

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
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- a. Throws underhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of objects.** S1.E13.5.A
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- b. Throws underhand to a large target with accuracy** S1.E13.5.B
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- a. Throws overhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of objects.** S1.E14.5.A
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- b. Throws overhand to large target with accuracy.** S1.E14.5.B
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- a. Throws with accuracy, both partners moving.** S1.E15.5.A
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- b. Throws with reasonable accuracy in dynamic, small-sided practice tasks.** S1.E15.5.B
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- 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
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- b. Catches with accuracy, both partners moving.** S1.E16.5.B
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- c. Catches with reasonable accuracy in dynamic, small-sided practice tasks.** S1.E16.5.C
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- 5. Combines hand dribbling with other skills during one-on-one practice tasks.** S1.E17.5
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- 5. Combines foot dribbling with other skills in one-on-one practice tasks.** S1.E18.5
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- a. Passes with the feet, using a mature pattern, as both partners travel.** S1.E19.5.A
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- b. Receives a pass with the feet, using a mature pattern, as both partners travel.** S1.E19.5.B
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- 5. Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.** S1.E20.5
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- 5. Demonstrates mature patterns of kicking and punting in small-sided practice task environments.** S1.E21.5
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- 5. Applies skill.** S1.E22.5
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- 5. Volleys a ball using a two-hand overhead pattern, sending it upward to a target.** S1.E23.5
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- 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

- 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

- 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