Alabama Physical Education

Grade 5

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.5.1

A 1.1 Locomotor Skills: _Hopping, galloping, jogging, running, sliding, skipping, jumping, leaping_ PE19.5.1.A

1 Demonstrate correct form of locomotor skills in a variety of individual, partner, and small group activities and dance/ rhythm. PE19.5.1.1

APE ___APE accommodation suggestions:__ Sliding, galloping, jogging, and running_ - Hand over hand to assist in increasing speed and balance, fast pace walking, shorten distance, peer assistance (sliding - step together step, side to side) PE19.5.1.1.APE

B 1.2 Locomotor Skills: _Jogging, running_ PE19.5.1.B

2 Apply appropriate form and pacing for running a variety of distances. PE19.5.1.2

APE ___APE accommodation suggestions:__ Sliding, galloping, jogging, and running_ - Hand over hand to assist in increasing speed and balance, fast pace walking, shorten distance, peer assistance (sliding - step together step, side to side) PE19.5.1.2.APE

C 1.3 Locomotor Skills: _Jumping and landing_ PE19.5.1.C

3 Apply jumping and landing patterns with locomotor and manipulative skills in individual, partner, and small group activities. PE19.5.1.3

APE ___APE accommodation suggestions:__ Hopping, jumping, and leaping_ - Hand over hand to assist with balance. _Examples: mini trampoline, rope on floor, peer assistance_ PE19.5.1.3.APE

D 1.4 Locomotor Skills: _Dance/ Rhythmic Activities_ PE19.5.1.D

4 Demonstrate rhythms and patterns that combine locomotor skills in both cultural and creative dances, alone and with a group. PE19.5.1.4

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, break the dance steps/movements down into small parts for additional review/practice, peer assistance PE19.5.1.4.APE

E 1.5 Non-locomotor Skills* (stability): _Balance_ PE19.5.1.E

5 Combine balance and transferring weight in a sequence or dance with a partner. PE19.5.1.5

APE ___APE accommodation suggestions:___ Hand over hand assistance, peer assistance, modeling, doing activities on the floor instead of on equipment PE19.5.1.5.APE

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F **1.6 Non-locomotor Skills* (stability): _Curling and stretching; twisting and bending_** PE19.5.1.F

6 Perform curling, twisting, and stretching actions with correct application in dance, individual, partner, and small group activities. PE19.5.1.6

APE ___APE accommodation suggestions:___ Hand over hand assistance and modeling PE19.5.1.6.APE

G **1.7 Non-locomotor Skills (stability): _Weight transfer, rolling_** PE19.5.1.G

7 Transfer weight in movement patterns by combining actions and balances to create a sequence with a partner, with or without equipment. PE19.5.1.7

APE ___APE accommodation suggestions:___ Rolling - hand over hand assistance; peer assistance and modeling PE19.5.1.7.APE

H **1.8 Manipulative Skills: _Underhand and overhand throw_** PE19.5.1.H

8 Throw underhand and overhand using correct form in dynamic environments. PE19.5.1.8

APE ___APE accommodation suggestions:___ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers PE19.5.1.8.APE

I **1.9 Manipulative Skills: _Catching_** PE19.5.1.I

9 Catch with correct form in dynamic individual, partner, and small group activities. PE19.5.1.9

APE ___APE accommodation suggestions:___ Decrease distance ball is tossed, rolled, or bounced; provide students the opportunity to catch an object using a bucket or basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies) PE19.5.1.9.APE

J **1.10 Manipulative Skills: _Dribbling and/or ball control with hands_** PE19.5.1.J

10 Dribble continuously with both the preferred and the non-preferred hands in dynamic individual, partner, and small group activities. PE19.5.1.10

APE ___APE accommodation suggestions:___ Use large playground ball; drop and catch, alternating dribble with peer or tethered ball. PE19.5.1.10.APE

K **1.11 Manipulative Skills: _Dribbling/ ball control with feet_** PE19.5.1.K

11 Apply foot dribbling in individual, partner, and small group activities. PE19.5.1.11

APE ___APE accommodation suggestions:___ Use large playground ball; drop and catch, alternating dribble with peer or tethered ball. PE19.5.1.11.APE

L **1.12 Manipulative Skills: _Passing and receiving with feet_** PE19.5.1.L

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12 Apply passing and receiving with either foot in partner and small group activities, using correct form. PE19.5.1.12

APE ___APE accommodation suggestions:___ Use larger ball, larger targets PE19.5.1.12.APE

M 1.13 Manipulative Skills: _Kicking, punting_ PE19.5.1.M

13 Demonstrate correct form in kicking and punting in partner and small-group activities. PE19.5.1.13

APE ___APE accommodation suggestions:___ Lightweight object could include larger and/or more colorful object/ball or object of contrasting colors: suspended tether ball PE19.5.1.13.APE

