

5 <sup>th</sup> Grade	Quarter 1
Level	Soccer Shooting
4	Displays all of the elements with fluid motion, high speed and constant accuracy
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. No toe (sides of feet, laces)</li> <li>b. Medium Speed</li> <li>c. Follow through with toe pointing at target</li> </ul>
2	Performs 2 out of the 3 elements
1	Performs 1 or less of the 3 elements with a lack of accuracy

5 <sup>th</sup> Grade	Quarter 1
Level	Football Throwing
4	Displays all of the elements with fluid motion, spiral form, and speed and accuracy
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. Stands with side to target</li> <li>b. Steps with opposite foot</li> <li>c. Follow through pointing at target</li> </ul>
2	Performs 2 out of the 3 elements with slow speed and lack of accuracy
1	Performs 1 or less of the 3 elements with a lack of speed and accuracy

5 <sup>th</sup> Grade	Quarter 2
Level	Volleyball Serve
4	Displays all of the elements with fluid motion, hits ball over the net and in bounds
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. Opposite foot is forward</li> <li>b. Ball is held at waist level</li> <li>c. Strike ball off “tee”</li> <li>d. Strike ball with fat part of palm</li> </ul>
2	Performs 3 out of the 4 elements
1	Performs 2 or less of the 4 elements

5 <sup>th</sup> Grade	Quarter 2
Level	Hockey Shooting
4	Displays all of the elements with fluid motion, high speed and constant accuracy
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. Proper grip</li> <li>b. Medium speed</li> <li>c. Follow through with toe of blade pointing to target</li> </ul>
2	Performs 2 out of the 3 elements
1	Performs 1 or less of the 3 elements with a lack of accuracy

5 <sup>th</sup> Grade	Quarter 3
Level	Basketball Dribble
4	Displays all of the elements with fluid motion, high speed and accuracy
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. Use finger pads</li> <li>b. Keep ball below waist</li> <li>c. Medium speed</li> <li>d. Eyes up</li> </ul>
2	Performs 3 out of the 4
1	Performs 2 or less of the 3 elements

5 <sup>th</sup> Grade	Quarter 3
Level	Jump Rope
4	Performs all 4 jump rope skills correctly
3	Performs 3 out of the 4 jump rope skills correctly
2	Performs 2 out of the 4 jump rope skills correctly
1	Performs 1 or less of the jump rope skills correctly

5 <sup>th</sup> Grade	Quarter 4
Level	Badminton Serve
4	Displays all of the elements with fluid motion, hits birdie over the net and in bounds
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. Proper grip</li> <li>b. Opposite foot forward</li> <li>c. Contact birdie with racquet below waist</li> </ul>
2	Performs 2 out of the 3 elements
1	Performs 1 or less of the 3

5 <sup>th</sup> Grade	Quarter 4
Level	Striking off a tee
4	Displays all of the elements with fluid motion, hits ball hard in fair territory
3	Displays the following elements most of the time: <ul style="list-style-type: none"> <li>a. Grip bat correctly</li> <li>b. Side to target</li> <li>c. Swing bat level</li> <li>d. Follow through</li> </ul>
2	Performs 3 out of the 4 elements
1	Performs 2 or less of the 4 elements