Nebraska Physical Education

Grade 5

Adopted 2016

Physical Activity Skills and Movement Patterns PE.5.1

1. **Performs locomotor skills in a variety of environments.** PE.5.1.1
   a. Combines locomotor and manipulative skills in a variety of small-sided game environments PE.5.1.1.A
   b. Paces at a variety of running distances. PE.5.1.1.B
   c. Jumps horizontally and lands in combination with other movements. PE.5.1.1.C
   d. Jumps vertically and lands in combination with other movements. PE.5.1.1.D
   e. Combines locomotor skills in cultural and/or creative dance (e.g., self and group) with correct rhythm and pattern. PE.5.1.1.E
   f. Applies the combination of locomotor and manipulative skills in small-sided practice tasks. PE.5.1.1.F

2. **Performs non-locomotor skills in a variety of environments.** PE.5.1.2
   a. Applies the combination of balance and weight transfer in tumbling. PE.5.1.2.A
   b. Demonstrates weight transfer in tumbling. PE.5.1.2.B
   c. Applies rolling in a variety of environments (e.g., dance, games). PE.5.1.2.C
   d. Applies curling, stretching, twisting, and bending in dance and tumbling. PE.5.1.2.D
   e. Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. PE.5.1.2.E
   f. Combines tumbling skills with balance and weight transfers to create a tumbling sequence. PE.5.1.2.F

3. **Performs manipulative skills in a variety of environments.** PE.5.1.3
   a. Applies underhand throwing skills with different sizes and types of objects in small-sided games. PE.5.1.3.A
   b. Throws overhand with accuracy in small-sided games. PE.5.1.3.B
   c. Passes, with both partners moving, at various distances. PE.5.1.3.C
   d. Catches a struck ball at all levels (e.g., overhand and underhand) in a non-dynamic environment. PE.5.1.3.D
   e. Catches while both partners are moving. PE.5.1.3.E

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f. Combines hand dribbling with other skills (e.g., passing, receiving, shooting) in a dynamic environment. PE.5.1.3.F

g. Combines foot dribbling with other skills (e.g., passing, receiving, shooting) using a mature pattern. PE.5.1.3.G

h. Passes and receives with the feet as both partners travel. PE.5.1.3.H

i. Dribbles with hands or feet with mature patterns in a variety of small-sided games. PE.5.1.3.I

j. Kicks in small-sided practice tasks using a mature pattern. PE.5.1.3.J

k. Punts in small-sided practice tasks. PE.5.1.3.K

l. Applies underhand volley in a dynamic environment using different sizes and types of balls. PE.5.1.3.L

m. Performs a forearm pass using 3 of 5 critical elements. PE.5.1.3.M

n. Volleys a lightweight ball, using a two-hand pattern, sending it upward to a target. PE.5.1.3.N

o. Strikes an object consecutively with a partner, using a short-handled implement, over a net or against a wall in a dynamic environment. PE.5.1.3.O

p. Combines striking with a long-handled implement (e.g., hockey stick, lacrosse stick) with receiving and traveling skills in practice tasks. PE.5.1.3.P

q. Strikes a pitched ball with a bat using a mature pattern. PE.5.1.3.Q

r. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, basketball; receiving a pass in flag football). PE.5.1.3.R

s. Creates a jump rope routine, with a partner or group, with either a short or long rope. PE.5.1.3.S

Movement Concepts, Strategies, and Tactics PE.5.2

1. **Demonstrates knowledge of movement concepts in a variety of environments.** PE.5.2.1

a. Combines spatial concepts with locomotor and manipulative skills in a variety of small-sided games and dance. PE.5.2.1.A

b. Combines movement concepts with skills in a variety of small-sided game environments, tumbling, and dance. PE.5.2.1.B

c. Applies speed, direction, and force to strategy in small-sided games. PE.5.2.1.C

d. Applies direction and force when striking an object with a long-handled implement, sending it to a designated target. PE.5.2.1.D

e. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks. PE.5.2.1.E

f. Applies the concept of alignment in student-designed tumbling and dance sequences. PE.5.2.1.F

g. Applies the concepts of muscular tension with balance in student-designed tumbling and dance. PE.5.2.1.G

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2. **Applies knowledge of strategies and tactics in a variety of environments.** PE.5.2.2
   a. Applies basic offensive and defensive strategies and tactics in small-sided invasion games. PE.5.2.2.A
   b. Applies basic offensive and defensive strategies and tactics in net/wall games. PE.5.2.2.B
   c. Recognizes the types of throw, volley, or striking actions needed for different small-sided game situations and activities. PE.5.2.2.C

Health-Related Physical Activity and Fitness PE.5.3

1. **Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.5.3.1
   a. Charts and analyzes physical activity outside physical education class for fitness benefits of activities. PE.5.3.1.A

2. **Engages in physical activity.** PE.5.3.2
   a. Engages in both teacher-directed and independent physical education class activities. PE.5.3.2.A

3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.5.3.3
   a. Differentiates between skill-related and health-related fitness. PE.5.3.3.A
   b. Identifies and applies the need for warm-up and cool-down for various physical activities. PE.5.3.3.B

4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.5.3.4
   a. Analyzes, with teacher assistance, results of health-related fitness assessment (e.g., pre and post), comparing results with criteria for good health. PE.5.3.4.A
   b. Designs a goal-setting plan, with teacher assistance, to address ways to use physical activity to enhance and maintain fitness. PE.5.3.4.B
   c. Analyzes the impact of food choices for physical activity, youth sports, and personal health. PE.5.3.4.C

Responsible Behavior PE.5.4

1. **Exhibits personal responsibility in physical activity settings.** PE.5.4.1
   a. Engages in physical activity with responsible inter-personal behavior (e.g., peer-to-peer, student-to-teacher, student-to-referee). PE.5.4.1.A
   b. Exhibits responsible behavior in a variety of physical activity contexts, environments, and facilities. PE.5.4.1.B

2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.5.4.2
   a. Gives positive corrective feedback respectfully to peers. PE.5.4.2.A

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3. **Exhibits responsible social behavior when working with others.** PE.5.4.3
    a. Accepts, recognizes, and actively involves others with varying abilities in physical activities and group projects. PE.5.4.3.A
4. **Follows rules and demonstrates proper etiquette.** PE.5.4.4
    a. Critiques the etiquette involved in various game activities. PE.5.4.4.A
5. **Participates safely in physical activities.** PE.5.4.5
    a. Applies safety principles with age-appropriate physical activities. PE.5.4.5.A

Physical Activity Benefits PE.5.5

1. **Recognizes the benefits of physical activity for health.** PE.5.5.1
    a. Compares the health benefits of participating in selected physical activities. PE.5.5.1.A
2. **Recognizes the benefits of physical activity for challenge.** PE.5.5.2
    a. Expresses the challenge of participating in a favorite physical activity. PE.5.5.2.A
3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.5.5.3
    a. Analyzes different physical activities for self-expression and enjoyment. PE.5.5.3.A
4. **Recognizes the benefits of physical activity for social interaction.** PE.5.5.4
    a. Describes the social benefits gained from participating in physical activity. PE.5.5.4.A