

# Grade 5

Adopted 2016

Demonstrate competency in a variety of motor skills and movement patterns.

1. Exhibiting competency in fundamental motor skills and selected combinations of skills; and [A.5.1](#)
2. Combining locomotor skills in cultural as well as creative dances (self and group), including those of traditional and contemporary American Indian cultures, with correct rhythm and pattern. [A.5.2](#)

Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Recognizing that many different countries and cultures have been the origin of games, sports, and dance, including those of traditional and contemporary American Indian cultures; and [B.5.1](#)
2. Combining spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance, and games environments. [B.5.2](#)

Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.

1. Analyzing the impact of food choices related to physical activity, youth sports, and personal health; [C.5.1](#)
2. Charting and analyzing fitness benefits of physical activity outside health enhancement class; [C.5.2](#)
3. Actively participating in all activities of health enhancement class; [C.5.3](#)
4. Differentiating between skill-related and health-related fitness; and [C.5.4](#)
5. Identifying the need for warm-up and cool-down activities related to various physical activities. [C.5.5](#)

Exhibit responsible personal and social behavior that respects self and others.

1. Participating in physical activity with responsible interpersonal behavior; [D.5.1](#)
2. Participating with responsible personal behavior in a variety of physical activity contexts, environments, and facilities; [D.5.2](#)
3. Giving corrective feedback respectfully to peers; [D.5.3](#)
4. Critiquing the etiquette involved in rules of various activities; [D.5.4](#)
5. Accepting, recognizing, and actively involving others with both higher and lower skill abilities into physical activities and group projects; [D.5.5](#)

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**6. Accepting other's ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects; and** [D.5.6](#)

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**7. Applying safety principles with physical activities.** [D.5.7](#)

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**Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.**

**1. Comparing the health benefits of participating in selected physical activities;** [E.5.1](#)

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**2. Expressing, through various media, the enjoyment and challenge of participating in a favorite physical activity; and** [E.5.2](#)

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**3. Analyzing the social benefits gained from participating in physical activity.** [E.5.3](#)