

Grades 3-5 Health & Physical Education Scope and Sequence

The scope and sequence remains the same for grades 3-5, however, activities may be modified to challenge learners of different skills and grade levels using the *SPARK It Up!* variations found in the SPARK PE curriculum binder. “Focus On Fitness” and “Spotlight On Skills” activities are paired in suggested combinations, however, may be modified as needed. A suggested FitnessGram assessment pacing is provided in order to make the administration of the assessment easier to manage given limited time. Health education themes should be integrated into both physical education and in the general education classroom – providing a minimum of 15 minutes of total health instruction per week. Stand-alone time should be provided for the human sexuality lessons, required in grades 4 and 5.

Unit Overview	Focus on Fitness	Spotlight on Skills	Concepts At-A-Glance	FitnessGram Assessment Pacing	Health Education Themes
1) This unit introduces students to 21 st century physical education routines and procedures that maximize space and teach students to work cooperatively, with a partner or group, in order to achieve a common goal.	ASAP	Routines and Procedures	<ul style="list-style-type: none"> Routines and procedures Self-responsibility Social interaction Group dynamics ASAP 	Practice assessments – integrating each with daily lessons/warm-up	Resolving Conflicts Effective and Respectful Communication
2) The fitness portion of this unit focuses on developing students’ understanding of the five components of health related fitness: muscular strength, muscular endurance, aerobic capacity, and body composition. The stations/circuits are designed to include and challenge students of all skill levels while maintaining moderate to vigorous physical activity during class. The cooperative activities focus on team building and foster a positive classroom environment.	Fitness Circuits	Cooperatives	<ul style="list-style-type: none"> Personal fitness FITT Pedometer log Activity log 		Nutrition <ul style="list-style-type: none"> Food log Planning healthy meals Reading a nutrition label
3) This unit provides students with the opportunity to develop chasing, fleeing, and spatial awareness skills while promoting health related fitness in an enjoyable way. The activities are designed to include and challenge all physical skills, while maintaining enjoyable, health-promoting, and moderate to vigorous physical activity during class.	Chasing and Fleeing <i>Movement concepts and body management</i>	Kicking 4.1.8, 5.1.9, 5.1.10 Dribbling 3.1.12, 4.1.9, 5.1.11	<ul style="list-style-type: none"> Soccer or field Hockey 	Assess Push Up and curl up	Disease Prevention and Treatment School and Community Health
4) The focus on fitness for this unit, rope jumping, gives students the opportunity to enhance their aerobic capacity, muscular endurance, and body composition in a fun and social atmosphere.	Rope Jumping 3.1.5, 4.1.2, 4.1.3	Rhythmic Skills 3.1.14, 4.1.11, 5.1.13	<ul style="list-style-type: none"> Dance 		Human Body Systems Identify major muscles and bones

5) The activities in this unit’s focus on fitness and integrate geography and mathematics skills as students “travel” to a destination by walking, jogging, running or doing other continuous movement. Students create a track and convert either laps traveled or minutes moved into map miles. They will move on the map from a point of origin to a final destination.	Map Challenges	Striking/ Volleying 4.1.10, 5.1.12	<ul style="list-style-type: none"> Volleyball or First Tee Golf 	Assess PACER, height and weight	Personal Health and Hygiene <ul style="list-style-type: none"> Brushing teeth, daily showers Healthy food choices Exercising
6) This unit focuses on developing students’ ability to successfully perform a variety of individual and partner stunts and tumbling skills. Stunts and tumbling activities are designed to include and challenge all students’ physical skills while maintaining a safe and health-promoting environment.	Daily Dozen (from Stunts Unit)	Stunts and Tumbling 3.1.4, 3.1.5	<ul style="list-style-type: none"> Stunts and Tumbling 		Sexuality, Reproduction, and Health Grade 4 Sexual Health resource Grade 5 Sexual Health resource
7) Group fitness activities in this unit allow students to experience a variety of challenging fitness activities in a group setting. Differentiated instruction between grades focuses on basketball and hockey. Health related fitness components of aerobic capacity, including muscular strength and endurance, are the primary focus of this unit. Skill-related fitness components of power, speed, agility and balance are also addressed.	Group Fitness	Passing/Catching Dribbling 4.1.7, 5.1.8, 3.1.11	<ul style="list-style-type: none"> Hockey or Basketball 	Assess Sit and Reach	Alcohol, Tobacco, and other Drugs <ul style="list-style-type: none"> Describe the impact of alcohol on one’s safety and first and second hand smoke on one’s health
8) The focus on fitness activities for this unit traditional games are adapted to allow for the practice of previously learned motor skills and movement patterns in a high-activity environment. These games are fast-paced and challenging and provide health benefits of aerobic capacity, strength, endurance and flexibility.	Aerobic Games	Throwing/Catching 3.1.7, 3.1.8, 3.1.8, 4.1.5, 4.1.7, 5.1.5	<ul style="list-style-type: none"> Ultimate Games 		Safety Skills
9) Group fitness activities in this unit allow students to experience a variety of challenging fitness activities in a group setting. Differentiated instruction between the grades focuses on softball, tennis, paddleball, and cricket. Health-related fitness components of aerobic capacity, including muscular strength and endurance, are the primary focus of this unit. Skill-related fitness components of power, speed, agility and balance are also addressed.	Group Fitness	Flying Discs Footbal Striking 3.1.6, 4.1.4, 5.1.3, 5.1.4	<ul style="list-style-type: none"> Softball Paddleball Quickstart Tennis Cricket 	Make Up: All assessments Enter all scores into www.fg9.dc.gov	Emotional Health <ul style="list-style-type: none"> Recognize that there are multiple dimensions of health (physical, emotional/mental)
10) The fitness challenges in this unit consist of student-directed activities that promote the five components of fitness. These activities may be presented as a warm up while focusing on track and field skills. World games provide an interesting way for students to apply skills they have learned throughout the year in a new setting.	Fitness Challenges	Running/Jumping 5.1.2 Throwing	<ul style="list-style-type: none"> Track and Field World Games 		