

5th Grade
Fitness & Health Concepts
Muscles

2nd Trimester

Description: Students will deepen their understanding of the muscular system as it relates to movement and overall health and well-being.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Applies locomotor, non-locomotor manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.</p> <p>PS 1.2.1: Evaluates safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Analyzes social skills necessary for effective participation in physical activities.</p> <p>PS 1.2.3: Applies strategies necessary for effective participation in physical</p>	<p>Students:</p> <ul style="list-style-type: none"> -identify muscle locations -understand what movement muscles produce (ie. bend/extend) -identify muscles used during specific exercises/skills/stretches -make connections between protein intake and muscle re-building <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *5th Grade Muscles Summative Assessment *Circuit Training *Muscle Tag *Whole Group Weight 	<ul style="list-style-type: none"> *PE Metrics Rubrics (link) *www.pecentral.com *JD Hughes’ Books: “No Standing Around in My Gym: Lesson Plans, games, and teaching tips for elementary physical education” and “PE2theMax: Maximize Skills, Participation, Teamwork, and Fun” *“Project Adventure: Achieving Fitness: An Adventure Activity Guide” *“NASPE Physical Best Activity Guide- Elementary Level” 	<ul style="list-style-type: none"> • Abdominals • Biceps • Deltoids • Gluteals • Gastrocnemius • Hamstrings • Latissimus Dorsi • Pectorals • Quadriceps • Trapezius • Triceps <p>Click here for a comprehensive glossary of Fitness & Health vocabulary terms.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>activities.</p> <p>PS 1.3.1: Analyzes components of health-related fitness.</p> <p>PS 1.1.5: Evaluates movement concepts.</p> <p>PS 2.1.1: Understands dimensions and indicators of health.</p> <p>PS 2.2.1: Understands the structure and function of body systems.</p>	<p>Stick Activities</p> <p>*Sport-Specific Muscle Games/Activities (ie. basketball)</p>	<p>*“Adventure Curriculum for Physical Education-Elementary Curriculum”</p> <p>*“PE Connections-Helping Kids Succeed Through Physical Activity” by Fleming and Bunting</p> <p>*Muscular System Structure Poster</p>	

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*