N 1.14 Manipulative Skills: _Volleying, overhead and underhand_ PE19.5.1.N

14 Demonstrate volleying a ball with a two-hand overhead and underhand technique, in a dynamic environment. PE19.5.1.14

APE ___APE accommodation suggestions:___ Lightweight object could include larger and/or more colorful object/ball or object of contrasting colors: suspended tether ball PE19.5.1.14.APE

O 1.15 Manipulative Skills: _Striking, short implement_ PE19.5.1.O

15 Apply the skill of striking an object consecutively using a short-handled implement in competitive or cooperative game environments. PE19.5.1.15

APE ___APE accommodation suggestions:___ Use longer or shorter implements for student success in controlling the implement; hand over hand assistance PE19.5.1.15.APE

P 1.16 Manipulative Skills: _Striking, long implement (hockey stick, putter, noodle, bat, badminton racquet, pillow polo stick, etc.)_ PE19.5.1.P

16 Strike an object to a target in partner and small group activities. PE19.5.1.16

APE ___APE accommodation suggestions:___ Place rope on ground, step over self-turned rope, provide verbal prompting. PE19.5.1.16.APE

Q 1.17 Manipulative Skills: _Jumping rope_ PE19.5.1.Q

17 Create and perform a jump rope sequence combining a variety of skills with a partner, using either a short or long rope. PE19.5.1.17

APE ___APE accommodation suggestions:___ Place rope on ground, step over self-turned rope, provide verbal prompting. PE19.5.1.17.APE

Anchor Standard 2: Movement and performance: _The physically literate ind kn principles, strategies,

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A 2.1 Movement Concepts: _Space_ PE19.5.2.A

1 Understand and apply spatial awareness skills in a game setting. PE19.5.2.1

APE ___APE accommodation suggestions:___ Verbal prompting, redirection and/or modeling; use directional poly spots. PE19.5.2.1.APE

B 2.2 Movement Concepts: _Pathways, shapes, levels_ PE19.5.2.B

and tactics related to movement and performance._ PE19.5.2

2 Execute combined movement concepts of pathways, shapes, and levels with skills in various physical activity settings. PE19.5.2.2

APE ___APE accommodation suggestions:___ Verbal prompting; use directional poly spots. PE19.5.2.2.APE

C 2.3 Movement Concepts: _Speed, direction, force_ PE19.5.2.C

3 Execute combined concepts of speed, direction, and force with skills in various physical activity settings. PE19.5.2.3

APE ___APE accommodation suggestions:___ Verbal prompting; use directional poly spots. PE19.5.2.3.APE

D 2.4 Movement Concepts: _Strategies & tactics_ PE19.5.2.D

4 Apply skills learned in earlier grades - simple strategies and tactics in chasing/ fleeing, offensive/ defensive strategies and tactics. PE19.5.2.4

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.5.3

A 3.1 Physical activity knowledge PE19.5.3.A

1 Compare and contrast fitness benefits of various physical activities. PE19.5.3.1

APE ___APE accommodation suggestions:___ Verbal prompting and peer assistance to model correct physical education participation. PE19.5.3.1.APE

B 3.2 Engagement in physical activity PE19.5.3.B

2 Actively engage in all components of physical education to the best of his/her ability. PE19.5.3.2

C 3.3 Fitness knowledge PE19.5.3.C

3 Identify each component of the FITT Principle (frequency, intensity, time, and type). PE19.5.3.3

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.5.4

A 4.1 Personal responsibility PE19.5.4.A

1 Exhibit safe and responsible behavior in a variety of physical activity contexts, environments, and facilities. PE19.5.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.5.4.1.APE

B 4.2 Accepting and giving feedback PE19.5.4.B

2 Appropriately respond to and implement specific informative feedback from the teacher and peers. PE19.5.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.5.4.2.APE

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.3 Working with others PE19.5.4.C

3 Actively involve others of all skill levels and abilities into physical activities and group projects. PE19.5.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.5.4.3.APE

D 4.4 Conflict Resolution PE19.5.4.D

4 Apply techniques for managing stress and conflict. PE19.5.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.5.4.4.APE

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.5.5

A 5.1 Health PE19.5.5.A

1 Explain and identify the health benefits of participating in various physical activities. PE19.5.5.1

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.5.5.1.APE

B 5.2 Challenge PE19.5.5.B

2 Create a visual product or written essay about the enjoyment and/or challenge of participating in a favorite physical activity. PE19.5.5.2

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.5.5.2.APE

C 5.3 Self-expression and enjoyment PE19.5.5.C

3 Explain the difference between physical activities that are enjoyable and activities that are more challenging. PE19.5.5.3

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.5.5.3.APE

D 5.4 Social interaction PE19.5.5.D

4 Lead or teach their favorite physical activity to their peers. PE19.5.5.4

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.5.5.4.APE