

PHYSICAL EDUCATION LEARNING EXPECTATIONS
GRADE FIVE

I. SKILL ACQUISITION AND DEVELOPMENT

A. During the fifth grade, students will demonstrate competency in many movement forms and proficiency in a few movement forms.

They will be able to:

- Demonstrate mature form in all locomotor patterns and selected manipulative and non-locomotor skills
- Adapt a skill to the demands of a dynamic, unpredictable environment
- Acquire beginning skills of a new specialized movement forms
- Combine movement skills in applied settings
- Design and perform rhythmic sequences that combine traveling, rolling, balancing and weight transfer into smooth flow-in sequences with intentional changes in direction, speed and flow

B. During the fifth grade, students will develop the ability to apply movement concepts and principles to the learning and development of motor skills.

They will be able to:

- Apply critical elements to improve personal performance in fundamental and selected specialized motor skills
- Use critical elements of fundamental and specialized movement skills to provide feedback to others
- Recognize and apply concepts that impact the quality of increasingly complex movement performance

II. FITNESS

A. During the fifth grade, students will develop an awareness of participation in physical activity as a conscious decision and personal choice for both enjoyment and health-related benefits.

They will be able to:

- Select and participate regularly in physical activities for the purpose of

improving skill and health

- Identify the benefits derived from regular physical activity
- Identify several moderate to vigorous physical activities that provide personal pleasure
- Analyze and categorize activities and exercises according to potential fitness benefits

B. During fifth grade, students will develop the ability to achieve and maintain a health-enhancing level of physical fitness.

They will be able to:

- Identify several activities related to each component of physical fitness
- Associate results of fitness testing to personal health status and ability to perform various activities
- Meet health-related fitness standards
- Monitor intensity of exercise
- Begin to develop a strategy for the improvement of selected fitness components
- Identify anatomical and physiological principles in relation to personal levels of fitness

III. SOCIAL AND PERSONAL DEVELOPMENT

A. During the fifth grade, students will demonstrate responsible personal and social behavior in physical activity settings.

They will be able to:

- Follow activity-specific rules, procedures, and etiquette
- Utilize safety principles in activity situations
- Work cooperatively and productively with a partner
- Work effectively within a small group

B. During the fifth grade, students will demonstrate understanding and respect for differences among people in physical activity settings.

They will be able to:

- Recognize the attributes that individuals with differences can bring to group

activities

- Experience differences and similarities among people of different backgrounds
- Demonstrate acceptance of the skills and abilities of others during physical activity
- Work cooperatively with both more and less skilled peers
- Accept and show respect for the decisions of officials and the group during activity situations

B. During the fifth grade, students will develop the ability to understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

They will be able to:

- Experience enjoyment while participating in physical activity
- Interact with peers while participating in group activities
- Use physical activity as a means of self-expression
- Recognize the role of games and sports in getting to know and understand self and others

OUTCOME STANDARDS

Work Effectively Both Independently & with Others
Apply Problem Solving Skills
Demonstrate Knowledge & Skills for Healthy, Productive Lives
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

A Physically Literate Person

has learned skills necessary to perform a variety of physical activities.
does participate regularly in physical activity
is physically fit
knows the implications of and the benefits from involvement in physical activities
values physical activity and its contributions to a healthful lifestyle

References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.