



Township of Ocean Schools

Assistant Superintendent
Office of Teaching and Learning

SPARTAN MISSION:

Meeting the needs of all students with a proud tradition of academic excellence.

Curriculum Development Timeline

School: Township of Ocean Elementary Schools

Course: Physical Education, Grade 5

Department: Physical Education

Board Approval	Supervisor	Notes
July 2009	Denise Palaia	Born Date
August 2018	Denise Palaia	Revisions

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W e e k	Marking Period 1	W e e k	Marking Period 3
1	Introduction, Rules, Safety, Sportsmanship	21	Team Handball
2	Soccer	22	Handball Tournament
3	Soccer	23	Handball Tournament
4	Field Hockey	24	Floor Hockey
5	Field Hockey	25	Floor Hockey Tournament
6	Football	26	Floor Hockey Tournament
7	Football	27	Badminton
8	FitnessGram	28	Badminton
9	FitnessGram	29	Climbing – Rock Wall
10	Fitness Vocabulary Assessment	30	Climbing – Rock Wall
W e e k	Marking Period 2	W e e k	Marking Period 4
11	Dance – Individual & Line	31	Bowling
12	Dance – Group	32	Bowling
13	Cooperative Challenges	33	Track & Field
14	Cooperative Challenges	34	Track & Field
15	Volleyball	35	Softball
16	Volleyball	36	Softball
17	Basketball	37	FitnessGram
18	Basketball	38	FitnessGram
19	Gymnastics	39	Backyard Activities/Blacktop
20	Gymnastics	40	Backyard Activities/Blacktop

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Time Frame	September - June
Topic	
Team Sports, Fitness, Cooperative Activities, Lifetime Activities, Dance	
Essential Questions	
<ul style="list-style-type: none">• What skills and principles are necessary to promote an active lifestyle?• Why must students develop fitness to maintain health throughout their life?• What cooperative skills are necessary to promote active and social relationships?• How can the necessary concepts and skills be applied to enhance a healthy lifestyle?• What movement skills and health concepts are necessary to promote an active lifestyle?• How are the principles of fitness and health applied to daily living?• Why must students develop mechanically correct movements to complete a skill?• Why must students develop skill-related fitness movements to maintain a healthy lifestyle?• How are fundamental movement skills based on rhythm used to enhance physical experiences throughout life?	
Enduring Understandings	
<ul style="list-style-type: none">• Staying healthy is a lifelong process that includes fitness as part of all the dimensions of wellness.• Utilization of cooperative skills to promote a healthy social lifestyle.• Application of various creative and problem solving concepts necessary in solving challenges of a healthy lifestyle.• Knowing and applying fitness principles throughout life enhances health.• Understanding the fundamental concepts of an activity provides the foundation for participation in lifetime activities.• Development of total health concepts and skills to promote a healthy lifestyle.• Utilization of safe, efficient movement skills to promote an active lifestyle.• Application of a variety of fitness concepts necessary to maintain health.• Develop an understanding of fundamental concepts of music related to effective execution of movement actions.• Recognize the benefit of recreational physical experiences for social, emotional, and physical well-being.• A recreational active lifestyle is developed by individual decision-making.	

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Alignment to Standards

NJSLS:

2.5.6.A.1-4

2.5.6.B.1-2

2.5.6.C.1-3

2.6.6.A.1-7

Key Concepts and Skills

- Understanding of fundamental concepts related to effective execution of actions provides the foundation for participating in games, sports, dance, and recreational activities.
- Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.
- There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.
- Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to the enjoyment of the event.
- There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.
- Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

Learning Activities

- Overview presentation and introduction to the sport.
- Discussion and questions about personal and related sports experiences.
- Demonstration of movement skills employing correct mechanics.
- Practice techniques individually, with partners and small group activities.
- Review successful solutions and possible modifications for problems.
- Practice individual, partner, and small, and large group fitness challenges.
- Presentation and demonstration of skills, sequences, and music concepts.
- Engage safely in activities of choice with minimal teacher intervention.
- Reflect on and evaluate activities.

Assessments

- Rubric for a variety of skills and activities.
- Student participation.
- Student engagement.

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- Students will reflect upon and self-assess their learning through game play review.
- Students will analyze personal performance and accept constructive feedback from others.
- Student growth on FitnessGram test.

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Reading and Language Arts, Mathematics, Social Studies, Physics

Technology Integration

FitnessGram Audio Program

Modifications (ELL, Special Education, Gifted and Talented, and 504 Plans)

ELL:

- Work toward longer passages as skills in English increase
- Use visuals
- Introduce key vocabulary before lesson
- Teacher models reading aloud daily
- Provide peer tutoring
- Use of Bilingual Dictionary
- Guided notes and/or scaffold outline for written assignments
- Provide students with English Learner leveled readers.

Supports for Students With IEPs:

- Allow extra time to complete assignments or tests
- Guided notes and/or scaffold outline for written assignments
- Work in a small group
- Allow answers to be given orally or dictated
- Use large print books, Braille, or books on CD (digital text)
- Follow all IEP modifications

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Gifted and Talented:

- Create an enhanced set of introductory activities (e.g. advance organizers, concept maps, concept puzzles)
- Provide options, alternatives and choices to differentiate and broaden the curriculum
- Organize and offer flexible small group learning activities
- Provide whole group enrichment explorations
- Teach cognitive and methodological skills
- Use center, stations, or contracts
- Organize integrated problem-solving simulations
- Propose interest-based extension activities
- Expose students to beyond level texts.

Supports for Students With 504 Plans:

- Follow all the 504 plan modifications
- Text to speech/audio recorded selections
- Amplification system as needed
- Leveled texts according to ability
- Fine motor skill stations embedded in rotation as needed
- Modified or constrained spelling word lists
- Provide anchor charts with high frequency words and phonemic patterns

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