

# Grade 5

**The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 5.1**

## **Locomotor Skills**

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 5.1.1
  - A Applies mature patterns in locomotor skills in a variety of activities, modified games, and small-sided game play. 5.1.1.A
  - B Applies appropriate pacing in a variety of running distances. 5.1.1.B
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) 5.1.2
  - A Combines jumping and landing patterns with locomotor and manipulative skills (such as in dance, educational gymnastics and small-sided practice tasks and game environments). 5.1.2.A
- 3 Locomotor (Dance, Rhythm, Combinations) 5.1.3
  - A Creates and demonstrates a routine using complex rhythmic combinations (such as self-dance, Jump Bands, group dance) with correct rhythm and pattern. 5.1.3.A
- 4 Non-Locomotor 5.1.4
  - A Applies mature patterns in nonlocomotor skills in a variety of activities, modified games, and small-sided game play. 5.1.4.A
- 5 Non-Locomotor (Balance) 5.1.5
  - A Combines balance and transferring weight (such as in a gymnastics sequence, yoga, dance with a partner). 5.1.5.A
- 6 Non-Locomotor (Weight Transfer) 5.1.6
  - A Transfers weight in various activities (such as gymnastics, dance environments, striking, throwing). 5.1.6.A

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## Manipulative Skills

- 7 Manipulative Skills (Throw) 5.1.7
  - A Applies mature pattern in an underhand throw in a variety of activities, modified games, and small-sided game play. 5.1.7.A
  - B Performs mature pattern in an overhand throw at varying distances. 5.1.7.B
  - C Performs mature pattern in an overhand throw to a moving partner. 5.1.7.C
  - D Performs mature pattern in an overhand throw in a variety of activities, modified games, and small-sided games. 5.1.7.D
- 8 Manipulative Skills (Pass with Hands) 5.1.8
  - A Passes with accuracy, both partners moving. 5.1.8.A
  - B Passes with reasonable accuracy in dynamic, small-sided practice tasks. 5.1.8.B
- 9 Manipulative Skills (Catch) 5.1.9
  - A Catches a ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment. 5.1.9.A
  - B Catches with accuracy while moving. 5.1.9.B
  - C Catches with reasonable accuracy in dynamic, small-sided practice tasks. 5.1.9.C
- 10 Manipulative Skills (Hand Dribble) 5.1.10
  - A Combines hand dribbling with other skills during 1v1 practice tasks. 5.1.10.A
- 11 Manipulative Skills (Foot Pass/Kick) 5.1.11
  - A Passes and receives a pass with the feet using a mature pattern as both partners travel. 5.1.11.A
  - B Demonstrates mature patterns in kicking and punting in small-sided practice task environments. 5.1.11.B
- 12 Manipulative Skills (Foot Dribble) 5.1.12
  - A Combines foot dribbling with other skills (such as 1v1 practice tasks, modified games, and small-sided game play). 5.1.12.A
- 13 Manipulative Skills (Foot Trap Receive) 5.1.13
  - A Applies mature patterns while receiving with the foot in a variety of activities (such as 1v1 practice tasks, modified games, and small-sided game play). 5.1.13.A
- 14 Manipulative Skills (Strike/Volley, Hands and Arms) 5.1.14
  - A Applies mature patterns while striking an object underhand in a variety of activities (such as modified games, and small-sided game play). 5.1.14.A
- 15 Manipulative Skills (Strike with Implement) 5.1.15
  - A Strikes an object consecutively, with a partner, using a short-handed implement, 5.1.15.A
  - B Strikes a pitched ball with a bat using a mature pattern. 5.1.15.B

- C Combines striking with a long implement (such as a bat, hockey stick) with receiving and traveling skills in a small-sided game. 5.1.15.C

16 Manipulative Skills (Jump Rope) 5.1.16

- A Creates a jump-rope routine with a partner (such as jumping in a figure 8, front to back, etc., and with short rope, long rope, double dutch, jump bands). 5.1.16.A

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**The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.** 5.2

**Movement Concepts and Strategies**

1 Space 5.2.1

- A Combines spatial concepts with locomotor and nonlocomotor movements for small groups (such as in gymnastics, dance and game environments). 5.2.1.A

2 Pathways, Shapes, Levels 5.2.2

- A Combines movement concepts with skills in small-sided practice tasks (such as in game environments, gymnastics and dance with self-direction). 5.2.2.A

3 Speed, Direction, Force 5.2.3

- A Applies movement concepts to strategy in game situations. 5.2.3.A
- B Applies the concepts of direction and force to strike an object with an implement. 5.2.3.B
- C Analyzes movement situations and applies movement concepts (such as force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance or gymnastics. 5.2.3.C

4 Strategies and Tactics 5.2.4

- A Applies basic offensive and defensive strategies/ tactics in invasion small-sided practice tasks. 5.2.4.A
- B Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks. 5.2.4.B
- C Recognizes the type of throw, volley or striking action needed for different games and sports situations. 5.2.4.C

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**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 5.3

**Physical Activity**

1 Physical Activity Knowledge 5.3.1

- A Documents and analyzes physical activity outside physical education class for fitness benefits of activities. 5.3.1.A

2 Engages in Physical Activity 5.3.2

- A Actively engages in the activities of physical education class, both teacher directed and independent. 5.3.2.A

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## Fitness

- 3 Fitness Knowledge 5.3.3
  - A Differentiates between skill-related and health-related fitness. 5.3.3.A
  - B Identifies the need for warm-up and cool-down relative to various physical activities. 5.3.3.B
- 4 Fitness Assessment & Wellness Planning 5.3.4
  - A Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health. 5.3.4.A
  - B Designs a fitness plan to address ways to use physical activity to enhance fitness. 5.3.4.B
- 5 Body Systems 5.3.5
  - A Describes connections between body systems and their role in movement. 5.3.5.A
- 6 Nutrition 5.3.6
  - A Analyzes the impact of food choices relative to physical activity, youth sports and personal health. 5.3.6.A

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**The physically literate individual exhibits responsible personal and social behavior that respects self and others. 5.4**

## Responsible Personal and Social Behavior

- 1 Personal Responsibility 5.4.1
    - A Engages in physical activity with responsible interpersonal behavior (such as peer to peer, student to teacher, student to referee). 5.4.1.A
    - B Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities. 5.4.1.B
    - C Exhibits respect for self with appropriate behavior while engaging in physical activity. 5.4.1.C
  - 2 Accepting Feedback 5.4.2
    - A Gives corrective feedback respectfully to peers. 5.4.2.A
  - 3 Working with Others 5.4.3
    - A Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects. 5.4.3.A
  - 4 Rules & Etiquette 5.4.4
    - A Critiques the etiquette involved in rules of various game activities. 5.4.4.A
  - 5 Safety 5.4.5
    - A Works safely with peers, independently, and with/without equipment in physical activity settings. 5.4.5.A
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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.** 5.5

### **Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction**

- 1 Health 5.5.1
  - A Compares the health benefits of participating in selected physical activities. 5.5.1.A
- 2 Challenge 5.5.2
  - A Expresses (such as written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity. 5.5.2.A
- 3 Self-expression and Enjoyment 5.5.3
  - A Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. 5.5.3.A
- 4 Social Interaction 5.5.4
  - A Describes the social benefits gained from participating in physical activity (such as recess, youth sport). 5.5.4.A