

STANDARDS FOR PHYSICAL EDUCATION: GRADE 5

CATALINA FOOTHILLS SCHOOL DISTRICT

Standard 1: Motor Skills and Movement Patterns

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

PE.5.1.1 Perform mature patterns of locomotor skills (skipping, sliding) in dynamic small-sided practice tasks, games, and activities (gymnastics and dance).

- combine traveling with locomotor and manipulative skills (with execution to a target; scoring in soccer, basketball, and hockey) in a variety of small-sided practice tasks/games environments
- use appropriate pacing for a variety of running distances (Pacer)

PE.5.1.2 Combine locomotor skills in cultural and creative dances with correct rhythm and pattern.

PE.5.1.3 Explore manipulative skills (required: throwing, catching, dribbling).

- throw (overhead) to a large target with accuracy
- throw with reasonable accuracy in dynamic, small-sided practice tasks and modified games
- catch with reasonable accuracy in dynamic, small-sided practice tasks and modified games (for example: catching a batted ball, basketball, yarn ball)
- combine foot dribbling with other skills in one-on-one practice tasks

Standard 2: Movement and Performance

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

PE.5.2.1 Combine spatial concepts (personal space, general space) with locomotor and non-locomotor movements for small groups in gymnastics, rhythm/dance, and games.

PE.5.2.2 Combine movement concepts with skills in small-sided practice tasks, gymnastics, and rhythm/dance with self-direction.

PE.5.2.3 Apply movement concepts (for example: force, direction, speed, pathways, extensions) to strategy in game situations.

PE.5.2.4 Apply basic offensive and defensive strategies in net/wall small-sided practice tasks.

Standard 3: Physical Activity and Fitness

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

PE.5.3.1 Actively engage in all of the activities of physical education class.

PE.5.3.2 Complete a log of physical activity (for example: written calendar of activity, activity log, or online tools such as Google Docs or *FitnessGram*) outside of physical education class (for example: lunch recess, after school activity programs or sports) and analyze for fitness benefits.

PE.5.3.3 Differentiate between skill-related and health-related fitness.

PE.5.3.4 Design a fitness plan to address ways to use physical activity to enhance fitness.

- analyze pre- and post-results of fitness assessments (for example: *FitnessGram*, Pacer), comparing results to fitness components for good health

PE.5.3.5 Analyze the impact of food choices relative to physical activity and personal health. [Connect to Health]

Standard 4: Responsible Personal and Social Behavior

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

PE.5.4.1 Engage in physical activity with responsible interpersonal behavior (for example: peer to peer, student to teacher, student to referee).

- accept, recognize, and actively involve others with like and differing skill abilities
- give corrective feedback respectfully to peers (“Hey, Josh, I noticed...”)

PE.5.4.2 Participate with responsible personal behavior in a variety of physical activity contexts, environments, and facilities.

- exhibit respect for self and others with appropriate behavior
- exhibit good sportsmanship (for example: respond to winning and losing with dignity and respect)

PE.5.4.3 Critique the etiquette involved in rules of various game activities (for example: watch a game and pick out rules, referee a game).

PE.5.4.4 Apply safety principles in physical activities (controlling body in game situation, using protocols for equipment, etc.).

Standard 5: Value of Physical Activity

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

PE.5.5.1 Compare the health benefits of participating in selected physical activities (dance is cardiovascular, weightlifting is strength training, etc.).

PE.5.5.2 Express (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.

PE.5.5.3 Analyze different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

PE.5.5.4 Describe the social benefits gained from participating in physical activity (for example: recess, youth sport).