

# 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).