Oregon Physical Education

Grades 3-5

Develops a variety of motor skills. 5.DMS

1. **Combines varied locomotor skills in a variety of practice tasks.** 5.DMS.1
2. **Demonstrates transferring weight from feet to hands and hands to feet in a non-dynamic environment.** 5.DMS.2
3. **Demonstrates rolling with the body in a non-dynamic environment.** 5.DMS.3
4. **Combines jumping/landing, rolling, balancing and transfer of weight from feet to hands in a non-dynamic environment.** 5.DMS.4
5. **Combines locomotor, non- locomotor, and manipulative movements based on a variety of dance forms.** 5.DMS.5
6. **Demonstrates jumping rope in a variety of practice tasks.** 5.DMS.6
7. **Demonstrates jumping and landing in a non-dynamic environment.** 5.DMS.7
8. **Demonstrates balancing on different body parts in a non-dynamic environment.** 5.DMS.8
9. **Demonstrates rolling a ball in a non-dynamic environment.** 5.DMS.9
10. **Demonstrates throwing in a variety of practice tasks.** 5.DMS.10
11. **Demonstrates striking with a long-handled implement in a variety of practice tasks.** 5.DMS.11
12. **Demonstrates catching in a variety of practice tasks.** 5.DMS.12
13. **Demonstrates striking with hands above waist in a variety of practice tasks.** 5.DMS.13
14. **Demonstrates striking with hands below waist in a variety of practice tasks.** 5.DMS.14
15. **Demonstrates serving an object in a non-dynamic environment.** 5.DMS.15
16. **Demonstrates striking an object with a short-handled implement in a variety of practice tasks.** 5.DMS.16

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Demonstrates sending and receiving an object in a variety of practice tasks. 5.DMS.17

18 **Demonstrates kicking a ball using the instep in a variety of practice tasks.** 5.DMS.18

19 **Demonstrates dribbling with hands in non-dynamic and dynamic practice tasks.** 5.DMS.19

Applies knowledge related to movement and fitness concepts. 5.AMF

1 **Applies movement concepts and strategies for safe movement within dynamic environments.** 5.AMF.1

2 **Demonstrates knowledge of offensive strategies in small-sided invasion practice tasks.** 5.AMF.2

3 **Demonstrates knowledge of defensive strategies in small-sided invasion practice tasks.** 5.AMF.3

4 **Demonstrates knowledge of appropriate movement concepts for efficient performance of manipulative skills.** 5.AMF.4

5 **Demonstrates problem solving strategies in a variety of games/activities.** 5.AMF.5

6 **Applies movement concepts to different types of dances, gymnastics, rhythms, and individual performance activities.** 5.AMF.6

7 **Defines and provides examples of movement activities for developing the health-related fitness components.** 5.AMF.7

8 **Establishes goals related to enhancing fitness development.** 5.AMF.8

9 **Defines and explains how to implement the FITT Principle for fitness development.** 5.AMF.9

10 **Defines and provides examples of movement activities for developing the skill-related fitness components.** 5.AMF.10

11 **Identifies the need for warm-up & cool-down relative to various physical activities.** 5.AMF.11

12 **Identifies location of pulse and provides examples of activities that increase heart rate.** 5.AMF.12

13 **Explains the benefits of physical activity.** 5.AMF.13

14 **Recognizes and explains how physical activity influences physiological changes in their body.** 5.AMF.14

15 **Recognizes the critical elements that contribute to proper execution of a skill.** 5.AMF.15

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Identifies technology tools that support physical activity goals. 5.AMF.16

	17 Describes the impact of food and hydration choices on physical activity. 5.AMF.17
	18 Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills. 5.AMF.18
Develops social skills through movement. 5.SSM	1 Describes the perspective of others during a variety of activities. 5.SSM.1
	2 Uses communication skills to negotiate roles and responsibilities in a physical activity setting. 5.SSM.2
	3 Demonstrates respectful behaviors that contribute to positive social interaction in group activities. 5.SSM.3
	4 Demonstrates safe behaviors independently with limited reminders. 5.SSM.4
	5 Solves problems independently, with partners, and in small groups. 5.SSM.5
	6 Makes choices that are fair according to activity etiquette. 5.SSM.6
	7 Describes physical activities that represent a variety of cultures around the world. 5.SSM.7
Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. 5.PSB	1 Explains how preferred physical activities meet the need for personal self-expression. 5.PSB.1
	2 Explains how preferred physical activities meet the need for social interaction. 5.PSB.2
	3 Describes how movement positively affects personal health. 5.PSB.3
	4 Explains the rationale for one's choices related to physical activity based on personal interests. 5.PSB.4
	6 Recognizes group challenges through movement. 5.PSB.5
	7 Sets observable long-term goals. 5.PSB.6
	8 Identifies movement strengths and opportunities for practice for individual improvement. 5.PSB.7
	9 Identifies physical activity opportunities outside of physical education class. 5.PSB.8
	10 Recognizes personally effective techniques that assist with managing one's emotions and behaviors in a physical activity setting. 5.PSB.9
	11 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. 5.PSB.10