

## PHYSICAL EDUCATION UNIT PLAN

**Physical Education Unit: Games,  
Fitness/Wellness, Dance, and Gymnastics**

**Grade Levels 4-5**

NASPE	PA Standard	Outcome	Eligible Content	Suggested Learning Activities	Assessment	Materials and Resources
1	10.5.6.A	Goal 1 - Perform mature stage manipulative and locomotor movement skills within dynamic modified games	<p>A. Demonstrate mature sending and receiving skills within small-sided game play (frisbee, soccer, field hockey, floor hockey, basketball, handball, lacrosse, football)</p> <p>B. Demonstrate mature dribbling (with the hands or feet) within small-sided game play</p> <p>C. Demonstrate mature dribbling under varied dynamic practice conditions</p> <p>D. Demonstrate mature shooting-on-goal skills within small-sided game play</p> <p>E. Demonstrate mature striking skills within static and dynamic small-sided game play (batting, tennis, volleying, golf, badminton)</p> <p>A. Demonstrate mature locomotor skills while changing</p>	Games and lessons emphasizing modified play	Authentic assessments: teacher, self and peers	Human Kinetics; Teacher-designed assessment tools