South Dakota Physical Education

Grade 5

Adopted 2014

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

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

5b. Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games 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 locomotors and manipulative skills in dance, gymnastics and small-sided practice tasks/games environments. S1.E3.5

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

5. Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks at various speeds. S1.E6.5

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

5. Transfers weight in gymnastics and dance environments. S1.E8.5

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 actions, balances and weight transfers to create a movement sequence with a partner on equipment or apparatus. S1.E12.5

5a. Throws (underhand and overhand) using a mature pattern in non-dynamic environments, with different sizes and types of objects. S1.E13.5A

Skip to main content

5b. Throws (both underhand and overhand) to a large target with accuracy. S1.E13.5B

5a. Throws with accuracy, both partners moving. S1.E15.5A

5b. Throws with reasonable accuracy in dynamic, small-sided practice tasks. S1.E15.5B

5a. Catches a batted ball above the head, at chest/waist level and along the ground using a mature pattern in a non-dynamic environment. S1.E16.5A

5b. Catches with reasonable accuracy in one-on-one practice tasks. S1.E16.5B

5c. Catches with consistent control with both partners moving in dynamic, small-sided practice tasks. S1.E16.5C

5. Combines hand dribbling with other skills during moving. S1.E17.5

5. Combines foot dribbling with other skills in one-on-one practice tasks. S1.E18.5

5a. Passes with the feet, using a mature pattern, as both partners travel. S1.E19.5A

5b. Receives a pass with the feet, using a mature pattern, as both partners travel. S1.E19.5B

5. Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. S1.E20.5

5. Demonstrates mature patterns in kicking and punting in small-sided practice task environments. S1.E21.5

5. Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target. S1.E23.5

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.E24.5

5a. Strikes a pitched ball with a bat using a mature pattern. S1.E25.5A

5b. Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. S1.E25.5B

5. Creates a jump-rope routine with a partner, using either a short or long rope. S1.E27.5

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5. Combines spatial concepts with locomotor and nonlocomotor movements for small groups (e.g., gymnastics, dance and game environments). S2.E1.5

Skip to main content

and tactics to enhance movement and performance.	**5.** Combines movement concepts with skills in a variety of physical activities. S2.E2.5
	5a. Applies movement and effort concepts to strategy in game situations. S2.E3.5A
	5b. Applies effort concepts to strike an object with a long-handled implement. S2.E3.5B
	5c. Analyzes movement situations and applies effort concepts in small-sided practice task/game environments, rhythmic activity/dance and gymnastics. S2.E3.5C
	5. Applies relationship concepts to strategies/tactics in complex physical activities. S2.E4.5
	5. Applies technology or other resources which can be used to determine the FITT principle. S2.E6.5
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**5.** Charts and analyzes physical activity outside 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
	5a. Analyzes results of fitness assessment (pre- and post-), comparing results to fitness components for good health. S3.E5.5A
	5b. Designs a fitness plan, with teacher assistance, to address ways to use physical activity to enhance fitness. S3.E5.5B
	5. Analyzes the impact of food choices relative to physical activity, youth sports and personal health. S3.E6.5
	5. Analyze the impact that stress has on the brain and the body. S3.E7.5
The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.	**5.** Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). S4.E1.5
	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 developmentally appropriate behavior while engaging in physical activity. S4.E2.5B
	Gives corrective feedback respectfully to peers. S4.E3.5

Skip to main content

	5a. Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects. S4.E4.5A
	5b. Recognizes and understands individual uniqueness and diversity. S4.E4.5B
	5a. Critiques the etiquette involved in rules of various game activities. S4.E5.5A
	5b. Exhibits the fundamentals of good sportsmanship. S4.E5.5B
	5. Applies safety principles with age-appropriate physical activities. S4.E6.5
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.	**5.** Compares the health benefits of participating in various physical activities. S5.E1.5
	5. Expresses (e.g., written essay, visual art, 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