Maryland Physical Education

Grade 5

Motor Skills and Movement Patterns S1.G5

Hopping, Galloping, Jogging, Running, Sprinting, Sliding, Skipping, and Leaping

1a Demonstrates mature patterns of locomotor skills in dynamic smallsided practice tasks, gymnastics, and dance. S1.G5.1A

1b Combines locomotor and manipulative skills in a variety of smallsided practice tasks/games environments. S1.G5.1B

1c Combines traveling with manipulative skills for execution to a target. S1.G5.1C

Jogging and Running for Distance

2 Uses appropriate pacing for a variety of running distances. S1.G5.2

Jumping and Landing - Horizontal & Vertical

3 Combines jumping and landing patterns with locomotor and manipulative skills in dance, educational gymnastics, and smallsided practice tasks and games environments. S1.G5.3

Dance

4 Combines locomotor skills in cultural as well as creative dances with correct rhythm and pattern. S1.G5.4

Combinations

5 Combines traveling with manipulative skills of dribbling, throwing, catching, and striking with a group in teacherand/or studentdesigned small-sided practice tasks. S1.G5.5

Balance

6 Combines balance and transferring weight in a gymnastics sequence or dance. S1.G5.6

Weight Transfer

7 Transfers weight in gymnastics and dance environments. S1.G5.7

Curling and Stretching; Twisting and Bending

8 Performs curling, twisting, and stretching actions with correct application in dance and gymnastics. S1.G5.8

Skip to main content

ombinations with Levels, Shapes, Extensions, Pathways, Force, Time, & Flow

9 Combines locomotor skills and movement concepts to create and perform a dance with a group. S1.G5.9

Balance and Weight Transfers

10 Combines actions, balances, and weight transfers to create a gymnastics sequence. S1.G5.10

Rolling a Ball

11 Using a five-step approach, rolls a ball to a partner or target, demonstrating a mature pattern. S1.G5.11

Underhand Throw

12 Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. S1.G5.12

Overhand Throw

13a Throws overhand, demonstrating a mature pattern in non-dynamic environments, with different sizes and types of objects. S1.G5.13A

13b Throws overhand at a large target with accuracy. S1.G5.13B

Passing with Hands

14a Throws with accuracy while both partners are moving. S1.G5.14A

14b Throws with accuracy in dynamic, small-sided practice tasks. S1.G5.14B

Catching

15a Catches a batted ball at different levels using a mature pattern in a non-dynamic environment. S1.G5.15A

15b Catches with accuracy while both partners are moving. S1.G5.15B

15c Catches with reasonable accuracy in dynamic, small-sided practice tasks. S1.G5.15C

Dribbling with Hands

16 Combines hand dribbling with other skills during 1v1 practice tasks. S1.G5.16

Dribbling with Feet

17 Combines foot dribbling with other skills in 1v1 practice tasks. S1.G5.17

Passing and Receiving with Feet

18a Passes with the feet using a mature pattern as both partners travel. S1.G5.18A

18b Receives a pass with the foot using a mature pattern as both partners travel. S1.G5.18B

Skip to main content

ribbling in Combination

19 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. S1.G5.19

Kicking

20 Demonstrates a mature pattern in kicking and punting in small-sided practice task environments. S1.G5.20

Underhand Volley

21 Volleys underhand using a mature pattern in a dynamic environment. S1.G5.21

Overhead Volley

22 Volleys a ball using a two-hand overhead pattern, sending it upward to a target. S1.G5.22

Striking with a Short-Handled Implement

23 Strikes an object consecutively with a partner, using a shorthanded implement, over a net or against a wall, in either a competitive or cooperative game environment. S1.G5.23

Catching with a Short-Handled Implement

24 Catches with reasonable accuracy in dynamic small-sided games with both partners moving while using a short-handled implement. S1.G5.24

