Oklahoma Physical Education

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
- 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

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

5a. Throws with accuracy while both partners are moving. S1.E14.5A

5b. Throws with reasonable accuracy in dynamic, small-sided practice tasks. S1.E14.5B

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

5b. Catches with accuracy with both partners moving. Catches with reasonable accuracy in dynamic, small-sided practice tasks. S1.E15.5B

5. Combines hand dribbling with other skills during one vs. one practice skills. S1.E16.5

5. Combines foot dribbling with other skills in one vs. one practice tasks. S1.E17.5

5. Passes and receives with the feet using a mature pattern as both partners travel. S1.E18.5

5. Dribbles with the hands or feet with mature patterns in a variety of small-sided game forms. S1.E19.5

5. Demonstrates mature patterns of kicking and punting in small-sided practice tasks environments. S1.E20.5

5. Applies skills. S1.E21.5

5. Volleys the ball using a two-handed pattern sending it upward to a target. S1.E22.5

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.E23.5

5a. Strikes a pitched ball with a bat using a mature pattern. S1.E24.5A

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

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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Creates a jump rope routine with a partner using either a short or long jump rope. S1.E26.5

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 be sel	**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
	5b. Exhibits respect for self with appropriate behavior while engaging in physical activity. S4.E2.5B
	5. Gives and receives peer feedback. 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., written essay, visual art, creative 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. Analyzes the positive impact of verbal and non-verbal encouragement in physical activity. S5.E4.5