Virginia Physical Education

Grade 5

Motor Skill Development

1 **The student will demonstrate movement forms, create movement patterns, and begin to describe movement principles.** 5.1

- a Demonstrate progress toward the use of all critical elements in locomotor, non-locomotor, and manipulative skill combinations in dynamic environments, modified sports activities, smallsided games, and lifetime activities, including overhand and underhand throwing and catching, execution to a target with accuracy, hand dribbling with non-dominant/dominant hand at various speeds and control to open spaces, consecutive volleying with a partner over a net or against a wall with proper force, striking a ball with short- and long-handled implements while stationary or moving with the proper force, direction, and accuracy, dribbling and passing a soccer ball with the dominant foot with varying speed while moving to open spaces with proper control and accuracy. 5.1.A
- b Create and perform an educational gymnastic sequence that combines three or more of the following movements: traveling, rolling, balancing, and other types of weight transfer, with smooth transitions and changes of direction, shape, speed, and flow. 5.1.B
- c Create and perform individual or group rhythm/dance sequences. 5.1.C
- d Perform multicultural and social dances. 5.1.D
- e Create and perform a jump rope routine/challenge (self-turn, long rope, or jump bands). 5.1.E

Anatomical Basis of Movement

2 **The student will apply anatomical knowledge and movement strategies in complex movement activities.** 5.2

- a Identify the major components of the cardiorespiratory, vascular, muscular, and skeletal systems. 5.2.A
- b Apply knowledge of skeletal and muscular systems to accurately describe a variety of specific movements, such as a ball strike, overhand throw, or running. 5.2.B
- c Understand the concept of flexibility as it relates to bones, muscles, and joints. 5.2.C

Fitness Planning

3 **The student will use personal fitness assessment data to enhance understanding of physical fitness.** 5.3

- a Identify methods for evaluating and improving personal fitness, such as health-related criterionreferenced tests, heart rate, accelerometer, and pedometer data. 5.3.A

b Compare and analyze personal fitness data to health-related criterion-referenced standards (e.g., Virginia wellness-related fitness FitnessGram® standards, Centers for Disease Control and Prevention guidelines) to assess levels of personal fitness and identify strengths and weaknesses. 5.3.B

c Explain the FITT (frequency, intensity, time, and type) principles and its relationship to a personal fitness plan. 5.3.C

d Calculate resting, activity, and recovery heart rate and calculate heart rate during a variety of physical activities. 5.3.D

e Explain the relationship between heart rate and cardiorespiratory fitness. 5.3.E

Social and Emotional Development

4 **The student will participate in establishing and maintaining a safe environment for physical activities.** 5.4

a Create and implement safety rules and responsibilities for one or more activities. 5.4.A

b Describe and demonstrate respectful behavior in physical activity settings. 5.4.B

c Implement etiquette for at least two activities. 5.4.C

d Identify how engaging in physical activity can improve mental health and reduce stress. 5.4.D

e Explain the importance of inclusion in physical activity settings. 5.4.E

f Participate in developing classroom activities led by the teacher that promote feelings of inclusion, which support feelings of acceptance, belonging, and all students being valued. 5.4.F

Energy Balance

1 **The student will identify and explain the nutrition component and activity guidelines for energy balance.** 5.5

a Explain Recommended Dietary Allowance (RDA). 5.5.A

b Explain that there are different RDAs for children, teens, and adults. 5.5.B

c Explain the purpose of vitamins and minerals. 5.5.C

d Describe how the body uses each macronutrient (fat, protein, carbohydrates). 5.5.D

e Evaluate components of food labels for a variety of foods, including macronutrients, RDA, and portion size. 5.5.E

f Explain that physical activity guidelines recommend 60 minutes of moderate to vigorous physical activity (MVPA) every day. 5.5.F