

Grade 5

Adopted 2016

Physical Activity Skills and Movement Patterns PE.5.1

- 1. Performs locomotor skills in a variety of environments. PE.5.1.1**
 - a. Combines locomotor and manipulative skills in a variety of small-sided game environments PE.5.1.1.A
 - b. Paces at a variety of running distances. PE.5.1.1.B
 - c. Jumps horizontally and lands in combination with other movements. PE.5.1.1.C
 - d. Jumps vertically and lands in combination with other movements. PE.5.1.1.D
 - e. Combines locomotor skills in cultural and/or creative dance (e.g., self and group) with correct rhythm and pattern. PE.5.1.1.E
 - f. Applies the combination of locomotor and manipulative skills in small-sided practice tasks. PE.5.1.1.F

- 2. Performs non-locomotor skills in a variety of environments. PE.5.1.2**
 - a. Applies the combination of balance and weight transfer in tumbling. PE.5.1.2.A
 - b. Demonstrates weight transfer in tumbling. PE.5.1.2.B
 - c. Applies rolling in a variety of environments (e.g., dance, games). PE.5.1.2.C
 - d. Applies curling, stretching, twisting, and bending in dance and tumbling. PE.5.1.2.D
 - e. Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. PE.5.1.2.E
 - f. Combines tumbling skills with balance and weight transfers to create a tumbling sequence. PE.5.1.2.F

3. Performs manipulative skills in a variety of environments. PE.5.1.3

- a. Applies underhand throwing skills with different sizes and types of objects in small-sided games. PE.5.1.3.A
 - b. Throws overhand with accuracy in small-sided games. PE.5.1.3.B
 - c. Passes, with both partners moving, at various distances. PE.5.1.3.C
 - d. Catches a struck ball at all levels (e.g., overhand and underhand) in a non-dynamic environment. PE.5.1.3.D
 - e. Catches while both partners are moving. PE.5.1.3.E
 - f. Combines hand dribbling with other skills (e.g., passing, receiving, shooting) in a dynamic environment. PE.5.1.3.F
 - g. Combines foot dribbling with other skills (e.g., passing, receiving, shooting) using a mature pattern. PE.5.1.3.G
 - h. Passes and receives with the feet as both partners travel. PE.5.1.3.H
 - i. Dribbles with hands or feet with mature patterns in a variety of small-sided games. PE.5.1.3.I
 - j. Kicks in small-sided practice tasks using a mature pattern. PE.5.1.3.J
 - k. Punts in small-sided practice tasks. PE.5.1.3.K
 - l. Applies underhand volley in a dynamic environment using different sizes and types of balls. PE.5.1.3.L
 - m. Performs a forearm pass using 3 of 5 critical elements. PE.5.1.3.M
 - n. Volleys a lightweight ball, using a two-hand pattern, sending it upward to a target. PE.5.1.3.N
 - o. Strikes an object consecutively with a partner, using a short-handled implement, over a net or against a wall in a dynamic environment. PE.5.1.3.O
 - p. Combines striking with a long-handled implement (e.g., hockey stick, lacrosse stick) with receiving and traveling skills in practice tasks. PE.5.1.3.P
 - q. Strikes a pitched ball with a bat using a mature pattern. PE.5.1.3.Q
 - r. Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, basketball; receiving a pass in flag football). PE.5.1.3.R
 - s. Creates a jump rope routine, with a partner or group, with either a short or long rope. PE.5.1.3.S
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**Movement Concepts,
Strategies, and
Tactics** PE.5.2

1. Demonstrates knowledge of movement concepts in a variety of environments. PE.5.2.1

- a. Combines spatial concepts with locomotor and manipulative skills in a variety of small-sided games and dance. PE.5.2.1.A
 - b. Combines movement concepts with skills in a variety of small-sided game environments, tumbling, and dance. PE.5.2.1.B
 - c. Applies speed, direction, and force to strategy in small-sided games. PE.5.2.1.C
 - d. Applies direction and force when striking an object with a long-handled implement, sending it to a designated target. PE.5.2.1.D
 - e. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks. PE.5.2.1.E
 - f. Applies the concept of alignment in student-designed tumbling and dance sequences. PE.5.2.1.F
 - g. Applies the concepts of muscular tension with balance in student-designed tumbling and dance. PE.5.2.1.G
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2. Applies knowledge of strategies and tactics in a variety of environments. PE.5.2.2

- a. Applies basic offensive and defensive strategies and tactics in small-sided invasion games. PE.5.2.2.A
 - b. Applies basic offensive and defensive strategies and tactics in net/wall games. PE.5.2.2.B
 - c. Recognizes the types of throw, volley, or striking actions needed for different small-sided game situations and activities. PE.5.2.2.C
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**Health-Related Physical
Activity and
Fitness** PE.5.3

1. Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity. PE.5.3.1

- a. Charts and analyzes physical activity outside physical education class for fitness benefits of activities. PE.5.3.1.A
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2. Engages in physical activity. PE.5.3.2

- a. Engages in both teacher-directed and independent physical education class activities. PE.5.3.2.A
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3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness. PE.5.3.3

- a. Differentiates between skill-related and health-related fitness. PE.5.3.3.A
- b. Identifies and applies the need for warm-up and cool-down for various physical activities. PE.5.3.3.B

4. Communicates the importance of health-related fitness components and nutrition for physical activity. PE.5.3.4

- a. Analyzes, with teacher assistance, results of health-related fitness assessment (e.g., pre and post), comparing results with criteria for good health. PE.5.3.4.A
 - b. Designs a goal-setting plan, with teacher assistance, to address ways to use physical activity to enhance and maintain fitness. PE.5.3.4.B
 - c. Analyzes the impact of food choices for physical activity, youth sports, and personal health. PE.5.3.4.C
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Responsible Behavior PE.5.4

1. Exhibits personal responsibility in physical activity settings. PE.5.4.1

- a. Engages in physical activity with responsible inter-personal behavior (e.g., peer-to-peer, student-to-teacher, student-to-referee). PE.5.4.1.A
 - b. Exhibits responsible behavior in a variety of physical activity contexts, environments, and facilities. PE.5.4.1.B
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2. Accepts and responds to specific corrective feedback from teacher and peers. PE.5.4.2

- a. Gives positive corrective feedback respectfully to peers. PE.5.4.2.A
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3. Exhibits responsible social behavior when working with others. PE.5.4.3

- a. Accepts, recognizes, and actively involves others with varying abilities in physical activities and group projects. PE.5.4.3.A
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4. Follows rules and demonstrates proper etiquette. PE.5.4.4

- a. Critiques the etiquette involved in various game activities. PE.5.4.4.A
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5. Participates safely in physical activities. PE.5.4.5

- a. Applies safety principles with age-appropriate physical activities. PE.5.4.5.A
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Physical Activity Benefits PE.5.5

1. Recognizes the benefits of physical activity for health. PE.5.5.1

- a. Compares the health benefits of participating in selected physical activities. PE.5.5.1.A
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2. Recognizes the benefits of physical activity for challenge. PE.5.5.2

- a. Expresses the challenge of participating in a favorite physical activity. PE.5.5.2.A
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3. Recognizes the benefits of physical activity for self-expression and enjoyment. PE.5.5.3

- a. Analyzes different physical activities for self-expression and enjoyment. PE.5.5.3.A

4. Recognizes the benefits of physical activity for social interaction. PE.5.5.4

- a. Describes the social benefits gained from participating in physical activity. PE.5.5.4.A