

St. Catherine of Siena Catholic School Physical Education

3rd-5th Grade

Week	Unit	Skills				
Curriculum Overview	Orientation (5 days)	Understand class rules and expectations, discuss virtues and how to demonstrate them in PE class, review start and stop procedures, practice pairing and grouping routines, demonstrate cooperation and kindness with one another, discuss heart rate and learn how to find pulse on self, complete games and activities that promote virtues and increase physical activity				
	Recess Activities (6 days)	Begin learning ASAP(Active as Soon as Possible) warmup activities, learn and play a variety of games that can be played at recess, review heart rate and count pulse, learn and review fitness and flexibility activities				
	Basketball (8 days)	Maintain control of the ball while completing ball handling drills, develop dribbling competency with each hand, identify basic basketball passes, pass and receive with a partner and a group, pass to a receiver on the move, learn and practice pivoting skills with each foot, demonstrate offensive and defensive strategies, learn and practice proper shooting skills, participate in games that enable students to practice specific basketball skills, play mini games, complete various ASAP fitness activities				
	Dance (6 days)	Learn and perform various folk dances, line dances and cultural dances; cooperate with partners and groups, group students to create a dance and teach it to other groups, complete various ASAP fitness activities				
	Hockey (8 days)	Learn and practice correct stick handling technique, understand rules essential to the safety of all students, demonstrate dribbling hockey style, dribble in open space and around obstacles, practice passing and trapping skills with others, demonstrate offensive skills (pass and move to open space), pass with accuracy, learn and practice face-off, practice shooting on and defending a goal, play games to target practice of specific skills, demonstrate stick control, dribble under pressure, maintain ball control, combine hockey skills to play a mini-game, use Movement Bands to complete fitness activities, cooperate with others				
	Softball (8 days)	Throw overhand for accuracy, demonstrate give and go offensive strategies, practice overhand throw and 2 handed catch, field grounders and throw to a baseperson, work cooperatively with partners, practice underhand pitching and catching, demonstrate proper batting technique, play mini games to practice all softball skills, continue movement band fitness				
	Football (8 days)	Throw and receive forward and lateral passes, participate in passing and receiving games, demonstrate hand-off and ball carrying techniques, center the ball to a partner, cooperate with others to practice skills, learn and practice punting skills, complete passes to a receiver while under pressure from a defender, review and practice football skills in mini-game setting, complete fitness challenges unit activities				
** cycled in next year in place of Dance, Hockey and other units	**Soccer (8 days)	Demonstrate ball control skills, trap with control, dribble soccer-style, dribble in open space and around obstacles, cooperate with others, pass and trap with accuracy, review and practice throw-ins and punting, demonstrate offensive and defensive skills, kick on a goal, combine soccer skills to play a mini-game, complete fitness activities				

	** Racquets and Paddles (6 days)	Learn and practice correct racquet grip, manipulate a bean bag with a racquet, complete ball control drills, strike a ball to roll it to a partner, cooperate with others to complete a task, practice tap downs and bump ups for ball control, learn and practice forehand and backhand strokes, play partner games to demonstrate forehand accuracy, hit back and forth with a partner, complete a partner game to practice stroking skills, complete fitness activities				
	**Flying Discs (6 days)	Demonstrate backhand throw and clap catch, throw a disc with accuracy to a partner, cooperate with others, demonstrate give and go technique, practice basic forehand throw and catching techniques, throw and catch complete passes, play a game demonstrating offensive and defensive skills, complete fitness activities				
	** Cooperatives (8-10 days)	Demonstrate virtues during all unit activities; cooperate with others in partner and group settings; complete a variety of activities that challenge student to communicate, listen, respect one another and cooperate, demonstrate the ability to lead and follow, discuss pros and cons of each activity completed, complete fitness activities				