Colorado Physical Education

Grade 5

Movement Competence and Understanding 5.1

1 **Demonstrate mature form for all basic locomotor, non-locomotor, manipulative, and rhythmic skills.** 5.1.1

- a Throw and catch an object demonstrating both accuracy and force. 5.1.1.A
- b Punt a ball dropped from the hands at a target. 5.1.1.B
- c Dribble a ball (by hand or foot) while preventing another person from stealing the ball. 5.1.1.C
- d Volley an object continuously with a partner. 5.1.1.D
- e Strike an object consecutively in a competitive or cooperative game. 5.1.1.E
- f Demonstrate correct steps and patterns for dance. (e.g., square, folk, modern, contemporary). 5.1.1.F
- g Perform a short or long rope jump routine with a partner or small group. 5.1.1.G
- h Develop and refine a gymnastics or creative dance sequence, and demonstrate smooth transitions. 5.1.1.H

2 **Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills.** 5.1.2

- a Use basic understanding of the knowledge of strategies in activity settings such as moving to open space to receive a pass or intercepting an object. 5.1.2.A
- b Analyze and correct errors in movement patterns, and provide and use feedback from a peer or instruction technology. 5.1.2.B
- c Develop a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy, and teach the game to another person. 5.1.2.C

3 **Understand why feedback can improve performance.** 5.1.3

- a Analyze and correct errors in throw, catch, hand dribble, foot dribble, striking a ball, and volley, and demonstrate control and accuracy. 5.1.3.A
- b Analyze and correct errors in non-locomotor and locomotor movements. 5.1.3.B
- c Analyze and use basic offensive and defensive strategies, and apply rules in modified games and activities. 5.1.3.C
- d Analyze and demonstrate a variety of social, folk, square, modern, jazz, or creative dance. 5.1.3.D

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Physical and Personal Wellness 5.2

1 **Demonstrate understanding of skill-related components of fitness and how they affect physical performance.** 5.2.1

- a Identify and demonstrate exercises that are used to develop agility, balance, coordination, power, reaction time, or speed. 5.2.1.A
- b Create a plan using the six skill-related components to improve performance in a chosen activity. 5.2.1.B
- c Differentiate between health related components and skill related components. 5.2.1.C

2 **Set personal goals for improving health-related fitness.** 5.2.2

- a Explain how the five health-related fitness components (body composition, cardiovascular endurance, flexibility, muscular endurance, and muscular strength) affect ability to participate normally in everyday activities. 5.2.2.A
- b Compare results of fitness testing to personal health status and ability to perform various activities. 5.2.2.B
- c Develop short term and long-term fitness goals. 5.2.2.C
- d Compare individual physical fitness goals with research-based standards for good health. 5.2.2.D
- e Identify activities that will help to improve cardio-respiratory, muscular endurance, muscular strength, flexibility, and body composition. 5.2.2.E
- f Accurately take a pulse at rest and during exercise. 5.2.2.F
- g Identify the components of the FITT principle (frequency, intensity, time, type). 5.2.2.G

Social Emotional Wellness 5.3

1 **Identify personal activity interests and abilities and take responsibility for individual and team performance.** 5.3.1

- a Accept responsibility for one's own performance without blaming others. 5.3.1.A
- b Respond to winning and losing in socially appropriate ways. 5.3.1.B
- c Develop confidence in self and others in a physical activity setting. 5.3.1.C
- d Try new activities and connect hard work and practice to success. 5.3.1.D

2 **Work cooperatively and productively in a group.** 5.3.2

- a Establish and accomplish goals in both cooperative and competitive activities. 5.3.2.A
- b Identify and define the role of each participant in a group physical activity. 5.3.2.B
- c Analyze possible solutions to a problem in a group physical activity, and come to a consensus on the best solution. 5.3.2.C
- d Demonstrate the ability to resolve conflicts with peers. 5.3.2.D

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…mplement safety procedures in the utilization of space and equipment. 5.4.1

a Identify and participate in safe warm-up and cool-down activities. 5.4.1.A

b Review components of safe participation and what constitutes a safe environment. 5.4.1.B

c Follow the rules of activities to maintain safe playing conditions. 5.4.1.C

d Describe safe and unsafe practices for a variety of physical activities. 5.4.1.D