

Physical Education

GRADE FIVE GRADE-LEVEL OUTCOMES

By the end of Grade 5, the learner will demonstrate competence in fundamental motor skills and selected combinations of skills; use basic movement concepts in dance, gymnastics and small-sided practice tasks; identify basic health-related fitness concepts; exhibit acceptance of self and others in physical activities; and identify the benefits of physically active lifestyle.

Note: Swimming skills and water-safety activities should be taught if facilities permit.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.1.5.1: Demonstrates mature patterns of locomotor and manipulative skills in a variety of dynamic small-sided practice tasks, gymnastics and/or rhythmic activities.

PE.1.5.2: Uses appropriate pacing for a variety of running distances.

PE.1.5.3: Combines jumping & landing patterns with locomotor and manipulative skills in dance, educational gymnastics and/or small-sided practice tasks and games.

PE.1.5.4: Combines jumping & landing patterns with locomotor and manipulative skills in dance, educational gymnastics and/or small-sided practice tasks and games.

Note: This outcome applies to both horizontal and vertical jumping & landing.

PE.1.5.5: Combines locomotor movement patterns to create and perform a rhythmic activity. Applies skill with cultural diversity in mind.

PE.1.5.6: Applies skills listed in fourth grade outcome in game situations. [traveling with manipulative skills of dribbling, throwing, catching and striking in small-sided practice tasks and games.]

PE.1.5.7: Combines balance and transferring weight in a gymnastics sequence or rhythms with a partner.

PE.1.5.8: Transfers weight in gymnastics and/or rhythmic environments.

PE.1.5.9: Applies skill in general activity [weight transfer, rolling].

PE.1.5.10: Performs curling, twisting & stretching actions with correct application in dance, gymnastics, small-sided practice tasks in games environments.

PE.1.5.11: Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform rhythms with a group.

PE.1.5.12: Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.

PE.1.5.13: Throws overhand to a large target with accuracy.

PE.1.5.14: Throws with accuracy, both partners moving.

PE.1.5.15: Throws with reasonable accuracy in dynamic, small-sided practice tasks.

PE.1.5.16: Catches with competency, both partners moving.

PE.1.5.17: Catches with reasonable competency in dynamic, small-sided practice tasks.

PE.1.5.18: Combines hand dribbling with other skills during practice tasks.

PE.1.5.19: Combines foot dribbling with other skills in practice tasks.

PE.1.5.20: Passes with the feet using a mature pattern as both partners travel.

PE.1.5.21: Receives a pass with the foot using a mature pattern as both partners travel.

PE.1.5.22: Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.

PE.1.5.23: Demonstrates mature patterns in kicking and/or punting in small-sided practice task environments.

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PE.1.5.24: Applies underhand volley skill in small sided practice tasks.

PE.1.5.25: Volleys a ball using a 2-hand overhead pattern, sending it upward to a target.

PE.1.5.26: 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.

PE.1.5.27: Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.

PE.1.5.28: Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball).

PE.1.5.29: Create and perform a jump-rope routine with either a short or long rope.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.2.5.1: Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and/or games environments.

PE.2.5.2: Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and/or dance with self-direction.

PE.2.5.3: Applies movement concepts of speed, endurance and pacing in general situations.

PE.2.5.4: Applies concepts of direction and force when striking an object with a short and/or long-handled implement, sending it toward a designated target in general situations.

PE.2.5.5: Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, rhythms and gymnastics.

PE.2.5.6: Applies basic offensive and defensive strategies/tactics in invasion small-sided practice tasks.

PE.2.5.7: Applies basic offensive and defensive strategies & tactics in net/wall small-sided practice tasks.

PE.2.5.8: Recognizes the type of throw, volley or striking action needed for different games & sports situations.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.3.5.1: Charts and analyzes physical activity out-side physical education class for fitness benefits of activities.

PE.3.5.2: Actively engages in all the activities of physical education.

PE.3.5.3: Identify and assess the health-related components of fitness.

PE.3.5.4: Identifies the need for warm-up & cool-down relative to various physical activities.

PE.3.5.5: Applies the following skills in general situations: Completes health-related physical fitness assessments (pre- & post-) and identifies areas of needed remediation from personal health-related physical fitness test and, with teacher assistance, identifies strategies for progress in those areas.

PE.3.5.6: Analyzes the impact of food choices relative to physical activity, youth sports & personal health.

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Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.4.5.1: Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).

PE.4.5.2: Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.

PE.4.5.3: Exhibits respect for self with appropriate behavior while engaging in physical activity.

PE.4.5.4: Gives corrective feedback respectfully to peers.

PE.4.5.5: Applies skills of accepting and respecting players of all skill levels to general physical activity.

PE.4.5.6: Applies skills of safety, rules, procedures, and etiquette in general physical activities.

PE.4.5.7: Applies safety principles with age-appropriate physical activities.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.5.5.1: Compares the health benefits of participating in selected physical activities.

PE.5.5.2: Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

PE.5.5.3: Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport).