Connecticut Physical Education

Grade 5

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Locomotor

S1.E1 Jumping, hopping, galloping, running, sliding, skipping, and leaping S1.E1

E1.1.5 Demonstrates mature patterns of locomotor skills in dynamic developmentally appropriate movement and fitness activities. E1.1.5

Nonlocomotor

Balance

E1.3.5 Demonstrates competence in applying basic nonlocomotor skills while maintaining stationary and dynamic balance in a variety of modified games, and small sided game play. E1.3.5

Weight transfer

E1.4.5 Demonstrates competence in applying weight transference in a variety of modified games, small-sided game play, gymnastics, and dance environments. E1.4.5

Manipulatives

Throwing

E1.5.5a Underhand throw: Demonstrates competencies in applying underhand throw in a variety of modified games and small sided game play. E1.5.5A

E1.5.5b Overhand throw: Demonstrates competencies in applying overhand throw in a variety of modified games and small sided game play. E1.5.5B

Catching

E1.6.5 Demonstrates competencies in applying catching with accuracy while moving in a variety of modified games and small sided play. E1.6.5

Dribbling

E1.7.5 Dribbling with hands: Demonstrates competencies in applying dribbling skills in a variety of modified games and small sided play. E1.7.5

E1.7.5 Dribbling with feet: Demonstrates competencies in applying dribbling skills in a variety of modified games and small sided play. E1.7.5

Kicking

E1.8.5 Demonstrates competencies in applying kicking skills in a variety of modified games and small sided play. E1.8.5

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Volleying

E1.9.5a Demonstrates competencies in applying underhand volleying skills in a variety of modified games and small sided play. E1.9.5A

E1.9.5b Demonstrates competencies in applying overhead volleying skills in a variety of modified games and small sided play. E1.9.5B

Striking

E1.10.5 Demonstrates competencies in applying striking skills using short and long handled implements in a variety of modified games and small sided game play. E1.10.5

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

S2.E1 Space S2.E1

S2.E1.5 Demonstrates the ability to combine spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance, and games environments. S2.E1.5

Pathways, Shapes, Levels

S2.E2.5 Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics, and dance with self-direction. S2.E2.5

Speed, Direction, Force

S2.E3.5a Applies movement concepts to strategy in game situations. S2.E3.5A

S2.E3.5b Demonstrates the application of concepts of direction and force to strike an object with a long-handled implement. S2.E3.5B

S2.E3.5c Demonstrates the ability to 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.E3.5C

Strategies and Tactics

S2.E4.5a Demonstrates application of basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. S2.E4.5A

S2.E4.5b Demonstrates application of basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. S2.E4.5B

S2.E4.5c Demonstrates the recognition of the type of throw, volley or striking action needed for different games and sports situations. S2.E4.5C

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of fitn

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Physical Activity Knowledge

S3.E1 Physical activity knowledge S3.E1

S3.E1.5 Demonstrates the ability to chart and analyze physical activity outside physical education class for fitness benefits of those activities. S3.E1.5

ıgages in Physical Activity

S3.E2 Engages in physical activity S3.E2

S3.E2.5 Demonstrates active engagement in all of the activities of physical education. S3.E2.5

Fitness Knowledge

S3.E3 Fitness knowledge S3.E3

S3.E3.5 Demonstrates the ability to differentiate between skill-related and health-related fitness. S3.E3.5

S3.E4 Fitness knowledge S3.E4

S3.E4.5 Demonstrates the ability to identify the need for warm-up and cool-down relative to various physical activities. S3.E4.5

Assessment and Program Planning

S3.E5 Assessment and program planning S3.E5

S3.E5.5a Demonstrates the ability to analyze results of fitness assessments (pre and post), comparing results to fitness components for good health. S3.E5.5A

S3. E5.5b Demonstrates the ability to design a fitness plan to address ways to use physical activity to enhance fitness. S3. E5.5B

Nutrition

S3.E6 Nutrition S3.E6

S3.E6.5 Demonstrates the ability to analyze the impact of food choices relative to physical activity, youth sports and personal health. S3.E6.5

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.E1 Personal responsibility S4.E1

S4.E1.5 Demonstrates the ability to engage in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). S4.E1.5

S4.E2 Personal responsibility S4.E2

S4.E2.5a Demonstrates the ability to participate with responsible personal behavior in a variety of physical activity contexts, environments, and facilities. S4.E2.5A

S4.E2.5b Demonstrates the ability to exhibit respect for self with appropriate behavior while engaging in physical activity. S4.E2.5B

Accepting Feedback

S4.E3 Accepting feedback S4.E3

S4.E3.5 Demonstrates the ability to provide corrective feedback respectfully to peers. S4.E3.5

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Working with Others

S4.E4 Working with others S4.E4

S4.E4.5 Demonstrates the ability to accept, recognize and actively involve others with varying skill abilities into physical activities and group projects. S4.E4.5

Rules and Etiquette

S4.E5 Rules and etiquette S4.E5

S4.E5.5 Demonstrates the ability to critique the etiquette involved in rules of various game activities. S4.E5.5

Safety

S4.E6 Safety S4.E6

S4.E6.5 Demonstrates application of safety principles with age-appropriate physical activities. S4.E6.5

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.E1 Health S5.E1

S5.E1.5 Demonstrates the ability to compare the health benefits of participating in selected physical activities. S5.E1.5

Challenge

S5.E2 Challenge S5.E2

S5.E2.5 Demonstrates the ability to express (via written essay, visual art, creative movement) the enjoyment and/or challenge of participating in a favorite physical activity. S5.E2.5

Self-Expression and Enjoyment

S5.E3 Self-expression and Enjoyment S5.E3

S5.E5.5 Demonstrates the ability to analyze different physical activities for enjoyment and challenge, identify reasons for a positive or negative response. S5.E5.5

Social Interaction

S5.E4 Social Interaction S5.E4

S5.E4.5 Demonstrates the ability to describe the social benefits gained from participating in physical activities (e.g., recess, youth sports). S5.E4.5