Utah Physical Education

Grade 5

Adopted 2016

Students will achieve a level of competency in motor skills and movement patterns.

1. **Demonstrate a well-developed pattern of locomotor skills in small group practice tasks and dance.** 5.1.1
2. **Demonstrate a combination of locomotor and manipulative skills in a variety of small group activities.** 5.1.2
3. **Create a combination of moving and shooting skills to a scoring target.** 5.1.3
4. **Run various distances, demonstrating an understanding of pace for highest performance.** 5.1.4
5. **Use locomotor skills in cultural as well as creative dances with correct rhythm and pattern.** 5.1.5
6. **Participate in a small group activity or dance using curling, twisting, and stretching actions.** 5.1.6
7. **Catch a ball above the head, chest, at waist level, and along the ground using a well-developed pattern, with or without a partner.** 5.1.7
8. **Throw and catch a ball while both partners are moving.** 5.1.8
9. **Catch and throw a ball with accuracy in small group activities.** 5.1.9
10. **Combine foot dribbling with other skills in practice using one-on-one tasks.** 5.1.10
11. **Use feet to dribble and pass while moving with a partner.** 5.1.11
12. **Dribble with one hand or foot with accuracy in a small group activity.** 5.1.12
13. **Volley a ball using a two-hand overhead pattern, sending it upward to a target.** 5.1.13
14. **Combine manipulative skills while moving toward a target to execute a score.** 5.1.14
15. **Create a jump rope routine with a partner, using either a short or long rope.** 5.1.15

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Students will apply knowledge to attain efficient movement and performance.	1. **Combine spatial concepts with locomotor and non-locomotor movement in small group and dance activities.** 5.2.1 2. **Use movement strategies in small game situations.** 5.2.2 3. **Apply direction and force when striking an object with a long-handled implement, sending it toward a designated target.** 5.2.3 4. **Use basic offensive and defensive strategies and tactics in small group games.** 5.2.4 5. **Distinguish the type of throw, volley or striking action needed for different activities and sporting games.** 5.2.5
Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.	1. **Chart and analyze physical activity outside physical education class, identifying the fitness benefits.** 5.3.1 2. **Engage in a wide variety of physical activities.** 5.3.2 3. **Identify the components of skill-related fitness (e.g., agility, balance, coordination, power, reaction time, speed).** 5.3.3 4. **Recognize the need for warm-up and cool-down relative to various physical activities.** 5.3.4 5. **Chart results of fitness assessment (pre and post). Compare the results as they relate to good health.** 5.3.5 6. **Design a fitness plan to address ways to use physical activity to enhance fitness.** 5.3.6 7. **Analyze the impact of food choices and hydration relative to physical activity, sports, and personal health.** 5.3.7 8. **Select physical activities to reduce stress outside of class.** 5.3.8
Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.	1. **Demonstrate interpersonal behavior with peers and teachers during physical activity.** 5.4.1 2. **Exhibit respect for self with appropriate behavior while engaging in physical activity.** 5.4.2 3. **Respectfully give feedback to peers.** 5.4.3 4. **Accept, recognize, and actively involve others with both higher and lower skill abilities into physical activities and group projects.** 5.4.4 5. **Apply safety principles while engaged in age-appropriate physical activities.** 5.4.5

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Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.

1. **Compare various physical activities and the benefits derived from participation.** 5.5.1
2. **Express (in a written essay, visual art, or creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.** 5.5.2
3. **Analyze different physical activities for enjoyment and challenge; identify reasons for positive or negative responses.** 5.5.3
4. **Describe the social benefits gained from participating in physical activity.** 5.5.4