Washington Health and Physical Education

Physical: Grade 5

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Locomotor**
   a. Apply mature pattern in locomotor skills in a variety of activities, modified games, and small-sided game play. PE1.1.5.A
   b. Apply appropriate pacing in a variety of running distances. PE1.1.5.B

2. **Nonlocomotor**
   5. Apply mature pattern in nonlocomotor skills in a variety of activities, modified games, and small-sided game play. PE1.2.5

3. **Balance**
   5. Apply static and dynamic balance in a variety of activities, modified games, and small-sided game play. PE1.3.5

4. **Weight Transfer**
   5. Apply weight transfer in a variety of activities. PE1.4.5

5. **Rhythm**
   5. Create and demonstrate a routine using complex rhythmic combinations. PE1.5.5

6. **Underhand Throw**
   5. Apply mature pattern in an underhand throw in a variety of activities, modified games, and small-sided game play. PE1.6.5

7. **Overhand Throw**
   a. Demonstrate mature pattern in an overhand throw at varying distances. PE1.7.5.A
   b. Demonstrate mature pattern in an overhand throw to a moving partner. PE1.7.5.B
   c. Demonstrate mature pattern in an overhand throw in a variety of activities, modified games, and small-sided game play. PE1.7.5.C

8. **Catch**
   5. Apply mature pattern in catching in a variety of activities, modified games, and small-sided game play. PE1.8.5

9. **Hand Dribble**

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5. Apply mature pattern while hand-dribbling in a variety of activities, modified games, and small-sided game play. PE1.9.5

10. Foot Pass/Kick

5. Apply mature pattern while passing, kicking, and punting in a variety of activities, modified games, and small-sided game play. PE1.10.5

11. Foot Trap/Receive

5. Apply mature pattern while receiving with the foot in a variety of activities, modified games, and small-sided game play. PE1.11.5

12. Foot Dribble

5. Apply mature pattern while foot-dribbling in a variety of activities, modified games, and small-sided game play. PE1.12.5

13. Strike/Volley, Hands and Arms

a. Apply mature pattern while striking an object underhand in a variety of activities, modified games, and small-sided game play. PE1.13.5.A

b. Demonstrate mature pattern while striking an object with a two-handed overhead pass, sending it upward to a target. PE1.13.5.B

14. Strike, Short Implement

5. Demonstrate mature pattern while striking an object with a short-handled implement in a variety of activities, modified games, and small-sided game play. PE1.14.5

15. Strike, Long Implement

a. Demonstrate mature pattern while striking a pitched ball with a bat. PE1.15.5.A

b. Apply mature pattern while striking an object with a long-handled implement in a variety of activities, modified games, and small-sided game play. PE1.15.5.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

5. Apply the concept of moving to open space and reducing open space in a variety of small-sided and modified game play. PE2.1.5

2. Pathways, Levels, and Relationships

5. Apply concepts of space, pathways, levels, and relationships in a variety of small-sided and modified game play. PE2.2.5

3. Speed, Direction, and Force

5. Apply speed, direction, and force in a variety of small-sided and modified game play. PE2.3.5

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Strategies

5. Apply offensive and defensive strategies in a variety of small-sided and modified game play. PE2.4.5

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. **Benefit of Physical Activity**
   5. Compare benefits of different levels of physical activity pyramid. PE3.1.5
2. **Engagement in Physical Activity**
   5. Actively engage in physical education class. PE3.2.5
3. **Health-Related Fitness**
   a. Identify activities used to develop components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). PE3.3.5.A
   b. Describe benefits of components of health-related fitness. PE3.3.5.B
   c. Describe components of the FITT principle. PE3.3.5.C
4. **Skill-Related Fitness**
   5. Describe components of skill-related fitness (agility, balance, coordination, power, reaction time, speed). PE3.4.5
5. **Fitness Assessment**
   5. Analyze fitness assessment results for goal-setting and identify strategies for improvement. PE3.5.5
6. **Engagement in Fitness Activities**
   5. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.5
7. **Body Systems**
   5. Describe connections between body systems and their role in movement. PE3.7.5
8. **Nutrition**
   a. Analyze a food journal to create a more balanced food plan. PE3.8.5.A
   b. Describe how body function and composition are affected by food consumption. PE3.8.5.B
   c. Analyze nutritional content of food using nutrition facts. PE3.8.5.C

Students will exhibit responsible personal and social behavior that respects self and others.

1. **Personal Responsibility**
   5. Engage in responsible interpersonal behavior (peer to peer, student to teacher, student to referee). PE4.1.5

Rules and Etiquette

5. Analyze importance of etiquette in a variety of physical activities. PE4.2.5

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3. **Receiving and Providing Feedback**
    5. Provide encouragement and feedback to peers without teacher prompting. PE4.3.5

4. **Working with Others**
    a. Apply concept of inclusion by inviting students of all skill abilities into physical activities. PE4.4.5.A
    b. Apply conflict resolution using situationally appropriate strategies. PE4.4.5.B

5. **Safety**
    5. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.5

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. **Challenge**
    5. Explain how to overcome challenges essential for improvement. PE5.1.5

2. **Self-Expression and Enjoyment**
    5. Analyze how various physical activities promote self-expression and enjoyment. PE5.2.5

3. **Social Interaction**
    5. Describe social benefits of engaging in partner, small-group, and large-group physical activities. PE5.3.5