

Grade 5

Adopted 2016

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

- 5a.** Demonstrates mature patterns of locomotor skills in dynamic and small-sided practice tasks, gymnastics, and dance. *S1.E1.5A*

- 5b.** Combines locomotor and manipulative skills in a variety of small-sided practice tasks and game environments. *S1.E1.5B*

- 5c.** Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey, and basketball). *S1.E1.5C*

- 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, gymnastics, and small-sided practice tasks in game environments. *S1.E3.5*

- 5.** Combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics, and small-sided practice tasks in game environments. *S1.E4.5*

- 5.** Combines locomotor skills and cultural as well as creative dances (self and group) with correct rhythm and pattern. *S1.E5.5*

- 5.** Applies skills in dynamic situations. *S1.E6.5*

- 5.** Combines balance and transferring weight in a gymnastic sequence or dance with a partner. *S1.E7.5*

- 5.** Transfers weight in gymnastic and dance environments. *S1.E8.5*

- 5.** Applies skills. *S1.E9.5*

- 5.** Performs curling, twisting, and stretching actions with correct application in dance, gymnastics, and small-sided practice tasks in game environments. *S1.E10.5*

- 5.** Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. *S1.E11.5*

- 5.** Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus. *S1.E12.5*

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- 5a.** Throws underhand and overhand in a mature pattern in a non-dynamic environment with different sizes and types of objects. [S1.E13.5A](#)
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- 5b.** Throws underhand/overhand to a large target with accuracy. [S1.E13.5B](#)
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- 5a.** Throws with accuracy while both partners are moving. [S1.E14.5A](#)
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- 5b.** Throws with reasonable accuracy in dynamic, small-sided practice tasks. [S1.E14.5B](#)
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- 5a.** Catches a batted ball above the head, at the chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills). [S1.E15.5A](#)
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- 5b.** Catches with accuracy with both partners moving. Catches with reasonable accuracy in dynamic, small-sided practice tasks. [S1.E15.5B](#)
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- 5.** Combines hand dribbling with other skills during one vs. one practice skills. [S1.E16.5](#)
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- 5.** Combines foot dribbling with other skills in one vs. one practice tasks. [S1.E17.5](#)
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- 5.** Passes and receives with the feet using a mature pattern as both partners travel. [S1.E18.5](#)
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- 5.** Dribbles with the hands or feet with mature patterns in a variety of small-sided game forms. [S1.E19.5](#)
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- 5.** Demonstrates mature patterns of kicking and punting in small-sided practice tasks environments. [S1.E20.5](#)
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- 5.** Applies skills. [S1.E21.5](#)
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- 5.** Volleys the ball using a two-handed pattern sending it upward to a target. [S1.E22.5](#)
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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.E23.5](#)
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- 5a.** Strikes a pitched ball with a bat using a mature pattern. [S1.E24.5A](#)
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- 5b.** Combines striking with a long-implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. [S1.E24.5B](#)
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- 5.** Combines manipulative skills and traveling for execution to a target. (e.g., scoring in soccer, hockey, and basketball). [S1.E25.5](#)
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- 5.** Creates a jump rope routine with a partner using either a short or long jump rope. [S1.E26.5](#)
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Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 5. Combines spatial concepts with locomotor and non-locomotor movements for small groups (e.g., gymnastics, dance, & games). S2.E1.5
- 5. Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics & dance with self-direction. S2.E2.5
- 5a. Applies movement concepts to strategy in game situations. S2.E3.5A
- 5b. Applies the concepts of direction and force to strike an object with a long-handled implement. S2.E3.5B
- 5c. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics. S2.E3.5C
- 5. Applies skill. S2.E4.5
- 5a. Applies basic offensive & defensive strategies & tactics in invasion small-sided practice tasks, and in net/wall small-sided practice tasks. S2.E5.5A
- 5b. Recognizes the type of throw, volley or striking action needed for different games and sports situations. S2.E5.5B

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 5. Student charts and analyzes physical activity outside physical education class for fitness benefits of activities. S3.E1.5
- 5a. Actively engages in all the activities of physical education. S3.E2.5A
- 5b. Engaged in MVPA 50% of class time. S3.E2.5B
- 5. Differentiates between skill related and health related fitness. S3.E3.5
- 5a. Identifies the need for warm up and cool-down relative to various physical activities. S3.E4.5A
- 5b. Identify and apply FITT to a fitness plan. S3.E4.5B
- 5a. Analyzes results of fitness assessment (pre and post), comparing results with fitness components for good health. S3.E5.5A
- 5b. Designs a fitness plan utilizing FITT. S3.E5.5B
- 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 inter-personal behavior (e.g., peer to peer, student to teacher, student to referee). S4.E1.5

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- 5a. Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.** S4.E2.5A
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- 5b. Exhibits respect for self with appropriate behavior while engaging in physical activity.** S4.E2.5B
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- 5. Gives and receives peer feedback.** S4.E3.5
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- 5. Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.** S4.E4.5
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- 5. Critiques the etiquette involved in rules of various game activities.** S4.E5.5
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- 5. Applies safety principles with age-appropriate physical activities.** S4.E6.5
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Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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- 5. Compares the health benefits of participating in selected physical activities.** S5.E1.5
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- 5. Expresses (e.g., written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.** S5.E2.5
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- 5. Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.** S5.E3.5
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- 5. Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.** S5.E4.5
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