

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**

Combinations 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**
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Balance and Weight Transfers

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

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

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

- 16 Combines hand dribbling with other skills during 1v1 practice tasks. **S1.G5.16**
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Dribbling with Feet

- 17 Combines foot dribbling with other skills in 1v1 practice tasks. **S1.G5.17**
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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**
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Dribbling 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](#)
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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

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

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
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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
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Corrective Feedback

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

- 3 Gives corrective feedback respectfully to peers. S4.G5.3
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Working with Others

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

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

- 6 Applies safety principles with age-appropriate physical activities. S4.G5.6
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Recognizes the Value of Physical Activity S5.G5

Health

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

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

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

Social Interaction

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