

Grade 5

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Demonstrates mature patterns of locomotor and manipulative skills in a variety of dynamic small-sided practice tasks, gymnastics and/or rhythmic activities. [PE.1.5.1](#)

2. Uses appropriate pacing for a variety of running distances. [PE.1.5.2](#)

3. Combines jumping & landing patterns with locomotor and manipulative skills in dance, educational gymnastics and/or small-sided practice tasks and games. [PE.1.5.3](#)

4. Combines jumping & landing patterns with locomotor and manipulative skills in dance, educational gymnastics and/or small-sided practice tasks and games. [PE.1.5.4](#)

5. Combines locomotor movement patterns to create and perform a rhythmic activity. Applies skill with cultural diversity in mind. [PE.1.5.5](#)

6. Applies skills listed in fourth grade outcome in game situations. [traveling with manipulative skills of dribbling, throwing, catching and striking in small-sided practice tasks and games.] [PE.1.5.6](#)

7. Combines balance and transferring weight in a gymnastics sequence or rhythms with a partner. [PE.1.5.7](#)

8. Transfers weight in gymnastics and/or rhythmic environments. [PE.1.5.8](#)

9. Applies skill in general activity [weight transfer, rolling]. [PE.1.5.9](#)

10. Performs curling, twisting & stretching actions with correct application in dance, gymnastics, small-sided practice tasks in games environments. [PE.1.5.10](#)

11. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform rhythms with a group. [PE.1.5.11](#)

12. Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. [PE.1.5.12](#)

13. Throws overhand to a large target with accuracy. [PE.1.5.13](#)

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- 14. Throws with accuracy, both partners moving.** PE.1.5.14
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- 15. Throws with reasonable accuracy in dynamic, small-sided practice tasks.** PE.1.5.15
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- 16. Catches with competency, both partners moving.** PE.1.5.16
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- 17. Catches with reasonable competency in dynamic, small-sided practice tasks.** PE.1.5.17
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- 18. Combines hand dribbling with other skills during practice tasks.** PE.1.5.18
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- 19. Combines foot dribbling with other skills in practice tasks.** PE.1.5.19
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- 20. Passes with the feet using a mature pattern as both partners travel.** PE.1.5.20
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- 21. Receives a pass with the foot using a mature pattern as both partners travel.** PE.1.5.21
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- 22. Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.** PE.1.5.22
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- 23. Demonstrates mature patterns in kicking and/or punting in small-sided practice task environments.** PE.1.5.23
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- 24. Applies underhand volley skill in small sided practice tasks.** PE.1.5.24
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- 25. Volleys a ball using a 2-hand overhead pattern, sending it upward to a target.** PE.1.5.25
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- 26. 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.** PE.1.5.26
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- 27. Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.** PE.1.5.27
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- 28. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball).** PE.1.5.28
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- 29. Create and perform a jump-rope routine with either a short or long rope.** PE.1.5.29
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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

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- 1. Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and/or games environments.** PE.2.5.1
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- 2. Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and/or dance with self-direction.** PE.2.5.2
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3. Applies movement concepts of speed, endurance and pacing in general situations. [PE.2.5.3](#)
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4. Applies concepts of direction and force when striking an object with a short and/or long-handled implement, sending it toward a designated target in general situations. [PE.2.5.4](#)
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5. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, rhythms and gymnastics. [PE.2.5.5](#)
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6. Applies basic offensive and defensive strategies/tactics in invasion small-sided practice tasks. [PE.2.5.6](#)
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7. Applies basic offensive and defensive strategies & tactics in net/wall small-sided practice tasks. [PE.2.5.7](#)
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8. Recognizes the type of throw, volley or striking action needed for different games & sports situations. [PE.2.5.8](#)
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

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1. Charts and analyzes physical activity out-side physical education class for fitness benefits of activities. [PE.3.5.1](#)
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2. Actively engages in all the activities of physical education. [PE.3.5.2](#)
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3. Identify and assess the health-related components of fitness. [PE.3.5.3](#)
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4. Identifies the need for warm-up & cool-down relative to various physical activities. [PE.3.5.4](#)
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5. Applies the following skills in general situations: Completes health-related physical fitness assessments (pre- & post-) and identifies areas of needed remediation from personal health-related physical fitness test and, with teacher assistance, identifies strategies for progress in those areas. [PE.3.5.5](#)
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6. Analyzes the impact of food choices relative to physical activity, youth sports & personal health. [PE.3.5.6](#)
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The physically literate individual exhibits responsible personal and social behavior that respects self and others.

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1. Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). [PE.4.5.1](#)
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2. Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities. [PE.4.5.2](#)
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3. Exhibits respect for self with appropriate behavior while engaging in physical activity. [PE.4.5.3](#)
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4. Gives corrective feedback respectfully to peers. [PE.4.5.4](#)
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5. Applies skills of accepting and respecting players of all skill levels to general physical activity. PE.4.5.5

6. Applies skills of safety, rules, procedures, and etiquette in general physical activities. PE.4.5.6

7. Applies safety principles with age-appropriate physical activities. PE.4.5.7

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

1. Compares the health benefits of participating in selected physical activities. PE.5.5.1

2. Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. PE.5.5.2

3. Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport). PE.5.5.3
