

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

Fifth Grade b.1.A

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.

Fifth Grade b.3.A

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.

Fifth Grade b.3.C

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

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.

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.

Fifth Grade b.7

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.

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.

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.

Fifth Grade b.13.A

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

Fifth Grade b.13.B

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.