Striking with a Long-Handled Implement

25 Strikes a pitched ball, demonstrating a mature pattern. S1.G5.25

Throwing with a Long-Handled Implement

26 Throws with a long-handled implement, using a mature pattern, to a partner or a target in a non-dynamic environment with accuracy. S1.G5.26

Catching with a Long-Handled Implement

27 Catches a ball with reasonable accuracy in dynamic small-sided games, with both partners moving using long-handled implements. S1.G5.27

Striking in Combination

28a Combines striking with a long-handled implement with receiving and traveling skills in a small-sided game. S1.G5.28A

28b Combines manipulative skills and traveling for execution to a target. S1.G5.28B

Jumping Rope

29 Creates a jump-rope routine with a partner. S1.G5.29

Skip to main content

Concepts and Strategies S2.G5

Space

1 Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance, and games environments. S2.G5.1

Pathways, Shapes, and Levels

2 Combines movement concepts with skills in small-sided practice tasks with self-direction. S2.G5.2

Speed, Direction, and Force

3a Applies movement concepts to strategy in game situations. S2.G5.3A

3b Analyzes movement situations and applies movement concepts in small-sided practice tasks in game environments, dance, and gymnastics. S2.G5.3B

3c Applies the concepts of direction and force to strike an object with a long-handled implement. S2.G5.3C

Strategies and Tactics

4a Applies basic offensive and defensive strategies and tactics in invasion and/or small-sided practice tasks. S2.G5.4A

4b Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. S2.G5.4B

4c Recognizes the type of throw, volley, or striking action needed for different games and sports situations. S2.G5.4C

Health-Enhancing Level of Physical Activity and Fitness S3.G5

Physical Activity Knowledge

Physical Activity Engagement

2 Engages actively in all of the activities of physical education. S3.G5.2

Fitness Knowledge

3a Differentiates between skill-related and health-related fitness. S3.G5.3A

3b Identifies the need for warm-up and cooldown relative to various physical activities. S3.G5.3B

3c Evaluates varying heart rates based on activity levels. S3.G5.3C

3d Explains and applies the principles of the FITT component to develop a short-term fitness goal. S3.G5.3D

Assessment and Program Planning

4a Analyzes the results of a health-related fitness assessment (pre- and post-), comparing results to fitness components for good health. S3.G5.4A

4b Designs a fitness plan to address ways to use physical activity to enhance fitness. S3.G5.4B

Skip to main content

Charts and analyzes physical activity outside physical education class for fitness benefits of activities. S3.G5.1

1 **Charts and analyzes physical activity outside physical education class for fitness benefits of activities.** S3.G5.1

Responsible Personal and Social Behavior S4.G5

Personal Responsibility

1a Engages in physical activity with responsible interpersonal behavior. S4.G5.1A

1b Participates with responsible personal behavior in a variety of physical activities. S4.G5.1B

1c Exhibits respect for self with appropriate behavior while engaging in physical activity. S4.G5.1C

1d Applies and shows that skills will develop over time with appropriate practice. S4.G5.1D

Corrective Feedback

2 Provides feedback to solve and correct errors in a peer's performance. S4.G5.2

Accepting Feedback

3 Gives corrective feedback respectfully to peers. S4.G5.3

Working with Others

4 Accepts, recognizes, and actively involves others in physical activities and group projects. S4.G5.4

Rules and Etiquette

5 Critiques the etiquette involved in rules of various game activities. S4.G5.5

Safety

6 Applies safety principles with age-appropriate physical activities. S4.G5.6

Recognizes the Value of Physical Activity S5.G5

Health

1 Compares the health benefits of participating in selected physical activities. S5.G5.1

Challenge

2 Expresses the enjoyment and/or challenge of participating in a physical activity. S5.G5.2

Self-Expression and Enjoyment

3 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. S5.G5.3

Skip to main content

ɔcial Interaction

4 Describes the social benefits gained from participating in physical activity outside of physical education. S5.G5.4