

# HUDSONVILLE PUBLIC SCHOOLS ELEMENTARY COURSE FRAMEWORK



**COURSE/SUBJECT**

**5<sup>th</sup> Grade Physical Education**

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>• Skip</li> </ul>	Demonstrate the step-hop movement pattern.	“Step-hop”	Music	Observations
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>• Run/Jog</li> <li>• Pace</li> </ul>	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot. Demonstrate all elements of form while running at various speeds and stopping and starting using a comparative assessment or standard.	Knee high, push of the toes, heels up, elbows bent, thumbs up, reach.	Mile Course	Students will perform a one mile test based on individual improvement and comparative assessment.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>• Leap</li> </ul>	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot. Demonstrate all elements of form of leaping from a standing position with feet staggered, leaping off the front foot, traveling forward and landing on the opposite foot.	Step, bend, push, reach, land	Music	Observations
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>• Overhand Throw</li> </ul>	Demonstrate the elements of form using proper technique.	T, Twist, Throw, Follow through	Ball	Stand sideways to target. Opposite foot in front. Eyes on Target. Rotate Hips. Throw. Follow Through.

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Catching Fly Balls</li> </ul>	Demonstrate catching a lightweight ball using proper technique.	Thumbs in, Thumbs out	Ball	Eyes on Object. Catch with hands. Bends hands when they contact object.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> <li>Jump Rope</li> </ul>	Demonstrate the elements of form in the basic jump, forward and backward.	Turn, Wait, Jump!	Jump Rope	Jumps 3 times over the rope consecutively with rhythm and correct form.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Other Motor Skills	<ul style="list-style-type: none"> <li>Bowling</li> <li>Kick</li> <li>Forehand Strike</li> <li>Hand Dribble</li> <li>Underhand Strike</li> <li>Dance/ Creative Movement</li> <li>Mileage Club</li> </ul>	Demonstrates the appropriate motion for the subsequent motor skill.	Varies	Varies	Observations
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> <li>Strength</li> </ul>	Students will develop a daily exercise and strength routine in the physical education class setting.	Varies	N/A	Students will perform stretch testing based on individual improvement and comparative assessment.
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> <li>Flexibility</li> </ul>	Students will develop a daily stretching routine in the physical education class setting.	Varies	N/A	Students will perform flexibility testing based on individual improvement and comparative assessment.

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> <li>• *Run</li> <li>• *Jog/Pace</li> <li>• *Skip</li> </ul>	Demonstrates the ability to sustain each activity for the desired amount of time.	Varies	N/A	Observations
MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Cognitive Domain	<ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Body Parts/ Functions</li> <li>• Benefits and Knowledge of Physical Activity</li> </ul>	Demonstrates understanding and knowledge of the concepts of nutrition and body functions in order to maintain a healthy lifestyle.	Varies	N/A	Observation
MPECS.5, 6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings.	Personal, Social Domain	<ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Following Directions</li> <li>• Respect</li> <li>• Responsibility</li> <li>• Self-Control</li> <li>• Best Effort</li> <li>• Compassion</li> <li>• Constructive Competition</li> </ul>	Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others.			