North Carolina Physical Education

Fifth Grade

Motor Skills

1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities. 5.MS.1

1 Demonstrate mature form in locomotor skills required in a variety of small-sided practice tasks. PE.5.MS.1.1

2 Demonstrate mature form of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking) in small-sided practice tasks. PE.5.MS.1.2

3 Demonstrate combinations of locomotor and manipulative skills in small-sided practice tasks. PE.5.MS.1.3

4 Demonstrate combinations of rhythmic movement patterns and/or dance steps with smooth transitions. PE.5.MS.1.4

Movement Concepts

2 Demonstrate understanding of concepts that apply to the learning and performance of movement. 5.MC.2

1 Apply combinations of movement concepts with skills to improve performance. PE.5.MC.2.1

2 Explain basic offensive and defensive strategies used in small-sided practice tasks. PE.5.MC.2.2

3 Demonstrate understanding of manipulative skills through successful evaluation of performance. PE.5.MC.2.3

Health-Related Fitness

3 Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness. 5.HF.3

1 Identify differences between health-related and skill-related fitness components. PE.5.HF.3.1

2 Identify differences in aerobic and anaerobic activities. PE.5.HF.3.2

3 Develop personal goals to improve three or more of the health-related fitness components. PE.5.HF.3.3

Personal/Social Responsibility

4 Demonstrate responsible personal and social behavior that respects self and others. 5.PR.4

1 Demonstrate engagement in physical activity with responsible interpersonal behavior. PE.5.PR.4.1

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2 Demonstrate understanding of the social benefits gained from participating in physical activities to achieve common goals. PE.5.PR.4.2

3 Demonstrate age-appropriate safety principles independently when engaging in various physical activities. PE.5.PR.4.3