



Physical Education

Expectations for 5th Grade Students:

- **Movement Competence and Understanding:** Demonstrate mature form for all basic locomotor (e.g., walking, running), non-locomotor (e.g., twisting, stretching), manipulative skills (e.g., catching, throwing, striking) and rhythmic skills (e.g., dancing, jumping rope); demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills; understand why feedback can improve performance.
- **Physical and Personal Wellness:** Demonstrate understanding of skill-related components of fitness (agility, balance, coordination, power, reaction time, speed) and how they affect physical performance; set personal goals for improving health-related fitness.
- **Social and Emotional Wellness:** Identify personal activity interests and abilities and take responsibility for individual and team performance; work cooperatively and productively in a group.
- **Prevention and Risk Management:** Implement safety procedures in the utilization of space and equipment.

Throughout 5th Grade You May Find Students:

- Throwing and catching an object demonstrating both accuracy and force.
- Dribbling a ball (by hand or foot) while preventing another person from stealing the ball.
- Developing and refining a gymnastics or creative dance sequence, and demonstrating smooth transitions.
- Using basic understanding of the knowledge of strategies in activity settings such as moving to open space to receive a pass or intercepting an object.
- Analyzing and correcting errors in throwing, catching, dribbling with hands and feet, striking a ball, and volleying while demonstrating control and accuracy.
- Creating a plan using the six skill-related components to improve performance in a chosen activity.
- Identifying activities that will help to improve cardio-respiratory, muscular endurance, muscular strength, flexibility, and body composition.
- Accepting responsibility for one's own performance without blaming others.
- Demonstrating the ability to resolve conflicts with peers.
- Reviewing components of safe participation and what constitutes a safe environment.

