

# **Fifth Grade Physical Education Curriculum**

## **MOTOR SKILLS**

5.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.5.MS.1.1: Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities.
- PE.5.MS.1.2: Use increasingly complex skills with power and accuracy.
- PE.5.MS.1.3: Illustrate mature form in combining locomotor and manipulative skills for traditional and non-traditional activities.
- PE.5.MS.1.4: Create movement sequences that are smooth and fluid and have several different rhythmic patterns.

## **MOVEMENT CONCEPTS**

5.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.5.MC.2.1: Select scientific principles and/or concepts that have an effect on the quality of complex movement.
- PE.5.MC.2.2: Evaluate movement and game skills in order to provide feedback that will lead to improvement.
- PE.5.MC.2.3: Identify basic offensive and defensive strategies in modified game situations.
- PE.5.MC.2.4: Analyze the five components of health-related physical fitness in terms of their relationship to various activities.

## **HEALTH-RELATED FITNESS**

5.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.5.HF.3.1: Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.
- PE.5.HF.3.2: Implement strategies to achieve health-related physical fitness.
- PE.5.HF.3.3: Select physical activities that develop/maintain each of the five components of health-related fitness.

## **PERSONAL/SOCIAL RESPONSIBILITY**

5.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.5.PR.4.1: Use self-control to work independently in developing responsibility and respect for self and others.
- PE.5.PR.4.2: Use cooperation and communication skills to achieve common goals.
- PE.5.PR.4.3: Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.