

Grade 5

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 5.1

Locomotor Skills

- 1** Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 5.1.1
 - A** Applies mature patterns in locomotor skills in a variety of activities, modified games, and small-sided game play. 5.1.1.A
 - B** Applies appropriate pacing in a variety of running distances. 5.1.1.B
- 2** Locomotor (Jumping and landing in a horizontal and vertical plane) 5.1.2
 - A** Combines jumping and landing patterns with locomotor and manipulative skills (such as in dance, educational gymnastics and small-sided practice tasks and game environments). 5.1.2.A
- 3** Locomotor (Dance, Rhythm, Combinations) 5.1.3
 - A** Creates and demonstrates a routine using complex rhythmic combinations (such as self-dance, Jump Bands, group dance) with correct rhythm and pattern. 5.1.3.A
- 4** Non-Locomotor 5.1.4
 - A** Applies mature patterns in nonlocomotor skills in a variety of activities, modified games, and small-sided game play. 5.1.4.A
- 5** Non-Locomotor (Balance) 5.1.5
 - A** Combines balance and transferring weight (such as in a gymnastics sequence, yoga, dance with a partner). 5.1.5.A
- 6** Non-Locomotor (Weight Transfer) 5.1.6
 - A** Transfers weight in various activities (such as gymnastics, dance environments, striking, throwing). 5.1.6.A

Manipulative Skills

7 Manipulative Skills (Throw) 5.1.7

- A Applies mature pattern in an underhand throw in a variety of activities, modified games, and small-sided game play. 5.1.7.A
- B Performs mature pattern in an overhand throw at varying distances. 5.1.7.B
- C Performs mature pattern in an overhand throw to a moving partner. 5.1.7.C
- D Performs mature pattern in an overhand throw in a variety of activities, modified games, and small-sided games. 5.1.7.D

8 Manipulative Skills (Pass with Hands) 5.1.8

- A Passes with accuracy, both partners moving. 5.1.8.A
- B Passes with reasonable accuracy in dynamic, small-sided practice tasks. 5.1.8.B

9 Manipulative Skills (Catch) 5.1.9

- A Catches a ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment. 5.1.9.A
- B Catches with accuracy while moving. 5.1.9.B
- C Catches with reasonable accuracy in dynamic, small-sided practice tasks. 5.1.9.C

10 Manipulative Skills (Hand Dribble) 5.1.10

- A Combines hand dribbling with other skills during 1v1 practice tasks. 5.1.10.A

11 Manipulative Skills (Foot Pass/Kick) 5.1.11

- A Passes and receives a pass with the feet using a mature pattern as both partners travel. 5.1.11.A
- B Demonstrates mature patterns in kicking and punting in small-sided practice task environments. 5.1.11.B

12 Manipulative Skills (Foot Dribble) 5.1.12

- A Combines foot dribbling with other skills (such as 1v1 practice tasks, modified games, and small-sided game play). 5.1.12.A

13 Manipulative Skills (Foot Trap Receive) 5.1.13

- A Applies mature patterns while receiving with the foot in a variety of activities (such as 1v1 practice tasks, modified games, and small-sided game play). 5.1.13.A

14 Manipulative Skills (Strike/Volley, Hands and Arms) 5.1.14

- A Applies mature patterns while striking an object underhand in a variety of activities (such as modified games, and small-sided game play). 5.1.14.A

15 Manipulative Skills (Strike with Implement) 5.1.15

- A Strikes an object consecutively, with a partner, using a short-handed implement, 5.1.15.A
- B Strikes a pitched ball with a bat using a mature pattern. 5.1.15.B

- C Combines striking with a long implement (such as a bat, hockey stick) with receiving and traveling skills in a small-sided game. 5.1.15.C

16 Manipulative Skills (Jump Rope) 5.1.16

- A Creates a jump-rope routine with a partner (such as jumping in a figure 8, front to back, etc., and with short rope, long rope, double dutch, jump bands). 5.1.16.A

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 5.2

Movement Concepts and Strategies

1 Space 5.2.1

- A Combines spatial concepts with locomotor and nonlocomotor movements for small groups (such as in gymnastics, dance and game environments). 5.2.1.A

2 Pathways, Shapes, Levels 5.2.2

- A Combines movement concepts with skills in small-sided practice tasks (such as in game environments, gymnastics and dance with self-direction). 5.2.2.A

3 Speed, Direction, Force 5.2.3

- A Applies movement concepts to strategy in game situations. 5.2.3.A
- B Applies the concepts of direction and force to strike an object with an implement. 5.2.3.B
- C Analyzes movement situations and applies movement concepts (such as force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance or gymnastics. 5.2.3.C

4 Strategies and Tactics 5.2.4

- A Applies basic offensive and defensive strategies/ tactics in invasion small-sided practice tasks. 5.2.4.A
- B Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. 5.2.4.B
- C Recognizes the type of throw, volley or striking action needed for different games and sports situations. 5.2.4.C

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 5.3

Physical Activity

1 Physical Activity Knowledge 5.3.1

- A Documents and analyzes physical activity outside physical education class for fitness benefits of activities. 5.3.1.A

2 Engages in Physical Activity 5.3.2

- A Actively engages in the activities of physical education class, both teacher directed and independent. 5.3.2.A

Fitness

3 Fitness Knowledge 5.3.3

- A Differentiates between skill-related and health-related fitness. 5.3.3.A
- B Identifies the need for warm-up and cool-down relative to various physical activities. 5.3.3.B

4 Fitness Assessment & Wellness Planning 5.3.4

- A Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health. 5.3.4.A
- B Designs a fitness plan to address ways to use physical activity to enhance fitness. 5.3.4.B

5 Body Systems 5.3.5

- A Describes connections between body systems and their role in movement. 5.3.5.A

6 Nutrition 5.3.6

- A Analyzes the impact of food choices relative to physical activity, youth sports and personal health. 5.3.6.A

The physically literate individual exhibits responsible personal and social behavior that respects self and others. 5.4

Responsible Personal and Social Behavior

1 Personal Responsibility 5.4.1

- A Engages in physical activity with responsible interpersonal behavior (such as peer to peer, student to teacher, student to referee). 5.4.1.A
- B Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities. 5.4.1.B
- C Exhibits respect for self with appropriate behavior while engaging in physical activity. 5.4.1.C

2 Accepting Feedback 5.4.2

- A Gives corrective feedback respectfully to peers. 5.4.2.A

3 Working with Others 5.4.3

- A Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects. 5.4.3.A

4 Rules & Etiquette 5.4.4

- A Critiques the etiquette involved in rules of various game activities. 5.4.4.A

5 Safety 5.4.5

- A Works safely with peers, independently, and with/without equipment in physical activity settings. 5.4.5.A
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction. 5.5

Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction

1 Health 5.5.1

- A** Compares the health benefits of participating in selected physical activities. 5.5.1.A

2 Challenge 5.5.2

- A** Expresses (such as written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity. 5.5.2.A

3 Self-expression and Enjoyment 5.5.3

- A** Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. 5.5.3.A

4 Social Interaction 5.5.4

- A** Describes the social benefits gained from participating in physical activity (such as recess, youth sport). 5.5.4.A