

**Brandywine Heights Area School District  
200 W. Weis Street, Tipton, PA**

**Course Syllabus for 5<sup>th</sup> Grade Physical Education and Health**

**Overview:**

Middle school physical education incorporates purposeful movement, fitness concepts, skill improvement, and sportsmanship.

The Middle School Health curriculum is designed to provide students with information and learning experiences in order to live healthier lives.

**Textbook:** None

**Outline of PE Content:**

**First Quarter:** Cooperative activities, compass and orienteering, physical fitness, soccer, and outdoor games

**Second Quarter:** Newcomb volleyball, jump rope (short), tumbling, and indoor games

**Third Quarter:** Basketball, jump rope (long), rhythm games, dance, and indoor games

**Fourth Quarter:** Kickball, softball, track events, and outdoor games

**Grading:** Grades are based on the school district's grading policy.

**Outline of Health Content:**

**First & Second Quarter:** Human Development, with a focus on puberty

**Third & Fourth Quarter:** Disease Prevention, with a focus on HIV/AIDS

**Grading:** Grades are based on the school district's grading policy.