Tennessee Physical Education

Grade 5

Adopted 2016

Motor Skills

1. **Hop (one foot), gallop, slide, skip** MS.1
   5. Combines traveling with manipulative skills. MS.1.5
2. **Jog, run** MS.2
   5. Uses appropriate pacing to run a variety of distances. MS.2.5
3. **Jump & land for distance (horizontal)** MS.3
   5. Applies jumping and landing to a variety of activities (e.g., small-sided games/practice tasks, dance, and/or educational gymnastics experiences). MS.3.5
4. **Jump & land for height (vertical)** MS.4
   5. Applies jumping and landing to a variety of activities (e.g., small-sided games/practice tasks, dance, and educational gymnastics experiences). MS.4.5
5. **Dance** MS.5
   5. Creates and performs dances on beat with correct pattern. MS.5.5
6. **Balance** MS.6
   5. Designs and performs a balance sequence with varying bases of support, body shapes, and levels. MS.6.5
7. **Weight Transfer & Rolling (OPTIONAL)** MS.7
   5. Transfers weight from feet to hands using body extensions (e.g. scissor kick, handstand, cartwheel). MS.7.5
8. **Combinations (optional)** MS.8
   5. Combines traveling, balance, weight transfers/rolls, and movement concepts to create and perform an individual or partner educational gymnastics sequence. MS.8.5
9. **Underhand Throw** MS.9
   5. Applies underhand throwing to a variety of partner or small-sided games/practice tasks. MS.9.5

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Overhand Throw MS.10

5. Throws overhand using a mature pattern. MS.10.5

11. Catching MS.11

5. Applies catching on the move to a variety of partner or small-sided games/practice tasks. MS.11.5

12. Passing & Receiving with implements MS.12

5. Passing and receiving with a partner while on the move. MS.12.5

13. Dribbling with hands MS.13

5. Combines dribbling and passing skills. MS.13.5

14. Dribbling with feet MS.14

5. Combines dribbling with feet and passing skills. MS.14.5

15. Kicking (force or distance) MS.15

a. Punts a ball using a mature pattern. MS.15.5.A

b. Applies kicking to small-sided games/practice tasks. MS.15.5.B

16. Passing & Receiving with feet MS.16

5. Combine passing and receiving the ball with foot dribbling. MS.16.5

17. Striking with hand(s) MS.17

5. Overhead volleys a ball using a mature pattern. MS.17.5

18. Striking, short implement MS.18

5. Consecutively strikes a ball with a short-handled implement against a wall using a mature forehand pattern. MS.18.5

19. Striking, long implement MS.19

5. Demonstrates a mature pattern using a long-handled implement. MS.19.5

20. Jumping Rope MS.20

5. Creates and performs a jump rope routine with a partner using a short or long rope. MS.20.5

Movement Knowledge & Application (MKA)

1. Space Awareness (location) MKA.1

a. Analyzes the use of open space in a movement activity. MKA.1.5.A

b. Applies the concept of open space to small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.1.5.B

2. Space Awareness (pathways, levels, directions MKA.2

a. Analyzes the use of pathways, levels, and directions in movement activity. MKA.2.5.A

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b. Combines pathways, levels, and directions in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.2.5.B

3. **Effort: speed and force** MKA.3
   a. Analyzes the use of speeds and forces in movement. MKA.3.5.A
   b. Combines speeds and forces in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.3.5.B
4. **Relationships (body shapes, with objects, with people)** MKA.4
   a. Analyzes relationships in movement. MKA.4.5.A
   b. Combines two or more relationships in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.4.5.B
5. **Movement Principles (base of support, muscle tension, ready position)** MKA.5
   a. Analyzes and self-corrects movement principles. MKA.5.5.A
   b. Applies movement principles in a variety of small-sided games/practice tasks. MKA.5.5.B
6. **Performance Cues** MKA.6
   5. Analyzes and self-corrects skill performance. MKA.6.5
7. **Simple Strategies** MKA.7
   5. Analyzes and modifies simple strategies in game-like activities MKA.7.5

Fitness & Physical Activity (FPA)

1. **Health-related Fitness** FPA.1
   5. Identifies and participates in activities specific to each component of health-related fitness. FPA.1.5
2. **Physical Activity** FPA.2
   5. Creates a personal plan for physical activity. FPA.2.5

Personal & Social Responsibility (PSR)

1. **Personal Responsibility** PSR.1
   5. Exhibits respect for self and others with appropriate behavior while engaging in physical activity. PSR.1.5
2. **Feedback** PSR.2
   5. Provides corrective feedback respectfully to peers. PSR.2.5
3. **Working with others** PSR.3
   5. Encourages the movement performance of others. PSR.3.5

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Procedures & Rules PSR.4

5. Critiques the rules of various activities. PSR.4.5

5. Safety PSR.5

5. Applies safety principles in all physical activities. PSR.5.5

Values Physical Activity (VPA)

1. Appreciation VPA.1

5. Evaluates other opportunities for physical activity based on personal preferences. VPA.1.5

2. Challenge VPA.2

5. Creates a plan to overcome a physical activity challenge. VPA.2.5