Louisiana Physical Education

Grade 5

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Combined skills Combine locomotor and non-locomotor skills into movement patterns.

1. Perform a movement sequence comprised of both basic and intermediate skills with smooth transitions between those movements 1.5-1.1
2. Jump rope demonstrating a variety of footwork, arm action skills and/or tricks of choice 1.5-1.2
3. Combine balance and transferring weight with movement skills in a gymnastics or dance sequence 1.5-1.3
4. Combine skills in dances with correct rhythm and pattern 1.5-1.4

Application of skills Apply the critical elements of fundamental manipulative skills in a variety of physical activities.

1. Throw overhand to reach a medium-sized target with sufficient force using appropriate critical elements 1.5-2.1
2. Catch with an implement (e.g., glove, scoop) using the critical elements 1.5-2.2
3. Strike an object with an implement using critical elements in relation to distance, space and direction demands 1.5-2.3
4. Receive a kick, dribble and then kick a ball to a target using the critical elements 1.5-2.4
5. Dribble under control during a game or game-like situation using the critical elements 1.5-2.5
6. Send an object using critical elements while varying body, space, effort and relationship to defenders 1.5-2.6

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

Strategies and tactics Demonstrate knowledge of movement concepts related to body, space, effort and relationships.

1. Identify similar patterns/concepts across related activities 2.5-1.1
2. Analyze and modify a movement based on the characteristics of the task and/or environment in a dynamic or changing environment 2.5-1.2
3. Demonstrate offensive and defensive positioning in simple game settings 2.5-1.3
4. Demonstrate basic decision-making capabilities in simple performance settings 2.5-1.4

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Principles and critical elements Demonstrate knowledge of critical elements for more complex motor skills.

1. Apply critical elements to analyze and provide feedback on motor-skill performance of others 2.5-2.1
2. Suggest ways to improve skill performance using the principles of practice 2.5-2.2

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

Physical activity knowledge Evaluate level of physical activity Healthy habits in relation to physical activity Describes current level of physical activity & identifies additional physical activity opportunities to create calorie balance

1. Identify school, home and community physical activity opportunities to meet physical activity guidelines 3.5-1.1
2. Track and chart physical activity minutes to determine progress toward daily recommendation 3.5-1.2
3. Analyzes the impact of food choices relative to physical activity, youth sports, and personal health 3.5-1.3

Health-related fitness knowledge Cardiovascular endurance Musculoskeletal fitness Flexibility Planning (FITT and other principles) Understand the principles, components and practices of health- related physical fitness to maintain or improve one's level of fitness.

1. Identify and apply Frequency, Intensity, Time and Type (FITT) to a fitness plan 3.5-2.1
2. Identify specific activities that could improve each health-related fitness component 3.5-2.2
3. Interpret heart rate during physical activity and exercise to determine appropriate level of intensity 3.5-2.3
4. Identify specific activities to improve muscular strength and endurance throughout the body 3.5-2.4
5. Identify warm-up and cool-down activities 3.5-2.5
6. Perform a nationally recognized fitness assessment (pre & post) comparing results to fitness components for good health 3.5-2.6
7. Identify strategies for progress in fitness areas 3.5-2.7

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

Self-direction Safety Understand the purpose of and apply appropriate rules, procedures and safe practices in physical activity settings.

1. Assesses adherence to rules, etiquette, and fair play of various games and activities 4.5 1.1
2. Model good sportsmanship to ensure safe play in team activities 4.5-1.2
3. Demonstrate proper decision making skills while engaged in game activities 4.5-1.3

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ɔoperation Respect Resolving conflict Interact and communicate positively with others.

1. Lead, follow and support group members to improve play in cooperative activities and competitive settings 4.5-2.1
2. Evaluate personal behavior during activities to ensure positive effects on others and increase cohesion of teams 4.5-2.2
3. Demonstrate respectful and responsible behavior toward peers different from oneself during activity practices 4.5-2.3
4. Demonstrate cooperation with others when resolving conflict during skills practice and game play 4.5-2.4

The physical literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health reasons to be physically active Identifies multiple, specific health benefits as a reason to value physical activity.

1. Compares the health benefits of participation in selected physical activities 5.5-1.1

Values physical activity through various means Expresses multiple, specific reasons (enjoyment, challenge, social) to participate in physical activity.

1. Compares the health benefits of participation in selected physical activities 5.5-2.1
2. Analyzes the personal benefits of participating in an activity that is challenging 5.5-2.2
3. Analyzes the positive impact of verbal and non-verbal encouragement in physical activity 5.5-2.3