

# Grade 5

Adopted 2016

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

- 1. Demonstrates mature patterns of locomotor and manipulative skills in a variety of dynamic small-sided practice tasks, gymnastics and/or rhythmic activities.** PE.1.5.1

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- 2. Uses appropriate pacing for a variety of running distances.** PE.1.5.2

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- 3. Combines jumping & landing patterns with locomotor and manipulative skills in dance, educational gymnastics and/or small-sided practice tasks and games.** PE.1.5.3

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- 4. Combines jumping & landing patterns with locomotor and manipulative skills in dance, educational gymnastics and/or small-sided practice tasks and games.** PE.1.5.4

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- 5. Combines locomotor movement patterns to create and perform a rhythmic activity. Applies skill with cultural diversity in mind.** PE.1.5.5

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- 6. Applies skills listed in fourth grade outcome in game situations. [traveling with manipulative skills of dribbling, throwing, catching and striking in small-sided practice tasks and games.]** PE.1.5.6

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- 7. Combines balance and transferring weight in a gymnastics sequence or rhythms with a partner.** PE.1.5.7

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- 8. Transfers weight in gymnastics and/or rhythmic environments.** PE.1.5.8

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- 9. Applies skill in general activity [weight transfer, rolling].** PE.1.5.9

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- 10. Performs curling, twisting & stretching actions with correct application in dance, gymnastics, small-sided practice tasks in games environments.** PE.1.5.10

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- 11. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform rhythms with a group.** PE.1.5.11

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- 12. Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.** PE.1.5.12

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- 13. Throws overhand to a large target with accuracy.** PE.1.5.13

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14. Throws with accuracy, both partners moving. PE.1.5.14

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  15. Throws with reasonable accuracy in dynamic, small-sided practice tasks. PE.1.5.15

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  16. Catches with competency, both partners moving. PE.1.5.16

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  17. Catches with reasonable competency in dynamic, small-sided practice tasks. PE.1.5.17

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  18. Combines hand dribbling with other skills during practice tasks. PE.1.5.18

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  19. Combines foot dribbling with other skills in practice tasks. PE.1.5.19

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  20. Passes with the feet using a mature pattern as both partners travel. PE.1.5.20

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  21. Receives a pass with the foot using a mature pattern as both partners travel. PE.1.5.21

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  22. Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. PE.1.5.22

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  23. Demonstrates mature patterns in kicking and/or punting in small-sided practice task environments. PE.1.5.23

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  24. Applies underhand volley skill in small sided practice tasks. PE.1.5.24

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  25. Volleys a ball using a 2-hand overhead pattern, sending it upward to a target. PE.1.5.25

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  26. 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. PE.1.5.26

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  27. Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. PE.1.5.27

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  28. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). PE.1.5.28

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  29. Create and perform a jump-rope routine with either a short or long rope. PE.1.5.29
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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

1. Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and/or games environments. PE.2.5.1

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2. Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and/or dance with self-direction. PE.2.5.2

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- 3. Applies movement concepts of speed, endurance and pacing in general situations.** PE.2.5.3

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  - 4. Applies concepts of direction and force when striking an object with a short and/or long-handled implement, sending it toward a designated target in general situations.** PE.2.5.4

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  - 5. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, rhythms and gymnastics.** PE.2.5.5

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  - 6. Applies basic offensive and defensive strategies/tactics in invasion small-sided practice tasks.** PE.2.5.6

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  - 7. Applies basic offensive and defensive strategies & tactics in net/wall small-sided practice tasks.** PE.2.5.7

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  - 8. Recognizes the type of throw, volley or striking action needed for different games & sports situations.** PE.2.5.8
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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.

- 1. Charts and analyzes physical activity out-side physical education class for fitness benefits of activities.** PE.3.5.1

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  - 2. Actively engages in all the activities of physical education.** PE.3.5.2

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  - 3. Identify and assess the health-related components of fitness.** PE.3.5.3

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  - 4. Identifies the need for warm-up & cool-down relative to various physical activities.** PE.3.5.4

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  - 5. Applies the following skills in general situations: Completes health-related physical fitness assessments (pre- & post-) and identifies areas of needed remediation from personal health-related physical fitness test and, with teacher assistance, identifies strategies for progress in those areas.** PE.3.5.5

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  - 6. Analyzes the impact of food choices relative to physical activity, youth sports & personal health.** PE.3.5.6
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The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 1. Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).** PE.4.5.1

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- 2. Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.** PE.4.5.2

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- 3. Exhibits respect for self with appropriate behavior while engaging in physical activity.** PE.4.5.3

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- 4. Gives corrective feedback respectfully to peers.** PE.4.5.4

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**5. Applies skills of accepting and respecting players of all skill levels to general physical activity.** PE.4.5.5

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**6. Applies skills of safety, rules, procedures, and etiquette in general physical activities.** PE.4.5.6

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**7. Applies safety principles with age-appropriate physical activities.** PE.4.5.7

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

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**1. Compares the health benefits of participating in selected physical activities.** PE.5.5.1

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**2. Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.** PE.5.5.2

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**3. Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport).** PE.5.5.3