

Fifth Grade Physical Education Curriculum Overview

The physical education program (50 min class per week) offers children a variety of creative motor experiences that promote healthy attitudes towards exercise. The physical education program offers vigorous and non-vigorous activities that build skills, strength, speed, coordination, self-confidence, and self-image. Social and emotional development is addressed through the teaching of concepts such as cooperation, problem solving, team building, fair play, and respect for human differences.

The physical education program clearly plays a vital role in the education of the whole child. Doing one's "personal best" is a theme at all grade levels. In grade five the students show a mastery of skills necessary to participate in advanced games and activities. Cardiorespiratory activities, good sportsmanship and fair play continue to be emphasized. Students are expected to exemplify safe practices, adherence to rules and procedures, cooperation, teamwork, and positive social interaction in class activities