

# Grade 5

Adopted 2018

## Motor Skills and Movement Patterns

- 1. The physically educated student demonstrates competency in a variety motor skills and movement patterns. PE5.1**
    - a. Demonstrates mature patterns of various locomotor skills in a variety of small-sided games, dance, and educational gymnastics experiences. PE5.1.A
    - b. Creates a repeatable dance, gymnastics, jump rope, or exercise routine when combining locomotor movement patterns using correct rhythm/patterns with a partner or group. PE5.1.B
    - c. Combines balance and weight transfer in a gymnastics and/or dance sequence with a partner. PE5.1.C
    - d. Throws underhand and overhand using a mature form utilizing a variety of objects with accuracy. PE5.1.D
    - e. Throws accurately while both partners are in motion. PE5.1.E
    - f. Catches an object with both partners moving. PE5.1.F
    - g. Combines hand dribbling with other skills in small-sided games. PE5.1.G
    - h. Combines dribbling with feet and other skills in small-sided games. PE5.1.H
    - i. Demonstrates mature form of kicking and punting in small-sided games. PE5.1.I
    - j. Passes accurately and receives with the feet using a mature form as both partners travel. PE5.1.J
    - k. Volleys underhand using a mature form with accuracy in small-sided games. PE5.1.K
    - l. Volleys a ball with a two-hand overhead pattern, sending it upward accurately and demonstrating mature form. PE5.1.L
    - m. Consecutively strikes an object with a partner using a short-handled implement over a net, line, or against a wall in small-sided games. PE5.1.M
    - n. Strikes an object with a long-handled implement demonstrating mature form. PE5.1.N
    - o. Combines traveling with manipulative skills to successfully hit a target (soccer goal, hockey goal, and basketball goal). PE5.1.O
    - p. Creates and/or performs a jump rope routine with a partner or group. PE5.1.P
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## **Movement Concepts and Principles**

### **2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance. PE5.2**

- a. Applies the concepts of open and closed spaces in a practice or game setting. PE5.2.A
  - b. Analyzes movement and applies movement concepts (force, direction, speed, pathways, shapes, and levels) in a variety of small-sided games, dance, and/or gymnastics activities. PE5.2.B
  - c. Applies basic offensive and defensive tactics and strategies in game settings (invasion, chasing/fleeing, net/wall, and field). PE5.2.C
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## **Fitness**

### **3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness. PE5.3**

- a. Summarizes the effects of physical activity on body systems. PE5.3.A
  - b. Designs a plan to address ways to use physical activity to enhance fitness. PE5.3.B
  - c. Participates in the Georgia Fitness Assessment Program with teacher supervision. PE5.3.C
  - d. Compares Georgia Fitness Assessment results to Healthy Fitness Zones (HFZ). PE5.3.D
  - e. Identifies strategies to improve areas of need based on the Georgia Fitness Assessment results (with teacher assistance). PE5.3.E
  - f. Reassesses health related fitness to determine improvement and/or non-improvement areas. PE5.3.F
  - g. Engages in teacher-led and independent physical education class activities. PE5.3.G
  - h. Analyzes opportunities for participating in physical activity outside physical education class for fitness benefits. PE5.3.H
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## **Personal and Social Behavior, Rules, Safety, and Etiquette**

### **4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings. PE5.4**

- a. Engages in responsible behavior through adherence to rules and procedures in a variety of physical activities. PE5.4.A
- b. Participates with independent and cooperative responsibility. PE5.4.B
- c. Gives and accepts corrective feedback respectfully to and from others (peers and adults). PE5.4.C
- d. Applies safety principles with peers and equipment in physical activity settings. PE5.4.D

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- 5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. PE5.5**
- a. Compares the health benefits of participating in physical activity. PE5.5.A
  - b. Analyzes the enjoyment and/or challenge of various physical activities for a positive or negative response. PE5.5.B
  - c. Describes the social benefits gained when engaged in a variety of physical activities. PE5.5.C