

MS Curriculum Overview

1. Course Title	5th Grade Physical Education			
2. Course Overview	<p>This year-long Physical Education course provides students with opportunities to develop movement skills, physical fitness, teamwork, and healthy lifestyle habits through a variety of games, sports, and recreational activities. Students will build competence and confidence in physical activity while demonstrating responsible behavior, cooperation, and sportsmanship.</p>			
3. Main Resource Used	<p>Healthy and Balanced Living Curriculum Framework Connecticut State Department of Education</p> <p>OPEN Physical Education Curriculum</p>			
4. Unit Sequence & Titles	<p style="text-align: center;">Unit 1</p> <p style="text-align: center;">Fitness & Cooperative Games</p>	<p style="text-align: center;">Unit 2</p> <p style="text-align: center;">Invasion Games</p>	<p style="text-align: center;">Unit 3</p> <p style="text-align: center;">Net, Wall, and Target Games</p>	<p style="text-align: center;">Unit 4</p> <p style="text-align: center;">Striking, Fielding, and Lifetime Activities</p>