



**PHYSICAL EDUCATION  
GRADE FIVE**



**Physical Education - Grade 5  
36.00600**

**COURSE DESCRIPTION:** Physical Literacy in 5<sup>th</sup> Grade is based upon the development of successful movement experiences, developing the confidence and progressive skills in the following strands: Motor Skills and Movement Patterns, Concepts, Principles, and Strategies, Health-enhancing levels of physical activity and fitness, Personal Responsibility, and Value of Physical Activity.

## Course Standard 1

### **S1.E5 Demonstrates competency in a variety of motor skills and movement patterns.**

- S1.E1.5a Demonstrates mature patterns of loco-motor skills in dynamic small-sided practice tasks, gymnastics and dance.
- S1.E1.5b Combines loco-motor and manipulative skills in a variety of small-sided practice tasks/games environments.
- S1.E1.5c Combines traveling with manipulative skills for execution of a target (e.g., scoring in soccer, hockey and basketball).
- S1.E2.5 Uses appropriate pacing for a variety of running distances.
- S1.E3.5 Combines jumping and landing patterns with loco-motors and manipulative skills in dance, educational gymnastics and small-sided practice tasks and games environments. (This outcome applies to both horizontal and vertical jumping and landing).
- S1.E5.5 Combines loco-motor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern.
- S1.E7.5 Combines balance and transferring weight in a gymnastics sequence or dance with a partner.
- S1.E8.5 Transfers weight in gymnastics and dance environments.
- S1.E10.5 Performs curling, twisting & stretching actions with correct application in dance, gymnastics, small sided practice tasks in games environments.
- S1.E11.5 Combines loco-motor skills and movement concepts (levels, shapes, extensions, pathways, force, time and flow) to create and perform a dance with a group.
- S1.E12.5 Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus.
- S1.E13.5a Throws underhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.
- S1.E13.5b Throws overhand to a large target with accuracy.
- S1.E15.5a Throws with accuracy, both partners moving.
- S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.
- S1.E16.5a Catches a batted ball above the head, at chest or waist level, and along the ground using mature pattern in a non-dynamic environment (closed skills).
- S1.E16.5b Catches with accuracy, both partners moving.
- S1.E16.5c Catches with reasonable accuracy in dynamic, mall-sided practice tasks.
- S1.E17.5 Combines hand dribbling with other skills during 1v1 practice tasks.
- S1.E18.5 Combines foot dribbling with other skills in 1v1 practice tasks.
- S1.E19.5a Passes with the feet using a mature pattern as both partners travel.
- S1.E19.5b Receives a pass with the foot using a mature pattern as both partners travel.
- S1.E20.5 Dribbles with hands or feet with a mature pattern in a variety of small-sided game forms.
- S1.E21.5 Demonstrates mature patterns kicking and punting in small-sided practice task environments.
- S1.E23.5 Volleys a ball using a 2-hand overhead pattern, sending it upward to a target
- S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in ether a competitive or cooperative game environment.
- S1.E25.5a Strikes a pitched ball with a bat using a mature pattern.
- S1.E25.5b Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.
- S1.E26.5 Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball).
- S1.E27.5 Creates a jump-rope routine with a partner, using either a short or long rope.

## Course Standard 2

### S2.E5 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.E1.5 Combines spatial concepts with loco-motor and non-loco-motor movements for small groups in gymnastics, dance and games environments.
- S2.E2.5 Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction
- S2.E3.5a Applies movement concepts to strategy in game situations.
- S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.
- S2.E3.5c Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, and extensions) in small-sided practice tasks in game environments, dance and gymnastics.
- S2.E5.5a Applies basic offensive and defensive strategies/tactics in invasion small-sided practice tasks.
- S2.E5.5b Applies basic offensive and defensive strategies & tactics in net/wall small-sided practice tasks.
- S2.E5.5c Recognizes the type of throw, volley or striking action needed for different games & sports situations.

## Course Standard 3

### S3.E5 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.E1.5 Charts and analyzes physical activity outside physical education class for fitness benefits of activities.
- S3.E2.5 Actively engages in all the activities of physical education.
- S3.E3.5 Differentiates between skill-related and health-related fitness.
- S3.E4.5 Identifies the need for warm-up & cool-down relative to various physical activities
- S3.E5.5a Analyzes results of fitness assessment (pre & post), comparing results to fitness components for good health.
- S3.E5.5b Designs a fitness plan to address ways to use physical activity to enhance fitness.
- S3.E6.5 Analyzes the impact of food choices relative to physical activity, youth sports and personal health.

## Course Standard 4

### S4.E5 Exhibits responsible personal and social behavior that respects self and others

- S4.E1.5 Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).
- S4.E2.5a Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.
- S4.E2.5b Exhibits respect for self with appropriate behavior while engaging in physical activities.
- S4.E3.5 Gives corrective feedback respectfully to peers.
- S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.
- S4.E5.5 Critiques the etiquette involved in rules of various game activities.
- S4.E6.5 Applies safety principles with age-appropriate physical activities.

## Course Standard 5

### S5.E5 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

- S5.E1.5 Compares the health benefits of participating in selected physical activities.

- S5.E2.5 Expresses (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.
- S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.
- S5.E4.5 Describes the social benefits gained from participating in physical activity (e.g., recess, youth sports).

