

Grade 5

Development of Movement Forms / Motor Skills

- 18** Perform various motor skill techniques to independently develop/improve coordination. [WE.5.18](#)
- 19** Perform simple dance sequences using smooth transitions in speed, level, and direction in time to music. [WE.5.19](#)
- 20** Perform jump sequences with partner(s) using equipment. [WE.5.20](#)
- 21** Throw overhand with force and accuracy. [WE.5.21](#)
- 22** Dribble with hands or feet while evading an opponent. [WE.5.22](#)
- 23** Utilize critical elements or components for dribbling with feet and hands and striking with short and long-handled implements to improve performance in a game setting. [WE.5.23](#)
- 24** Use an implement to strike an object with force and accuracy. [WE.5.24](#)

Physical Fitness

- 25** Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [WE.5.25](#)
- 26** Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [WE.5.26](#)
- 27** Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [WE.5.27](#)
- 28** Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [WE.5.28](#)
- 29** Participate in warm-up and cool-down procedures before and after vigorous activities. [WE.5.29](#)
- 30** Describe the health benefits of regular participation in physical activity. [WE.5.30](#)
- 31** Define the components of the F.I.T.T. principle of exercise (e.g., frequency, intensity, time, and type). [WE.5.31](#)
- 32** Demonstrate knowledge of the five health related fitness components (e.g., cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility). [WE.5.32](#)

33 Demonstrate knowledge of skill related fitness (e.g., speed, agility, balance, reaction time, power, coordination). WE.5.33

34 Identify school and community programs promoting lifelong physical activity. WE.5.34

35 Engage in lifestyle behaviors to increase physical activity outside of the physical education setting. WE.5.35

36 Record physical activity participation (e.g., in and outside physical education). WE.5.36

**Responsible Personal
and Social Behavior**

37 Work collaboratively, productively, and safely with a partner or small group. WE.5.37

38 Participate appropriately with those having different skills and abilities. WE.5.38

39 Demonstrate fair play in competitive settings regardless of the outcome. WE.5.39

40 Respectfully provide appropriate feedback to others. WE.5.40
