

PHYSICAL EDUCATION STANDARDS

GRADE 5

THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.

- Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance.
- Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments.
- Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).
- Uses appropriate pacing for a variety of running distances.
- Combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics and small-sided practice tasks in games environments.
- Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern.
- Combines balance and transferring weight in a gymnastics sequence or dance with a partner.
- Transfers weight in gymnastics and dance environments.
- Performs curling, twisting and stretching actions with correct application in dance, gymnastics, small-sided practice tasks and games environments.
- Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.
- Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus.
- Throws underhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of objects.
- Throws underhand to a large target with accuracy.
- Throws overhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of balls.
- Throws overhand to a large target with accuracy.
- Throws with accuracy, both partners moving.
- Throws with reasonable accuracy in dynamic, small-sided practice tasks
- Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills).
- Catches with accuracy, both partners moving.
- Catches with reasonable accuracy in dynamic, small-sided practice tasks.
- Combines hand dribbling with other skills during 1v1 practice tasks.
- Combines foot dribbling with other skills in 1v1 practice tasks.
- Passes with the feet using a mature pattern as both partners travel.
- Receives a pass with the feet using a mature pattern as both partners travel.
- Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.
- Demonstrates mature patterns in kicking and punting in small-sided practice task environments.
- Volleys a ball using a two-hand pattern, sending it upward to a target.
- 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.
- Strikes a pitched ball with a bat using a mature pattern.
- Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.

- Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball).
- Creates a jump rope routine with a partner, using either a short or long rope.

THE PHYSICALLY LITERATE INDIVIDUAL APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.

- Combines spatial concepts with loco motor and nonlocomotor movements for small groups in gymnastics, dance and games environments.
- Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction.
- Applies movement concepts to strategy in game situations.
- Applies the concepts of direction and force to strike an object with a long-handled implement.
- Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.
- Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks.
- Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks.
- Recognizes the type of throw, volley or striking action needed for different games and sports situations.

THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.

- Charts and analyzes physical activity outside physical education class for fitness benefits of activities.
- Engages actively in all of the activities of physical education.
- Differentiates between skill-related and health-related fitness.
- Identifies the need for warm-up and cool-down relative to various physical activities.
- Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.
- Designs a fitness plan to address ways to use physical activity to enhance fitness.
- Analyzes the impact of food choices relative to physical activity, youth sports and personal health.

THE PHYSICALLY LITERATE INDIVIDUAL EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.

- Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).
- Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.
- Exhibits respect for self with appropriate behavior while engaging in physical activity.
- Gives corrective feedback respectfully to peers.
- Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.
- Critiques the etiquette involved in rules of various game activities.
- Applies safety principles with age- appropriate physical activities.

THE PHYSICALLY LITERATE INDIVIDUAL RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.

- Compares the health benefits of participating in selected physical activities.
- Expresses (via written essay, visual creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.

- Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.
- Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport).