

# 5<sup>th</sup> Grade At – A - Glance

Themes <i>Duration</i>	Movement	Fitness	Attitude	Benchmarks
<b>Basic Training</b> <i>Two Weeks</i>	5.1B Locomotor Combinations 5.1D Balance, 5.1J Jump Rope, 5.1K Manipulative Skills, 5.1L Locomotor/Manipulative, 5.2C Skill Practice	5.3A MVPA, 5.3C Recreation 5.5A Safety 5.5B Proper Attire 5.5C Preventing Injury	5.6B Teamwork 5.7A Rules 5.7B Sportsmanship 5.7C Motivation	BM 5.11 BM 5.12
<b>Fitnessgram</b> <i>Two Weeks</i>	5.2B Performance Elements	5.3B Fitness Goals, 5.4A Aerobic Benefits, 5.4C Fitness Components 5.4D FIT Principle	5.7A Rules 5.7C Motivation	BM 5.8 BM 5.9
<b>Dance Revolution</b> <i>Three Weeks</i>	5.1B Locomotor Combinations 5.1C Movement Skills , 5.1H Partner Movement, 5.1I Dance 5.2B Performance Elements	5.3A MVPA 5.3C Recreation 5.4B Monitor HR	5.6B Teamwork 5.7A Rules 5.7C Motivation	BM 5.2 BM 5.12
<b>Match Point</b> <i>Two Weeks</i>	5.1A Dynamic Movement 5.1C Movement Skills, 5.1K Manipulative Skills, 5.2A Movement Phases, 5.2B Performance Elements	5.3A MVPA 5.3C Recreation 5.4C Fitness Components 5.5A Safety	5.7A Rules 5.7B Sportsmanship 5.7C Motivation	BM 5.6 BM 5.11
<b>Roll with the Flow</b> <i>Four weeks</i>	5.1E Simple Stunts 5.1F Rolls 5.2C Skill Practice 5.1G Weight Transfer/Balance	5.3A MVPA, 5.3B Fitness Goals, 5.3C Recreation, 5.4C Fitness Components, 5.4D FIT Principle, 5.4E Muscle Function, 5.4I Alcohol, 5.5B Proper Attire , 5.5C Preventing Injury, 5.5D Exercise Risks	5.6B Teamwork 5.7A Rules 5.7C Motivation	BM 5.11
<b>Go Team Go</b> <i>Six Weeks</i>	5.1A Dynamic Movement, 5.1B Locomotor Combinations, 5.1C Movement Skills, 5.1K Manipulative Skills, 5.1L Locomotor/Manipulative, 5.2A Movement Phases, 5.2B Performance Elements, 5.2C Skill Practice	5.3A MVPA 5.3B Fitness Goals 5.3C Recreation 5.4C Fitness Components 5.4E Muscle Function 5.5A Safety 5.5C Preventing Injury	5.6A Strategies 5.6B Teamwork 5.7A Rules 5.7B Sportsmanship	BM 5.1 BM 5.5 BM 5.7 BM 5.11 BM 5.12
<b>Hit Me With Your Best Shot</b> <i>Six weeks</i>	5.1A Dynamic Movement ,5.1K Manipulative Skills, 5.1L Locomotor/Manipulative, 5.2A Movement Skills, 5.2B Performance Elements	5.3A MVPA 5.3C Recreation 5.4A Aerobic Benefits 5.5A Safety, 5.5B Proper Attire 5.5C Preventing Injury	5.6A Strategies 5.6B Teamwork 5.7A Rules 5.7B Sportsmanship	BM 5.1 BM 5.3 BM 5.4
<b>Go Ahead and Jump</b> <i>Three Weeks</i>	5.1B Locomotor Combinations 5.1C Movement Skills, 5.1E Simple Stunts, 5.1K Manipulative Skills 5.1J Jump Rope	5.3A MVPA 5.4A Aerobic Benefits 5.4B Monitor HR 5.4D FIT Principle	5.6B Team work 5.7A Rules 5.7B Sportsmanship 5.7C Motivation	BM 5.1 BM 5.12

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Themes <i>Duration</i>	Movement	Fitness	Attitude	Benchmarks
<b>Let's Get Physical</b> <i>Four Weeks</i>	5.1A Dynamic Movement 5.1B Locomotor Combinations 5.1C Movement Skills, 5.1D Balance 5.1G Weight Transfer/Balance 5.1K Manipulative Skills 5.1L Locomotor/Manipulative	5.3A MVPA, 5.4A Aerobic Benefits, 5.4B Monitor HR, 5.4C Fitness Components, 5.4D FIT Principle, 5.4E Muscle Function, 5.4F Healthy Eating, 5.4G Skeletal Function, 5.4H Cardiorespiratory, 5.5C Preventing Injury	5.6B Teamwork 5.7A Rules 5.7C Motivation	BM 5.9 BM 5.10 BM 5.11 BM 5.12
<b>Safe Routes to School</b> <i>One Week</i>	5.1B Locomotor Combinations, 5.1D Balance, 5.1G Weight Transfer/Balance, 5.1J Jump Rope	5.3C Recreation, 5.5A Safety, 5.5B Proper Attire, 5.5C Preventing Injury, 5.5D Exercise Risks	5.7A Rules 5.7C Motivation	SafeCyclist Knowledge Test
<b>Coordinated School Health</b> <i>12 Days</i>	5.1B Locomotor Combinations 5.1C Movement Skills 5.1D Balance 5.1K Manipulative Skills	5.3A MVPA, 5.3AB, 5.4AB Heart 5.3AB, 5.4A Lungs 5.3AB, 5.4AFI Healthy Diet	5.6B Cooperation 5.7A Rules 5.7B Sportsmanship	BM 5.9 BM 5.11 BM 5.12

