unit 9 Lessons 1-15 Pages 62-73	1.19 3.1 3.3	Parachute Activities (Parachute, Variety of Balls)	Parachute	Grip Manipulatives Parachute Games Create a Game Routine	LP: Lesson 1, Page 63 LP: Lessons 2-3, Pages 64-65 LP: Lessons 4-9, 6-9, Pages 66-70 LP: Lessons 10-13, Pages 70-72 LP: Lessons 14-15, Pages 72-73
22-24 Unit 10, Lessons 5-12 Pages 78-82	1.4 1.19 2.5 3.1 3.3	Jump Rope (Short Ropes, Long Ropes, Music, Balls)	Long Ropes Short Ropes	Turning, Jump, Enter Egg Beater, Double Dutch Stations Long Jump Ropes Basic Jump Backward Jump Skills Partner Skip to Health	LP: Lesson 5, Page 78 LP: Lessons 6-7, Page 78 LP: Lesson 8, Page 80 SFA Blue 38 LP: Lesson 9, Page 80 LP: Lesson 9, Page 80 LP: Lessons 10-11, Page 81 LP: Lesson 12, Page 82 SFA Blue 37

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25-27 Unit 10 & 11 Lessons 1-15 Pages 74 - 95	1.18 1.19 2.5 3.1 3.3 5.8	Rhythm & Dance (Music, Lummi sticks, Tinikling poles)	Rhythm Dance	Interpretive Movement Ally Cat Tinikling (providing you have Tinikling poles) Teton Mountain Stomp	LP: Lesson 1, Page 86 LP: Lesson 3, Page 88 All Time Favorite Dances CD LP: Lessons 1-4, Pages 77-75 Fun Dances For Everyone CD and Steps Packet LP: Lesson 6, p. 90
28-30 Unit 12 Lessons 1-15 Pages 97-106	1.1 1.19 2.5 3.1 3.3 3.6	Stunts & Tumbling (Mats or Grass Needed for Most Activities)	Stunts Tumbling Skills <div style="border: 1px solid black; padding: 5px; width: fit-content;">Tumbling and balance activities should be on mats, carpet, or clean, dry grass. Gymnastic forward and backward rolls are performed optionally. Injury may result if children are forced to do rolls for which they lack necessary strength, flexibility or coordination.</div>	Trust Fall & Spotting Balance, Circle High Jump (option), Pyramid (limit to two levels w/mat) Manipulating Stunts Headstands Handstands Tumbling Skills Mule kick Rolls Cartwheels Routines	LP: Lesson 1, Page 106 LP: Lesson 3, Page 98 LP: Lessons 4-5, Page 99 LP: Lesson 6, Page 100 LP: Lesson 8, Page 101 LP: Lesson 2, Page 97 LP: Lesson 7, Page 100 LP: Lessons 9-10, Pages 103-104 LP: Lessons 11-12, Page 104 LP: Lessons 13-15, Pages 105-107

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Week	Focus Standard And Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
31-33 Unit 14 Lessons 1-8 Pages 117-121	3.1 3.3 3.4 3.5 3.6 3.7 3.8 3.9 4 5.1 5.2	Fitness Fitness Post-Test Record Fitness Test Scores and Report to District Research Office.	Preparation for Fitness Post-Test Fitness Post-Tests Cognitive Concepts	Back Saver Sit and Reach Trunk Lift Push-ups Curl-ups Mile Run/Pacer Run Fitness Activities Fitness Stations	LP: Physical Fitness, Pages vii-x LP: Lessons 1-8, Pages 117-121 FM Pages 53-54 FM Page 45-46 FM Pages 47-48, SFA Blue 29 FM Pages 42-44, SFA Blue 30 FM Pages 28-33 Fitnessgram Manual (See 5 th grade teachers for location of manual— all schools have the manual) SFA Blue 29 SFA Blue 30
34-35 Unit 13 Lessons 1-5 Pages 108-116, Pages 123-125	3.1 3.3 5.1 5.8	Cultural Games	Cultural Games Native American	Turn Around Game Toss Ball Stone Throw Game Rolling Target Relay Ha Goo Research a Game	LP: Lesson 2, Page 109 LP: Lesson 3, Page 109 LP: Lesson 4, Page 110 LP: Lesson 8, Page 113 LP: Lesson 10, Page 114 LP: Lessons 11-13, Pages 114-116
36 Unit 15 Lessons 1-7 Pages 122-125	1 2 3 4 5	Review and Closure (Variety of Equipment)	Review and Closure	Culminating Activities, Review, and Closure Sport Research Project	LP: Lessons 1-7, Pages 122-125