5th Grade: Kemp, Bradley, Sims (Girls) 9:25-10:05

 11/10/20 – 02/05/21

All classes will be going over class rules, procedures, expectations, tornado, fire, and intruder drills.  
On inclement weather days, all classes will participate in "Too Good for Drugs" and "Too Good for Violence" lessons.

Skill Development: Throw underhand and overhand using correct form in dynamic environments and catch with correct form in dynamic individual, partner, and small group activities.

Cognitive Development:  Identify each component of the FITT Principle (frequency, intensity, time, and type).

Activities: Relay races, striking, underhand throwing, practice locomotor skills, hula hoop games, dance, new games, etc.

Resources: Teacher demonstration

Assessments: Teacher observation, show and tell, and physical fitness testing.

 Week 1- Fitness

Week 2- Flag Football

Week 3- Relays (Obstacle Courses)

Week 4- Baseball games

Week 5- Wii dance

Week 6- New Games (Target Ball, Kin Ball)

Week 7- Bowling

Week 8- Stations

Week 9- Tournament (Flag Football, wiffleball)