Maine Health and Physical Education

Physical Education: Grade 5

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Locomotor Skills

1 Applies combinations of complex locomotor skills specific to individual, dual, and team activities. 1.1

Non-locomotor Skills:

1 Applies combinations of complex non-locomotor skills specific to individual, dual and team activities. 1.2

Locomotor Non-locomotor Combination Skills

1 Combines locomotor skills and movement concepts with rhythm and patterns. 1.3

Manipulative Skills

1 Applies maturing manipulative skills in individual, dual, and team activities. 1.4

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance. PE.2

Movement Concepts

1 Assesses movement and game skills to provide feedback for improvement. 2.1

Strategies and Tactics

1 Demonstrates basic offense and defense strategies in modified games and activities. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness. PE.3

Health-Related Fitness and Exercise.

1 Demonstrates appropriate form, technique, and principles and adjusts intensity to sustain activity 3.1

Skill-Related Fitness and Training

1 Uses one or more skill-related fitness components used during exercise, movement patterns, or sport skill activities and identifies the skill-related component targeted. 3.2

Training Principles for Fitness and Sport

1 Participates in workouts and describes and/or explains, measures and/or records body responses to physical activities. 3.3

Skip to main content

ealth-related and/or sport training and/or fitness plan

1 Creates and implements a workout plan using exercises and/or activities utilizing skill-related and/or health-related fitness components 3.4

Fitness, Sport, and Technology

1 Uses teacher-directed technology tools to measure or practice targeted lesson objectives. 3.5

Physical Activity, Community,

1 Identifies opportunities and participates in activities at school, outside of school, and in the community with family and friends. 3.6

Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4

Personal Responsibility

1 Uses self-control to work independently in developing responsibility and respect for self and others. 4.1

Working with others

1 Demonstrates cooperation and communication skills to achieve common goals. Understands the importance of culture and ethnicity in developing self-awareness and working productively with others. 4.2

Rules, Etiquette, and Safety

1 Uses safe practices when engaging in physical education activities without prompting. 4.3

Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5

Health

1 Compares the health benefits of participating in selected physical activities. 5.1

Challenge

1 Explains how to overcome challenges essential for improvement 5.2

Self-expression and Enjoyment

1 Analyzes how various physical activities promote self-expression and enjoyment. 5.3

Social Interaction

1 Describes social benefits of engaging in partner, small group, and large group physical activities. 5.4