North Dakota Physical Education

Grade 5

Adopted 2015

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

- **a.** Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance/rhythmic movement. S1.E1.5.A
- **b.** Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. S1.E1.5.B
- **c.** Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball). S1.E1.5.C
- **5.** Uses appropriate pacing for a variety of running distances. S1.E2.5
- **5.** Combines jumping and landing patterns with locomotor and manipulative skills in dance/rhythmic movement, gymnastics and small-sided practice tasks in game environments (horizontal). S1.E3.5
- **5.** Combines jumping and landing patterns with locomotor and manipulative skills in dance/rhythmic movement, gymnastics and small-sided practice tasks in game environments (vertical). S1.E4.5
- **5.** Combines locomotor skills in cultural as well as creative rhythmic activities/dances (self and group) with correct rhythm and pattern. S1.E5.5
- **5.** Applies skill. S1.E6.5
- **5.** Combines balance and transferring weight in a gymnastics sequence or rhythmic activities/dance with a partner. S1.E7.5
- **5.** Transfers weight in gymnastics or rhythmic activities/dance environments. S1.E8.5
- **5.** Applies skill. S1.E9.5
- **5.** Performs curling, twisting and stretching actions with correct application in rhythmic activities/dance, gymnastics and small-sided practice tasks in game environments. S1.E10.5
- **5.** Combines locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a rhythmic activities/dance with a group. S1.E11.5

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5. Combines actions, balance and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus. S1.E12.5

a. Throws underhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of objects. S1.E13.5.A

b. Throws underhand to a large target with accuracy S1.E13.5.B

a. Throws overhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of objects. S1.E14.5.A

b. Throws overhand to large target with accuracy. S1.E14.5.B

a. Throws with accuracy, both partners moving. S1.E15.5.A

b. Throws with reasonable accuracy in dynamic, small-sided practice tasks. S1.E15.5.B

a. Catches a batted ball above the head, at chest or waist level and along the ground using a mature pattern in a nondynamic environment (closed skills). S1.E16.5.A

b. Catches with accuracy, both partners moving. S1.E16.5.B

c. Catches with reasonable accuracy in dynamic, small-sided practice tasks. S1.E16.5.C

5. Combines hand dribbling with other skills during one-on-one practice tasks. S1.E17.5

5. Combines foot dribbling with other skills in one-on-one practice tasks. S1.E18.5

a. Passes with the feet, using a mature pattern, as both partners travel. S1.E19.5.A

b. Receives a pass with the feet, using a mature pattern, as both partners travel. S1.E19.5.B

5. Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. S1.E20.5

5. Demonstrates mature patterns of kicking and punting in small-sided practice task environments. S1.E21.5

5. Applies skill. S1.E22.5

5. Volleys a ball using a two-hand overhead pattern, sending it upward to a target. S1.E23.5

5. Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment. S1.E24.5

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	a. Strikes a pitched ball with a bat using a mature pattern. S1.E25.5.A
	b. Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. S1.E25.5.B
	5. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). S1.E26.5
	5. Creates a jump-rope routine with a partner, using either a short or long rope. S1.E27.5
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	5. Combines spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance/rhythmic activities/dance environments. S2.E1.5
	5. Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and rhythmic activities/dance with self-direction. S2.E2.5
	a. Applies movement concepts to strategy in game situations. S2.E3.5.A
	b. Applies the concepts of direction and force to strike an object with a long-handled implement. S2.E3.5.B
	c. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, rhythmic activities/dance and gymnastics. S2.E3.5.C
	5. Applies skill. S2.E4.5
	a. Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. S2.E5.5.A
	b. Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. S2.E5.5.B
	c. Recognizes the type of throw, volley or striking action needed for different games and sports situations. S2.E5.5.C
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	5. Charts and analyzes physical activity out-side physical education class for fitness benefits of activities. S3.E1.5
	5. Actively engages in all the activities of physical education. S3.E2.5
	5. Differentiates between skill-related and health-related fitness. S3.E3.5
	5. Identifies the need for warm-up and cool-down relative to various physical activities. S3.E4.5

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	a. Analyzes results of fitness assessment (pre- and post-), comparing results with fitness components for good health. S3.E5.5.A
	b. Designs a fitness plan to address ways to use physical activity to enhance fitness. S3.E5.5.B
	5. Analyzes the impact of food choices relative to physical activity, youth sports and personal health. S3.E6.5
Exhibits responsible personal and social behavior that respects self and others.	5. Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). S4.E1.5
	a. Participates with responsible personal behavior in a variety of physical activity contexts, environments, and facilities. S4.E2.5.A
	b. Exhibits respect for self with appropriate behavior while engaging in physical activity. S4.E2.5.B
	5. Gives corrective feedback respectfully to peers. S4.E3.5
	5. Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects. S4.E4.5
	5. Critiques the etiquette involved in rules of various game activities. S4.E5.5
	5. Applies safety principles with age-appropriate physical activities. S4.E6.5
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	5. Compares the health benefits of participating in selected physical activities. S5.E1.5
	5. Expresses (e.g., via written essay, visual art, creative rhythmic activities/dance) the enjoyment and/or challenge of participating in a favorite physical activity. S5.E2.5
	5. Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. S5.E3.5
	5. Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport). S5.E4.5