Arizona Physical Education

Grade 5

Adopted 2015

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- **a.** Demonstrates mature patterns of locomotor skills in dynamic small-sided games, practice tasks, gymnastics and dance. S1.E1.5.A
- **b.** Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. S1.E1.5.B
- **c.** Combines traveling with manipulative skills for execution to a target. S1.E1.5.C
- **d.** Combines locomotor and non-locomotor skills to create rhythmic and gymnastics routines. S1.E1.5.D
- **a.** Applies appropriate pacing for a variety of running distances. S1.E2.5.A
- **a.** Combines jumping and landing patterns with locomotors and manipulative skills in dance, educational gymnastics and small modified games and games environments. S1.E3.5.A
- **a.** Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. S1.E4.5.A
- **b.** Combines locomotor movement patterns and dance steps to create and perform an original dance. S1.E4.5.B
- **c.** Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, and time, flow) to create and perform a dance with a group. S1.E4.5.C
- **a.** Demonstrates a sequence of balance and weight transfer movements in gymnastics or dance sequence with a partner. S1.E6.5.A
- **b.** Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus. S1.E6.5.B
- **a.** Transfers weight from feet to hands, varying speed and using large extensions. (e.g., mule kick, handstand, cartwheel) S1.E7.5.A
- **a.** Performs curling, twisting & stretching actions with correct application in dance, gymnastics, and small modified games in games environments. S1.E8.5.A

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Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a

group. S1.E9.5.A

a. Throws underhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. S1.E10.5.A

b. Throws underhand to a large target with accuracy. S1.E10.5.B

a. Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. S1.E11.5.A

b. Throws overhand to large target with accuracy. S1.E11.5.B

a. Throws with accuracy, both partners moving. S1.E12.5.A

b. Throws with reasonable accuracy in dynamic, small modified games. S1.E12.5.B

a. Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment(closed skills). S1.E13.5.A

b. Catches with accuracy, both partners moving. S1.E13.5.B

c. Catches with reasonable accuracy in dynamic, small-sided games. S1.E13.5.C

a. Combines hand dribbling with other skills during 1v1 practice tasks. S1.E14.5.A

b. Dribbling with an implement while showing change of direction, speed and control. S1.E14.5.B

a. Combines foot dribbling with other skills in 1v1 practice tasks. S1.E15.5.A

a. Passes with the feet using a mature pattern as both partners travel. S1.E16.5.A

b. Receives a pass with the foot using a mature pattern as both partners travel. S1.E16.5.B

a. Dribbles with hands or feet with mature patterns in a variety of small-sided games. S1.E17.5.A

a. Demonstrates mature patterns in kicking and punting in small-sided practice task environments. S1.E18.5.A

a. Volleys a ball using a mature two-hand overhead pattern sending it upward to a target. S1.E20.5.A

a. Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment. S1.E21.5.A

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Strikes a pitched ball with a bat using a mature pattern. S1.E22.5.A

	b. Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. S1.E22.5.B
	a. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball). S1.E23.5.A
	a. Creates a jump rope routine with a partner, using either a short or long rope. S1.E24.5.A
The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	**a.** Applies the concept of open spaces to combination skills involving locomotor and non locomotor movements for small groups. S2.E1.5.A
	b. Applies the concept of closing spaces in small sided practices. S2.E1.5.B
	c. Identify boundaries and apply knowledge to small games. S2.E1.5.C
	a. Combines movement concepts with skills in small sided practice tasks in game environments, gymnastics and dance with self-direction. S2.E2.5.A
	a. Applies movement concepts to strategy in game situations. S2.E3.5.A
	b. Applies the concept of direction and force to strike an object with a long handled implement. S2.E3.5.B
	c. Analyze movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics. S2.E3.5.C
	a. Applies skills of alignment in all forms of movement. S2.E4.5.A
	b. Employs the concept of muscular tension with balance in all forms of movement. S2.E4.5.B
	a. Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. S2.E5.5.A
	b. Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. S2.E5.5.B
	c. Recognizes the type of throw, volley or striking action needed for different games and sports situations. S2.E5.5.C
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of fitn	**a.** Charts and analyzes physical activity outside physical education class for fitness benefits of activities. S3.E1.5.A
	a. Actively engages in all the activities of physical education. S3.E2.5.A
	List, define, and demonstrates the five components of health related fitness. S3.E4.5.A

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	b. Identifies the need for warm-up & cool-down relative to various physical activities. S3.E4.5.B
	c. Identify and apply FITT to a fitness plan (frequency, intensity, time, type). S3.E4.5.C
	d. Identify major muscles. S3.E4.5.D
	e. Experience how the muscular and skeletal systems work together to allow movement. S3.E4.5.E
	a. Identifies the six components of skill related fitness (agility, balance, coordination, speed, reaction time, power). S3.E5.3-5.A
	a. Analyzes results of fitness assessment (pre- & post-), comparing results to fitness components for good health. S3.E6.5.A
	b. Perform a nationally recognized, criterion references, health related fitness assessment that includes muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition. S3.E6.5.B
	c. Identify strategies for progress in fitness areas using FITT strategies. S3.E6.5.C
	a. Analyzes the impact of food choices relative to physical activity, youth sports & personal health. S3.E7.5.A
The physically literate individual exhibits responsible personal and social behavior that respects self and others.	**a.** Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). S4.E1.5.A
	a. Gives and receives corrective feedback respectfully to peers and adults. S4.E2.5.A
	a. Praises the movement performance of others both more and less-skilled. S4.E3.5.A
	b. Accepts players of all skill levels into the physical activity. S4.E3.5.B
	a. Assesses adherence to rules, etiquette, and fair play of various games and activities. S4.E4.5.A
	a. Applies safety principles with age-appropriate physical activities. S4.E5.5.A
	a. Apply sun safe practices. S4.E6.3-5.A
	b. Identify appropriate water safety practices. S4.E6.3-5.B
The physically literate inc the activity for health,	**a.** Compares the health benefits of participation in selected physical activities. S5.E1.5.A

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enjoyment, challenge, self-expression and/or social interaction.	**a.** **Analyzes the personal benefits to participating in an activity that is challenging.** S5.E2.5.A
	a. **Analyzes the personal benefits to participating in an activity that is enjoyable.** S5.E3.5.A
	a. **Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.** S5.E4.5.A