

Grade: 5		Teacher: Zied Ghadhab/ Raluca		Subject: Physical and Health Education	
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials	
09-10-17 - 10-7-17	Personal Fitness	<ol style="list-style-type: none"> benefits of physical activity and exercise Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills 	<ol style="list-style-type: none"> Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle 	<ol style="list-style-type: none"> Fitness Equipment 	
	<ol style="list-style-type: none"> Fitness Testing Circuit Training Muscular Endurance Cardio Endurance Crossfit Body pump 				
10-03-17 - 11-01-17	Team Sport: Basketball	<ol style="list-style-type: none"> movement concepts and strategies ways to monitor and adjust physical exertion levels how to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games 	<ol style="list-style-type: none"> Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. 	<ol style="list-style-type: none"> Basketballs Cones Pinnies Bowling pins 	
	<ol style="list-style-type: none"> Dribbling Passing Shooting <ol style="list-style-type: none"> Lay-ups Free Throws Footwork Offence Defence Rebounding Fast Breaks Rules of the game and hand signals 				
11-01-17- 12- 01-17	Individual Sport:Gymnastics			<ol style="list-style-type: none"> Gymnastic Mats 	
	individual Sport: Track and Field				

12-01-17 01-31-18	<ol style="list-style-type: none"> 1. Shot put 2. High Jump 3. Standing Long jump 4. Triple jump 5. Running long jump 6. 100m 7. 1km 8. Rules of each activity 			
02-01-18- 02-28-18	Team Sport: Football <ol style="list-style-type: none"> 1. Dribbling 2. Passing 3. Trapping 4. Striking 5. Throw-ins 6. Positioning 7. Goal Keeping 8. Defence 9. Offence 10. Rules of game 			
03-01-18 - 03-31-18	Team Sport: Volleyball <ol style="list-style-type: none"> 1. Serving 2. Footwork 3. Passing 4. Setting 5. Diggs 6. Hitting 7. Offence 8. Defence 9. Rules of game 			
04-01-18 - 05-15-18	Team Sport: Handball <ol style="list-style-type: none"> 1. Dribbling 2. Passing 	1. benefits of physical activity and exercise	1. Daily physical activity enables us to practice skillful movement and helps us develop	

	3. Receiving 4. Shooting 5. Rules of the game	2. Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills 3. movement concepts and strategies 4. ways to monitor and adjust physical exertion levels 5. how to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games	personal fitness. 2. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle 3. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.	
05-13-18 0 05-31-18	Individual Sport: Fitness 1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance	6. benefits of physical activity and exercise 7. Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills 8. movement concepts and strategies	1. Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. 2. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle	

		9. ways to monitor and adjust physical exertion levels 10. how to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games	3. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.	
Oct- Dec	Health Unit 1: Goal Setting and FITT principles	1. Differences between the health components of fitness 2. training principles to enhance personal fitness levels, including the FITT principle 3. benefits of physical activity and exercise 4. food choices to support active lifestyles and overall health 5. practices that promote health and well-being, including those that prevent communicable and non-communicable illnesses 6. sources of health information and support services 7. strategies to protect themselves and others from potential abuse,	1. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. 2. Personal choices and social and environmental factors influence our health and well-being. 3. Developing healthy relationships helps us feel connected, supported, and valued.	
Jan- Mar	Health Unit 2: Healthy Eating			
Mar-May	Health Unit 3: Healthy Relationships and Healthy Choices			

		exploitation, and harm in a variety of settings 8. factors influencing use of psychoactive substances, and potential harms 9. physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity, and changes to relationships		
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May- June	Health Unit 4: Community Health	1. Differences between the health components of fitness 2. benefits of physical activity and exercise 3. food choices to support active lifestyles and overall health 4. practices that promote health and well-being, including those that prevent communicable and non-communicable illnesses 5. sources of health information and support services 6. factors influencing use of psychoactive substances, and potential harms	1. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. 2. Personal choices and social and environmental factors influence our health and well-being. 3. Developing healthy relationships helps us feel connected, supported, and valued.	

