

# Grade 5

Adopted 2016

## Motor Skills

- 1. Hop (one foot), gallop, slide, skip** MS.1
  5. Combines traveling with manipulative skills. MS.1.5

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- 2. Jog, run** MS.2
  5. Uses appropriate pacing to run a variety of distances. MS.2.5

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- 3. Jump & land for distance (horizontal)** MS.3
  5. Applies jumping and landing to a variety of activities (e.g., small-sided games/practice tasks, dance, and/or educational gymnastics experiences). MS.3.5

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- 4. Jump & land for height (vertical)** MS.4
  5. Applies jumping and landing to a variety of activities (e.g., small-sided games/practice tasks, dance, and educational gymnastics experiences). MS.4.5

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- 5. Dance** MS.5
  5. Creates and performs dances on beat with correct pattern. MS.5.5

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- 6. Balance** MS.6
  5. Designs and performs a balance sequence with varying bases of support, body shapes, and levels. MS.6.5

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- 7. Weight Transfer & Rolling (OPTIONAL)** MS.7
  5. Transfers weight from feet to hands using body extensions (e.g. scissor kick, handstand, cartwheel). MS.7.5

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- 8. Combinations (optional)** MS.8
  5. Combines traveling, balance, weight transfers/rolls, and movement concepts to create and perform an individual or partner educational gymnastics sequence. MS.8.5

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- 9. Underhand Throw** MS.9
  5. Applies underhand throwing to a variety of partner or small-sided games/practice tasks. MS.9.5

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- 10. Overhand Throw** MS.10
  5. Throws overhand using a mature pattern. MS.10.5

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**11. Catching** MS.11

- 5. Applies catching on the move to a variety of partner or small-sided games/practice tasks. MS.11.5

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**12. Passing & Receiving with implements** MS.12

- 5. Passing and receiving with a partner while on the move. MS.12.5

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**13. Dribbling with hands** MS.13

- 5. Combines dribbling and passing skills. MS.13.5

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**14. Dribbling with feet** MS.14

- 5. Combines dribbling with feet and passing skills. MS.14.5

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**15. Kicking (force or distance)** MS.15

- a. Punts a ball using a mature pattern. MS.15.5.A
- b. Applies kicking to small-sided games/practice tasks. MS.15.5.B

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**16. Passing & Receiving with feet** MS.16

- 5. Combine passing and receiving the ball with foot dribbling. MS.16.5

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**17. Striking with hand(s)** MS.17

- 5. Overhead volleys a ball using a mature pattern. MS.17.5

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**18. Striking, short implement** MS.18

- 5. Consecutively strikes a ball with a short-handled implement against a wall using a mature forehand pattern. MS.18.5

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**19. Striking, long implement** MS.19

- 5. Demonstrates a mature pattern using a long-handled implement. MS.19.5

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**20. Jumping Rope** MS.20

- 5. Creates and performs a jump rope routine with a partner using a short or long rope. MS.20.5

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**Movement Knowledge & Application (MKA)**

**1. Space Awareness (location)** MKA.1

- a. Analyzes the use of open space in a movement activity. MKA.1.5.A
- b. Applies the concept of open space to small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.1.5.B

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**2. Space Awareness (pathways, levels, directions)** MKA.2

- a. Analyzes the use of pathways, levels, and directions in movement activity. MKA.2.5.A
  - b. Combines pathways, levels, and directions in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.2.5.B
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**3. Effort: speed and force** MKA.3

- a. Analyzes the use of speeds and forces in movement. MKA.3.5.A
  - b. Combines speeds and forces in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.3.5.B
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**4. Relationships (body shapes, with objects, with people)** MKA.4

- a. Analyzes relationships in movement. MKA.4.5.A
  - b. Combines two or more relationships in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.4.5.B
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**5. Movement Principles (base of support, muscle tension, ready position)** MKA.5

- a. Analyzes and self-corrects movement principles. MKA.5.5.A
  - b. Applies movement principles in a variety of small-sided games/practice tasks. MKA.5.5.B
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**6. Performance Cues** MKA.6

- 5. Analyzes and self-corrects skill performance. MKA.6.5
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**7. Simple Strategies** MKA.7

- 5. Analyzes and modifies simple strategies in game-like activities MKA.7.5
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**Fitness & Physical Activity (FPA)****1. Health-related Fitness** FPA.1

- 5. Identifies and participates in activities specific to each component of health-related fitness. FPA.1.5
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**2. Physical Activity** FPA.2

- 5. Creates a personal plan for physical activity. FPA.2.5
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**Personal & Social Responsibility (PSR)****1. Personal Responsibility** PSR.1

- 5. Exhibits respect for self and others with appropriate behavior while engaging in physical activity. PSR.1.5
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**2. Feedback** PSR.2

- 5. Provides corrective feedback respectfully to peers. PSR.2.5

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**3. Working with others** PSR.3

- 5. Encourages the movement performance of others. PSR.3.5

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**4. Procedures & Rules** PSR.4

- 5. Critiques the rules of various activities. PSR.4.5

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**5. Safety** PSR.5

- 5. Applies safety principles in all physical activities. PSR.5.5
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**Values Physical Activity  
(VPA)**

**1. Appreciation** VPA.1

- 5. Evaluates other opportunities for physical activity based on personal preferences. VPA.1.5

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**2. Challenge** VPA.2

- 5. Creates a plan to overcome a physical activity challenge. VPA.2.5