

Dear 5th Grade Physical Education Teacher,

Congratulations on your physical education course assignment. The *Halifax County Schools' Healthful Living Physical Education Pacing Guide* is paced in nine weeks within two quarters. It consists of the following NC Healthful Living Essential Standards' strands: **MS** = Motor Skills, **MC** = Movement Concepts, **HF** = Health-Related Fitness, and **PR** = Personal/Social Responsibility. See the following example of how to read the matrix: **PE.5.MS.1.1 Physical Education; Grade 5; Motor Skills; Essential Standard 1; Clarifying Objective**. The numbered columns and letter "**X**" indicates when the objective IS taught and NOT taught. There are several objectives to teach each quarter; therefore, teachers are encouraged to design mini units to accomplish all objectives.

Best regards for a successful school year!
Halifax County Schools' Curriculum Support Team
August 26, 2020

Halifax County Schools: (Healthful Living) Physical Education Essential Standards Pacing Guide (8-26-19)

(MS) Motor Skills

Clarifying Objectives		Quarters			
5.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.		1	2	3	4
PE.5.MS.1.1	Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities	1	2	3	4
PE.5.MS.1.2	Use increasingly complex skills with power and accuracy.	1	2	3	4
PE.5.MS.1.3	Illustrate mature form in combining locomotor and manipulative skills for traditional and non-traditional activities.	1	2	3	4
PE.5.MS.1.4	Create movement sequences that are smooth and fluid and have several different rhythmic patterns.	1	2	3	4

(MC) Movement Concepts

Clarifying Objectives		Quarters			
5.MC.2 Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.		1	2	3	4
PE.5.MC.2.1	Select scientific principles and/or concepts that have an effect on the quality of complex movement.	X	2	X	X
PE.5.MC.2.2	Evaluate movement and game skills in order to provide feedback that will lead to improvement	X	2	X	X
PE.5.MC.2.3	Identify basic offensive and defensive strategies in modified game situations.	X	2	X	X
PE.5.MC.2.4	Analyze the five components of health-related physical fitness in terms of their relationship to various activities.	X	2	X	X

HF = Health-Related Fitness

Clarifying Objectives		Quarters			
5.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.		1	2	3	4
PE.5.HF.3.1	Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.	1	2	X	X
PE.5.HF.3.2	Implement strategies to achieve health-related physical fitness.	1	2	3	4
PE.5.HF.3.3	Select physical activities that develop/maintain each of the five components of health-related fitness	X	2	3	4

(PR) Personal/Social Responsibility

Clarifying Objectives		Quarters			
5.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.		1	2	3	4
PE.5.PR.4.1	Use self-control to work independently in developing responsibility and respect for self and others.	1	2	3	4
PE.5.PR.4.2	Use cooperation and communication skills to achieve common goals.	1	2	3	4
PE.5.PR.4.3	Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.	1	2	3	4