

# Grade 5

Adopted 2014

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

- 5a.** Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance. *S1.E1.5A*

---

- 5b.** Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments. *S1.E1.5B*

---

- 5c.** Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball). *S1.E1.5C*

---

- 5.** Uses appropriate pacing for a variety of running distances. *S1.E2.5*

---

- 5.** Combines jumping and landing patterns with locomotors and manipulative skills in dance, gymnastics and small-sided practice tasks/games environments. *S1.E3.5*

---

- 5.** Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. *S1.E5.5*

---

- 5.** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks at various speeds. *S1.E6.5*

---

- 5.** Combines balance and transferring weight in a gymnastics sequence or dance with a partner. *S1.E7.5*

---

- 5.** Transfers weight in gymnastics and dance environments. *S1.E8.5*

---

- 5.** Performs curling, twisting and stretching actions with correct application in dance, gymnastics and small-sided practice tasks in game environments. *S1.E10.5*

---

- 5.** Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. *S1.E11.5*

---

- 5.** Combines actions, balances and weight transfers to create a movement sequence with a partner on equipment or apparatus. *S1.E12.5*

---

- 5a.** Throws (underhand and overhand) using a mature pattern in non-dynamic environments, with different sizes and types of objects. *S1.E13.5A*

- 
- 5b.** Throws (both underhand and overhand) to a large target with accuracy. S1.E13.5B
- 
- 5a.** Throws with accuracy, both partners moving. S1.E15.5A
- 
- 5b.** Throws with reasonable accuracy in dynamic, small-sided practice tasks. S1.E15.5B
- 
- 5a.** Catches a batted ball above the head, at chest/waist level and along the ground using a mature pattern in a non-dynamic environment. S1.E16.5A
- 
- 5b.** Catches with reasonable accuracy in one-on-one practice tasks. S1.E16.5B
- 
- 5c.** Catches with consistent control with both partners moving in dynamic, small-sided practice tasks. S1.E16.5C
- 
- 5.** Combines hand dribbling with other skills during moving. S1.E17.5
- 
- 5.** Combines foot dribbling with other skills in one-on-one practice tasks. S1.E18.5
- 
- 5a.** Passes with the feet, using a mature pattern, as both partners travel. S1.E19.5A
- 
- 5b.** Receives a pass with the feet, using a mature pattern, as both partners travel. S1.E19.5B
- 
- 5.** Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. S1.E20.5
- 
- 5.** Demonstrates mature patterns in kicking and punting in small-sided practice task environments. S1.E21.5
- 
- 5.** Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target. S1.E23.5
- 
- 5.** 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. S1.E24.5
- 
- 5a.** Strikes a pitched ball with a bat using a mature pattern. S1.E25.5A
- 
- 5b.** Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. S1.E25.5B
- 
- 5.** Creates a jump-rope routine with a partner, using either a short or long rope. S1.E27.5
- 

The physically literate individual applies knowledge of concepts, principles, strategies

- 5.** Combines spatial concepts with locomotor and nonlocomotor movements for small groups (e.g., gymnastics, dance and game environments). S2.E1.5

and tactics to enhance movement and performance.

---

**5. Combines movement concepts with skills in a variety of physical activities.** S2.E2.5

---

**5a. Applies movement and effort concepts to strategy in game situations.** S2.E3.5A

---

**5b. Applies effort concepts to strike an object with a long-handled implement.** S2.E3.5B

---

**5c. Analyzes movement situations and applies effort concepts in small-sided practice task/game environments, rhythmic activity/dance and gymnastics.** S2.E3.5C

---

**5. Applies relationship concepts to strategies/tactics in complex physical activities.** S2.E4.5

---

**5. Applies technology or other resources which can be used to determine the FITT principle.** S2.E6.5

---

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**5. Charts and analyzes physical activity outside physical education class for fitness benefits of activities.** S3.E1.5

---

**5. Actively engages in all the activities of physical education.** S3.E2.5

---

**5. Differentiates between skill-related and health-related fitness.** S3.E3.5

---

**5. Identifies the need for warm-up and cool-down relative to various physical activities.** S3.E4.5

---

**5a. Analyzes results of fitness assessment (pre- and post-), comparing results to fitness components for good health.** S3.E5.5A

---

**5b. Designs a fitness plan, with teacher assistance, to address ways to use physical activity to enhance fitness.** S3.E5.5B

---

**5. Analyzes the impact of food choices relative to physical activity, youth sports and personal health.** S3.E6.5

---

**5. Analyze the impact that stress has on the brain and the body.** S3.E7.5

---

The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.

**5. Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).** S4.E1.5

---

**5a. Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.** S4.E2.5A

---

**5b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity.** S4.E2.5B

---

**5. Gives corrective feedback respectfully to peers.** S4.E3.5

---

---

**5a. Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.** S4.E4.5A

---

**5b. Recognizes and understands individual uniqueness and diversity.** S4.E4.5B

---

**5a. Critiques the etiquette involved in rules of various game activities.** S4.E5.5A

---

**5b. Exhibits the fundamentals of good sportsmanship.** S4.E5.5B

---

**5. Applies safety principles with age-appropriate physical activities.** S4.E6.5

---

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

**5. Compares the health benefits of participating in various physical activities.** S5.E1.5

---

**5. Expresses (e.g., written essay, visual art, dance) the enjoyment and/or challenge of participating in a favorite physical activity.** S5.E2.5

---

**5. Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.** S5.E3.5

---

**5. Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport).** S5.E4.5