

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.

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

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.

Fifth Grade b.4.A

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.

Fifth Grade b.8.C

I can analyze
personal fitness
goals for self-
improvement.

Fifth Grade b.9.A

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

I can identify
healthy foods
that enhance
physical
activity.

Fifth Grade b.10.A

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.

Fifth Grade b.12.B

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

Fifth Grade b.12.C

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.