

5th Grade
Fitness & Health Concepts
Bones/Skeletal System

3rd Trimester

Description: Students will understand the long-range importance of developing a strong skeletal system and be able to identify key bone locations.

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 1.1.5: Evaluates movement concepts.</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</p>	<p>Students:</p> <ul style="list-style-type: none"> -understand the importance of strong and healthy bones -identify exercises that promote strong/dense bones -identify the location of 5 major bones in the body and what they do -understand the relationship between calcium intake and strong bones <p style="text-align: center;">Activities that Support Assessment:</p> <p>*5th Grade Bones Summative Assessment</p>	<p>*PE Metrics Rubrics (link)</p> <p>*www.pecentral.com</p> <p>*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”</p> <p>*“Project Adventure: Achieving Fitness: An Adventure Activity Guide”</p> <p>*“NASPE Physical Best Activity Guide- Elementary Level”</p>	<ul style="list-style-type: none"> • Cranium • Clavicle • Sternum • Vertebra • Ribs • Pelvis • Humerus • Ulna • Radius • Femur • Tibia • Fibia • Patella • Scapula <p>Click here for a comprehensive glossary of Fitness & Health vocabulary.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>necessary for effective participation in physical activities.</p> <p>PS 1.3.1: Analyzes components of health-related fitness.</p>	<p>*Bone relay *Build a Skeleton/Label *Hospital Bone Tag *Clothes Pin Bone Relay</p> <p>*Calcium Challenge</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>*Skeletal System poster</p> <p>*Skeleton Model</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?*