

# Grade 5

Adopted 2015

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- a. Demonstrates mature patterns of locomotor skills in dynamic small-sided games, practice tasks, gymnastics and dance. [S1.E1.5.A](#)

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- b. Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. [S1.E1.5.B](#)

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- c. Combines traveling with manipulative skills for execution to a target. [S1.E1.5.C](#)

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- d. Combines locomotor and non-locomotor skills to create rhythmic and gymnastics routines. [S1.E1.5.D](#)

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- a. Applies appropriate pacing for a variety of running distances. [S1.E2.5.A](#)

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- a. Combines jumping and landing patterns with locomotors and manipulative skills in dance, educational gymnastics and small modified games and games environments. [S1.E3.5.A](#)

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- a. Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. [S1.E4.5.A](#)

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- b. Combines locomotor movement patterns and dance steps to create and perform an original dance. [S1.E4.5.B](#)

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- c. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, and time, flow) to create and perform a dance with a group. [S1.E4.5.C](#)

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- a. Demonstrates a sequence of balance and weight transfer movements in gymnastics or dance sequence with a partner. [S1.E6.5.A](#)

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- b. Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus. [S1.E6.5.B](#)

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- a. Transfers weight from feet to hands, varying speed and using large extensions. (e.g., mule kick, handstand, cartwheel) [S1.E7.5.A](#)

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- a. Performs curling, twisting & stretching actions with correct application in dance, gymnastics, and small modified games in games environments. [S1.E8.5.A](#)

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- a. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.** S1.E9.5.A
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- a. Throws underhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.** S1.E10.5.A
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- b. Throws underhand to a large target with accuracy.** S1.E10.5.B
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- a. Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.** S1.E11.5.A
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- b. Throws overhand to large target with accuracy.** S1.E11.5.B
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- a. Throws with accuracy, both partners moving.** S1.E12.5.A
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- b. Throws with reasonable accuracy in dynamic, small modified games.** S1.E12.5.B
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- a. Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment(closed skills).** S1.E13.5.A
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- b. Catches with accuracy, both partners moving.** S1.E13.5.B
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- c. Catches with reasonable accuracy in dynamic, small-sided games.** S1.E13.5.C
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- a. Combines hand dribbling with other skills during 1v1 practice tasks.** S1.E14.5.A
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- b. Dribbling with an implement while showing change of direction, speed and control.** S1.E14.5.B
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- a. Combines foot dribbling with other skills in 1v1 practice tasks.** S1.E15.5.A
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- a. Passes with the feet using a mature pattern as both partners travel.** S1.E16.5.A
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- b. Receives a pass with the foot using a mature pattern as both partners travel.** S1.E16.5.B
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- a. Dribbles with hands or feet with mature patterns in a variety of small-sided games.** S1.E17.5.A
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- a. Demonstrates mature patterns in kicking and punting in small-sided practice task environments.** S1.E18.5.A
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- a. Volleys a ball using a mature two-hand overhead pattern sending it upward to a target.** S1.E20.5.A
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- a. Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.** S1.E21.5.A

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**a. Strikes a pitched ball with a bat using a mature pattern.** S1.E22.5.A

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**b. Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.** S1.E22.5.B

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**a. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball).** S1.E23.5.A

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**a. Creates a jump rope routine with a partner, using either a short or long rope.** S1.E24.5.A

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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**a. Applies the concept of open spaces to combination skills involving locomotor and non locomotor movements for small groups.** S2.E1.5.A

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**b. Applies the concept of closing spaces in small sided practices.** S2.E1.5.B

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**c. Identify boundaries and apply knowledge to small games.** S2.E1.5.C

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**a. Combines movement concepts with skills in small sided practice tasks in game environments, gymnastics and dance with self-direction.** S2.E2.5.A

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**a. Applies movement concepts to strategy in game situations.** S2.E3.5.A

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**b. Applies the concept of direction and force to strike an object with a long handled implement.** S2.E3.5.B

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**c. Analyze movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics.** S2.E3.5.C

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**a. Applies skills of alignment in all forms of movement.** S2.E4.5.A

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**b. Employs the concept of muscular tension with balance in all forms of movement.** S2.E4.5.B

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**a. Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks.** S2.E5.5.A

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**b. Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks.** S2.E5.5.B

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**c. Recognizes the type of throw, volley or striking action needed for different games and sports situations.** S2.E5.5.C

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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level

**a. Charts and analyzes physical activity outside physical education class for fitness benefits of activities.** S3.E1.5.A

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**a. Actively engages in all the activities of physical education.** S3.E2.5.A

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of physical activity and fitness.

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**a. List, define, and demonstrates the five components of health related fitness.** S3.E4.5.A

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**b. Identifies the need for warm-up & cool-down relative to various physical activities.** S3.E4.5.B

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**c. Identify and apply FITT to a fitness plan (frequency, intensity, time, type).** S3.E4.5.C

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**d. Identify major muscles.** S3.E4.5.D

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**e. Experience how the muscular and skeletal systems work together to allow movement.** S3.E4.5.E

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**a. Identifies the six components of skill related fitness (agility, balance, coordination, speed, reaction time, power).** S3.E5.3-5.A

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**a. Analyzes results of fitness assessment (pre- & post-), comparing results to fitness components for good health.** S3.E6.5.A

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**b. Perform a nationally recognized, criterion references, health related fitness assessment that includes muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition.** S3.E6.5.B

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**c. Identify strategies for progress in fitness areas using FITT strategies.** S3.E6.5.C

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**a. Analyzes the impact of food choices relative to physical activity, youth sports & personal health.** S3.E7.5.A

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The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**a. Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).** S4.E1.5.A

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**a. Gives and receives corrective feedback respectfully to peers and adults.** S4.E2.5.A

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**a. Praises the movement performance of others both more and less-skilled.** S4.E3.5.A

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**b. Accepts players of all skill levels into the physical activity.** S4.E3.5.B

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**a. Assesses adherence to rules, etiquette, and fair play of various games and activities.** S4.E4.5.A

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**a. Applies safety principles with age-appropriate physical activities.** S4.E5.5.A

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**a. Apply sun safe practices.** S4.E6.3-5.A

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**b. Identify appropriate water safety practices.** S4.E6.3-5.B

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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

**a. Compares the health benefits of participation in selected physical activities.** S5.E1.5.A

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**a. Analyzes the personal benefits to participating in an activity that is challenging.** S5.E2.5.A

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**a. Analyzes the personal benefits to participating in an activity that is enjoyable.** S5.E3.5.A

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**a. Analyzes the positive impact of verbal and non-verbal encouragement in physical activity.** S5.E4.5.A