

# Grade 5

Adopted 2009

## Skill Development

1. Demonstrate correct form while sprinting and running for distance
2. Demonstrate correct form while fielding and punting a ball.
3. Execute single and dual long-rope activities and stunts.
4. Demonstrate rhythmic dances, including modern, aerobic, and ethnic.
5. Demonstrate weight transfer and balance on mats and apparatus by smoothly transitioning between combinations of traveling and rolling.
6. Apply appropriate skills in sport modified games.

## Cognitive Development

7. Identify cue words and terms associated with punting and fielding.
8. Describe relationships among strength, flexibility, balance, and coordination in successfully executing physical activities.
9. Identify basic rules, player positions, and offensive and defensive strategies in organized games and in sport modified games.

## Social Development

10. Explain good sportsmanship techniques for use in settling disputes.
11. Explain physical activity and safety benefits of exercising with a partner.

## Physical Activity and Health

12. Describe how aerobic exercise affects the efficiency and longevity of the heart and lungs.
13. Categorize physical activities according to their most beneficial health-related fitness component.
14. Define the four components of the frequency, intensity, time, and type (F.I.T.T.) principle as they relate to a successful fitness program.