

Marshfield School District Scope & Sequence Pacing Guide

Grade Level: **Grade 5th & 6th** **Content Areas:** **Physical Education**

Quarter: 1

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Classroom Management	Classroom Management	<ul style="list-style-type: none"> • Listens and follows directions • Is willing to participate • Safely interacts with peers and displays safe and appropriate use of equipment • Works cooperatively and displays good sportsmanship • Respectful behavior toward others and of others' abilities • Demonstrates a proper sequence of a left hand turn at a stop sign 	Appropriate physical education equipment needed for each Unit	3
Spatial Awareness Warm-up	Spatial Awareness Warm-up			
Team Building	Team Building			
May have Bicycle depending on shared equipment	May have Bicycle depending on shared equipment			

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Flag Football	Soccer	<ul style="list-style-type: none">• Demonstrates receiving techniques and catches the ball• Dribbles a soccer ball with control and makes leading pass to a partner		4
Heart Rate Monitors & Cardio Games	Heart Rate Monitors & Cardio Games	<ul style="list-style-type: none">• Exercises with a heart rate monitor with average heart rate in target zone for 90% of recorded days• Exercises with pedometer, recording a minimum of 1500 steps/30 minute class 90% of recorded days		2

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Quarter 2

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Fitness Testing	Fitness Testing	<ul style="list-style-type: none"> • Jogs at a constant pace for 5 minutes 80% of attempts 	Appropriate physical education equipment needed for each Unit	3
Volleyball Skills	Basketball Skills	<ul style="list-style-type: none"> • Serves underhand/ overhand over the net within boundaries 3 out of 5 attempts • Shoots a basketball using correct techniques (BEEF: balance, eyes, elbow, follow-through) at a ten foot hoop at a distance of at least 5 feet 		3
Adventure Unit	Adventure Unit	<ul style="list-style-type: none"> • Uses correct procedures, commands and cooperation while 		5

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		assisting in an Australian Backup Belay		
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Quarter: 3

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Adventure Unit	Adventure Unit	<ul style="list-style-type: none"> • Uses correct procedures, commands and cooperation while assisting in an Australian Backup Belay 	Appropriate physical education equipment needed for each Unit	Continue from second quarter
Juggling	Jump Roping	<ul style="list-style-type: none"> • Demonstrates 3-item cascade in five sequences with scarves • Performs four stunts, four repetitions each without interruption 		2

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Dance	Tumbling	<ul style="list-style-type: none">• Practices dance etiquette (acceptance, respectfulness, and participation)• Performs the grape vine step (left and right) to the beat of the music• Performs a routine including four tumbling skills which includes stunts, balances, and/or jumps		3
Enrichment Activities	Enrichment Activities	<ul style="list-style-type: none">• Encompasses all Grade 5 and 6 Learning Targets		1

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Quarter: 4

Topic-Unit		Learning Targets	Materials	Weeks
Even Year	Odd Year			
Track & Field	Track & Field	<ul style="list-style-type: none"> • Performs a running long jump, taking off one foot, landing on two feet, bending knees 	Appropriate physical education equipment needed for each Unit	3
Biking/ Team Building Challenges	Biking/ Team Building Challenges	<ul style="list-style-type: none"> • Demonstrates a proper sequence of a left hand turn at a stop sign • Demonstrates cooperation skills needed to accomplish group/team goals in both cooperative and competitive activities 		3
Softball	Enrichment Activities	<ul style="list-style-type: none"> • Overhand throws awhile stepping with opposite foot during a game situation • Fields a hit ball and overhand throws to a 		3

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		target with opposition • Encompasses all Grade 5 and 6 Learning Targets (Enrichment Activities)		
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- **Note: Team Building Challenge Unit- -alternate every other year-opposite of biking**
- **Madison/ Nasonville/ Washington-Biking (Odd Years)**
- **Grant/ Lincoln -Biking (Even Years)**