

Grade 5

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Demonstrate smooth combinations of fundamental movement skills through rhythmic patterns.

Demonstrate improvement of form, strength, and accuracy in performing manipulative skills.

Demonstrate movement skills with productivity during team activities.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Plan basic offensive and defensive strategies designed for team activities.

Recognize the critical elements that would enhance a peer's performance of a specialized skill (i.e., grip in tennis, dribbling with finger tips in basketball, etc.).

Participates regularly in physical activity.

Identify opportunities in the school and community for regular participation in physical activity.

Participate in physical activities that will help prevent a sedentary lifestyle.

Achieve and maintain a health-enhancing level of physical fitness.

Meet health-related fitness standards (i.e., muscular strength, muscular endurance, flexibility, aerobic fitness, and body composition) as defined by fitness testing.

Demonstrate several activities involving each component of health-related fitness (muscular strength, muscular endurance, flexibility, aerobic fitness, and body composition).

Exhibit responsible personal and social behavior that respect s self and others in physical activity settings.

Demonstrate an understanding of various roles within group activities.

Recognize and follow rules and procedures while maintaining ethical behavior during physical activities.

Identify areas of concern for safety of self and others in physical activities.

Work cooperatively with peers who demonstrate variations in skill development.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Recognize positive feelings that result from participation in physical activities.