

# Physical: Grade 5

Adopted 2016

**Students will demonstrate competency in a variety of motor skills and movement patterns.**

## **1. Locomotor**

- a. Apply mature pattern in locomotor skills in a variety of activities, modified games, and small-sided game play. [PE1.1.5.A](#)
  - b. Apply appropriate pacing in a variety of running distances. [PE1.1.5.B](#)
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## **2. Nonlocomotor**

5. Apply mature pattern in nonlocomotor skills in a variety of activities, modified games, and small-sided game play. [PE1.2.5](#)
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## **3. Balance**

5. Apply static and dynamic balance in a variety of activities, modified games, and small-sided game play. [PE1.3.5](#)
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## **4. Weight Transfer**

5. Apply weight transfer in a variety of activities. [PE1.4.5](#)
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## **5. Rhythm**

5. Create and demonstrate a routine using complex rhythmic combinations. [PE1.5.5](#)
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## **6. Underhand Throw**

5. Apply mature pattern in an underhand throw in a variety of activities, modified games, and small-sided game play. [PE1.6.5](#)
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## **7. Overhand Throw**

- a. Demonstrate mature pattern in an overhand throw at varying distances. [PE1.7.5.A](#)
  - b. Demonstrate mature pattern in an overhand throw to a moving partner. [PE1.7.5.B](#)
  - c. Demonstrate mature pattern in an overhand throw in a variety of activities, modified games, and small-sided game play. [PE1.7.5.C](#)
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## **8. Catch**

5. Apply mature pattern in catching in a variety of activities, modified games, and small-sided game play. [PE1.8.5](#)

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**9. Hand Dribble**

5. Apply mature pattern while hand-dribbling in a variety of activities, modified games, and small-sided game play. PE1.9.5

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**10. Foot Pass/Kick**

5. Apply mature pattern while passing, kicking, and punting in a variety of activities, modified games, and small-sided game play. PE1.10.5

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**11. Foot Trap/Receive**

5. Apply mature pattern while receiving with the foot in a variety of activities, modified games, and small-sided game play. PE1.11.5

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**12. Foot Dribble**

5. Apply mature pattern while foot-dribbling in a variety of activities, modified games, and small-sided game play. PE1.12.5

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**13. Strike/Volley, Hands and Arms**

- a. Apply mature pattern while striking an object underhand in a variety of activities, modified games, and small-sided game play. PE1.13.5.A
- b. Demonstrate mature pattern while striking an object with a two-handed overhead pass, sending it upward to a target. PE1.13.5.B

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**14. Strike, Short Implement**

5. Demonstrate mature pattern while striking an object with a short-handled implement in a variety of activities, modified games, and small-sided game play. PE1.14.5

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**15. Strike, Long Implement**

- a. Demonstrate mature pattern while striking a pitched ball with a bat. PE1.15.5.A
- b. Apply mature pattern while striking an object with a long-handled implement in a variety of activities, modified games, and small-sided game play. PE1.15.5.B

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**Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

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**1. Space**

5. Apply the concept of moving to open space and reducing open space in a variety of small-sided and modified game play. PE2.1.5

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**2. Pathways, Levels, and Relationships**

5. Apply concepts of space, pathways, levels, and relationships in a variety of small-sided and modified game play. PE2.2.5

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**3. Speed, Direction, and Force**

5. Apply speed, direction, and force in a variety of small-sided and modified game play. PE2.3.5

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#### 4. Strategies

- 5. Apply offensive and defensive strategies in a variety of small-sided and modified game play. PE2.4.5
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Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

#### 1. Benefit of Physical Activity

- 5. Compare benefits of different levels of physical activity pyramid. PE3.1.5
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#### 2. Engagement in Physical Activity

- 5. Actively engage in physical education class. PE3.2.5
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#### 3. Health-Related Fitness

- a. Identify activities used to develop components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). PE3.3.5.A
  - b. Describe benefits of components of health-related fitness. PE3.3.5.B
  - c. Describe components of the FITT principle. PE3.3.5.C
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#### 4. Skill-Related Fitness

- 5. Describe components of skill-related fitness (agility, balance, coordination, power, reaction time, speed). PE3.4.5
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#### 5. Fitness Assessment

- 5. Analyze fitness assessment results for goal-setting and identify strategies for improvement. PE3.5.5
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#### 6. Engagement in Fitness Activities

- 5. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.5
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#### 7. Body Systems

- 5. Describe connections between body systems and their role in movement. PE3.7.5
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#### 8. Nutrition

- a. Analyze a food journal to create a more balanced food plan. PE3.8.5.A
  - b. Describe how body function and composition are affected by food consumption. PE3.8.5.B
  - c. Analyze nutritional content of food using nutrition facts. PE3.8.5.C
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Students will exhibit responsible personal and social behavior that respects self and others.

#### 1. Personal Responsibility

- 5. Engage in responsible interpersonal behavior (peer to peer, student to teacher, student to referee). PE4.1.5

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**2. Rules and Etiquette**

- 5. Analyze importance of etiquette in a variety of physical activities. PE4.2.5
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**3. Receiving and Providing Feedback**

- 5. Provide encouragement and feedback to peers without teacher prompting. PE4.3.5
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**4. Working with Others**

- a. Apply concept of inclusion by inviting students of all skill abilities into physical activities. PE4.4.5.A
  - b. Apply conflict resolution using situationally appropriate strategies. PE4.4.5.B
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**5. Safety**

- 5. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.5
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**Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.**

**1. Challenge**

- 5. Explain how to overcome challenges essential for improvement. PE5.1.5
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**2. Self-Expression and Enjoyment**

- 5. Analyze how various physical activities promote self-expression and enjoyment. PE5.2.5
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**3. Social Interaction**

- 5. Describe social benefits of engaging in partner, small-group, and large-group physical activities. PE5.3.5