

I can demonstrate and apply correct technique in a variety of locomotor skills and combinations during lead-up activities.

I can demonstrate  
correct jumping and  
landing technique while  
performing a long jump  
and a full turn jump in  
both directions.

I can demonstrate advanced balancing to include equipment, cross lateralization during increasingly complex movements, and sequencing of four or more skills with repetition.

I can maintain  
balance and transfer  
body weight with  
control during  
dynamic activities  
and lead-up games.

Fifth Grade b.2.A

I can perform a combination of bending, stretching, twisting, curling, pushing, pulling, and swaying in a variety of activities.

I can demonstrate the key elements of manipulative skills, including eye on target, followthrough, body weight transfer, and body position, during games and activities.

I can demonstrate  
the key elements of  
catching while  
moving during games  
and activities.

I can demonstrate key elements of hand dribbling with either hand when stationary while protecting the ball from a defender during dynamic activities and lead-up games.



I can combine foot  
dribbling with  
other skills during  
dynamic activities  
and lead-up games.

Fifth Grade b.3.D

I can demonstrate  
appropriate form  
when kicking and  
punting during  
dynamic activities  
and lead-up games.

Fifth Grade b.3.E

I can demonstrate  
correct technique  
in volleying in  
dynamic activities  
and lead-up games.

Fifth Grade b.3.F

I can demonstrate correct technique when striking an object with a hand or short- or long-handled implement in dynamic activities and lead-up games.

I can jump a self-  
turned rope in a  
routine using a  
variety of  
advanced skills.

I can demonstrate  
entering and exiting  
a turned long rope  
using advanced  
jumping skills.

I can demonstrate the appropriate use of open space and closing space in small groups during dynamic activities and lead-up games.

I can apply appropriate use of pathways and levels in small groups during dynamic activities and lead-up games.

Fifth Grade b.4.B



I can apply speed,  
direction, and force  
with a short-handled  
implement during  
dynamic activities  
and lead-up games.

I can demonstrate  
competency in  
rhythmic activities  
and rhythmic  
combinations.

I can identify and demonstrate the relationships among a variety of game skills, including preparation, movement, follow-through, and recovery, used in net or wall, invasion, target, fielding, or striking games.

I can demonstrate  
specific movement  
skills in designated  
dynamic activities and  
lead-up games with a  
partner or group.

I can engage  
appropriately in  
physical activity,  
sporting behavior, and  
game etiquette  
without teacher cue.

I can demonstrate  
competency in  
outdoor and  
recreational  
pursuits.

I can describe the  
benefits of  
moderate to  
vigorous physical  
activity on overall  
health and wellness.

I can describe the frequency, intensity, time, and type (FITT) principle and how it improves fitness.



I can differentiate  
between health-  
related and skill-  
related fitness  
components.

I can analyze  
personal fitness  
goals for self-  
improvement.

I can track progress  
and analyze data,  
with teacher  
guidance, to target  
areas needing  
improvement.

I can identify  
healthy foods  
that enhance  
physical activity.

I can explain the importance of proper hydration before, during, and after physical activity.

I can describe and select proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities and games.

I can demonstrate  
correct safety  
precautions, including  
water, sun, cycling,  
skating, and scooter  
safety.

I can accept and take responsibility for personal actions that affect self and others during dynamic activities and lead-up games.



I can accept responsibility and demonstrate respect for differences and similarities in abilities of myself and others during dynamic activities and lead-up games.

I can apply self-management skills to demonstrate self-control of impulses and emotions during dynamic activities and lead-up games.

I can explain the importance of and demonstrate how to resolve conflict in socially acceptable ways and respond to winning and losing with dignity and understanding.

I can identify and describe effective communication to enhance healthy interactions while settling disagreements.

I can identify and describe the concepts of empathy and mutual respect for the feelings of others.

I can  
persevere while  
addressing  
challenges.

I can accept  
and provide  
constructive  
feedback.

I can differentiate among types of and participate in moderate to vigorous physical activity for a sustained period of time on a regular basis using technology when available.



I can analyze the level of personal enjoyment in a variety of activities in the school and community.