

Fifth Grade

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1 Explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels and using different pathways in game-like situations. **5.1.L1**

Non-Locomotor

- 1 Apply non-locomotor skills in various activities and game-like situations. **5.1.NL1**

Body Management

- 1 Perform controlled transfers of weight in a variety of physical activities. **5.1.BM1**
- 2 Combine weight transfer with movement concepts to perform a skill in a game-like situation. **5.1.BM2**

Manipulative Skills

- 1 Apply manipulative skills in game-like situations using various objects. **5.1.MS1**

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Apply spatial concepts and combination skills in game-like situations **5.2.SP1**

Speed, Direction and Force

- 1 Analyze movement situations and apply movement concepts in small-sided practice tasks and game-like situations **5.2.SD1**

Strategy

- 1 Apply basic offensive and defensive strategies and tactics in activities and game-like situations. **5.2.ST1**

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Identify factors that can either motivate or deter people from daily physical activity. **5.3.PA1**

	Physical Fitness Knowledge 1 Record and review physical activity minutes inside and outside of school to determine progress toward daily recommendation. 5.3.PF1 2 Identify the benefits associated with developing and maintaining health-related fitness 5.3.PF2
Demonstrate responsible personal and social behavior that exhibits respect for self and others.	Nutrition 1 Analyze the impact of food choices relative to physical activity, sports and personal health 5.3.N1 Social Interactions/Working with Others 1 Accept, recognize and actively involve others, with both higher and lower skill abilities, into physical activities and group projects. 5.4.SW1 Rules and Etiquette 1 Recognize and follow the established rules, protocols and etiquette in physical education. 5.4.RE1 Safety 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others. 5.4.SA1
Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	Health 1 Develop a personal implementation plan outlining physical activities and their health benefits. 5.5.H1 Challenge 1 Express the enjoyment and/or challenge of participating in a physical activity 5.5.C1 Self-Expression and Enjoyment 1 Analyze different physical activities for enjoyment and challenge identifying reasons for a positive or negative response. 5.5.SEE1 Social Interaction 1 Describe the social benefits gained from participating in physical activity. 5.5.SI1 Advocacy 1 Create strategies on how to encourage others to make healthy physical activity choices. 5.5.A1