

Physical Education in Fifth Grade

Concepts and Skills Introduced in Quarter 1

- Categorize basic offensive and defensive tactics for modified invasion and net activities.
- Identify opportunities for involvement in physical activities during the school day.
- Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands.
- Describe a benefit of working productively with a partner to improve performance.
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- Describe the influence of individual differences on participation in physical activities.
- Explain the benefits of physical activity.
- Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.
- Select a healthy option when making decisions for yourself and/or others.

Concepts and Skills Introduced Quarter 2

- Detect, analyze and correct errors in personal movement patterns.
- Identify basic practice and conditioning principles that enhance performance.
- Identify a moderate physical activity.
- Identify a vigorous physical activity.
- Identify opportunities for involvement in physical activities after the school day.
- Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique.
- Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.
- Apply dribbling skills in modified games, focusing on offensive strategies.
- Catch a variety of objects while traveling and being defended.
- Throw a leading pass overhand to a moving partner using a variety of objects.

Concepts and Skills Introduced Quarter 3

- Apply feedback gathered from the use of technology to assess and enhance performance.
- Compare and contrast skills/sports that use similar movement patterns and concepts.
- Formulate a plan to increase the amount of time spent in physical activity.
- Discuss lifestyle behaviors that can be made to increase physical activity.
- Use technology to enhance regular participation in physical activities.
- Differentiate between muscular strength and muscular endurance.
- Identify activities that develop and maintain each component of physical fitness.
- Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.
- Analyze one's own physical fitness assessment results and develop strategies to enhance performance.
- Select proper stretching exercises to increase flexibility and reduce the chance of injury.
- Plan a menu for a balanced meal.
- Apply the principles of physical fitness to exercise.
- Evaluate progress toward short- and long-term fitness goals.
- Perform a self-designed sequence, with or without manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth transitions.
- Describe how participation in physical activity is a source of self-expression & meaning.
- Recognize how appropriate health care can promote personal health.

Quarter 4

- No New standards

