Georgia Physical Education

Grade 5

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety motor skills and movement patterns.** PE5.1
   a. Demonstrates mature patterns of various locomotor skills in a variety of small-sided games, dance, and educational gymnastics experiences. PE5.1.A
   b. Creates a repeatable dance, gymnastics, jump rope, or exercise routine when combining locomotor movement patterns using correct rhythm/patterns with a partner or group. PE5.1.B
   c. Combines balance and weight transfer in a gymnastics and/or dance sequence with a partner. PE5.1.C
   d. Throws underhand and overhand using a mature form utilizing a variety of objects with accuracy. PE5.1.D
   e. Throws accurately while both partners are in motion. PE5.1.E
   f. Catches an object with both partners moving. PE5.1.F
   g. Combines hand dribbling with other skills in small-sided games. PE5.1.G
   h. Combines dribbling with feet and other skills in small-sided games. PE5.1.H
   i. Demonstrates mature form of kicking and punting in small-sided games. PE5.1.I
   j. Passes accurately and receives with the feet using a mature form as both partners travel. PE5.1.J
   k. Volleys underhand using a mature form with accuracy in small-sided games. PE5.1.K
   l. Volleys a ball with a two-hand overhead pattern, sending it upward accurately and demonstrating mature form. PE5.1.L
   m. Consecutively strikes an object with a partner using a short-handled implement over a net, line, or against a wall in small-sided games. PE5.1.M
   n. Strikes an object with a long-handled implement demonstrating mature form. PE5.1.N
   o. Combines traveling with manipulative skills to successfully hit a target (soccer goal, hockey goal, and basketball goal). PE5.1.O
   p. Creates and/or performs a jump rope routine with a partner or group. PE5.1.P

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The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance. PE5.2

a. Applies the concepts of open and closed spaces in a practice or game setting. PE5.2.A

b. Analyzes movement and applies movement concepts (force, direction, speed, pathways, shapes, and levels) in a variety of small-sided games, dance, and/or gymnastics activities. PE5.2.B

c. Applies basic offensive and defensive tactics and strategies in game settings (invasion, chasing/fleeing, net/wall, and field). PE5.2.C

Fitness

3. **The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE5.3

a. Summarizes the effects of physical activity on body systems. PE5.3.A

b. Designs a plan to address ways to use physical activity to enhance fitness. PE5.3.B

c. Participates in the Georgia Fitness Assessment Program with teacher supervision. PE5.3.C

d. Compares Georgia Fitness Assessment results to Healthy Fitness Zones (HFZ). PE5.3.D

e. Identifies strategies to improve areas of need based on the Georgia Fitness Assessment results (with teacher assistance). PE5.3.E

f. Reassesses health related fitness to determine improvement and/or non-improvement areas. PE5.3.F

g. Engages in teacher-led and independent physical education class activities. PE5.3.G

h. Analyzes opportunities for participating in physical activity outside physical education class for fitness benefits. PE5.3.H

Personal and Social Behavior, Rules, Safety, and Etiquette

4. **The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE5.4

a. Engages in responsible behavior through adherence to rules and procedures in a variety of physical activities. PE5.4.A

b. Participates with independent and cooperative responsibility. PE5.4.B

c. Gives and accepts corrective feedback respectfully to and from others (peers and adults). PE5.4.C

d. Applies safety principles with peers and equipment in physical activity settings. PE5.4.D

5. **The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE5.5

a. Compares the health benefits of participating in physical activity. PE5.5.A

b. Analyzes the enjoyment and/or challenge of various physical activities for a positive or negative response. PE5.5.B

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c. Describes the social benefits gained when engaged in a variety of physical activities. PE5.5.C