



**PHYSICAL EDUCATION**

**FIFTH GRADE**

**36.00600**

## Fifth Grade Physical Education 36.00600

**Course Description:** This course will extend the application of a variety of complex movement patterns within organized activities. Students will utilize mature manipulative skills and patterns in individual and group settings. Health-related fitness activities and concepts will be assessed and analyzed. Students will understand, accept, model, and apply personal responsibility in relation to safe and appropriate participation.

*The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness, motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.*

**Standard PE5.4 (a-d) and Standard PE5.5 (a-c)** Should be addressed and interwoven throughout the year in as many skills and concepts in order to stress the importance of personal and social behavior, rules, safety and etiquette.

### Motor Skills and Movement Patterns

**PE5.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.**

#### Locomotor

- a. Demonstrates mature patterns of various locomotor skills in a variety of small-sided games, dance, and educational gymnastics experiences.
- b. Creates a repeatable dance, gymnastics, jump rope, or exercise routine when combining locomotor movement patterns using correct rhythm patterns with a partner or group.

#### Non-Locomotor

- c. Combines balance and weight transfer in a gymnastics and/or dance sequence with a partner.

#### Manipulative Skills

- d. Throws underhand and overhand using a mature form utilizing a variety of objects with accuracy.
- e. Throws accurately while both partners are in motion.
- f. Catches an object with both partners moving.
- g. Combines hand dribbling with other skills in small-sided games.
- h. Combines dribbling with feet and other skills in small-sided games.
- i. Demonstrates mature form of kicking and punting in small-sided games.
- j. Passes accurately and receives with the feet using a mature form as both partners travel.
- k. Volleys underhand using a mature form with accuracy in small-sided games.
- l. Volleys a ball with a two-hand overhead pattern, sending it upward accurately and demonstrating mature form.
- m. Consecutively strikes an object with a partner using a short-handled implement over a net, line, or against a wall in small-sided games.
- n. Strikes an object with a long-handled implement demonstrating mature form.
- o. Combines traveling with manipulative skills to successfully hit a target (soccer goal, hockey goal, and basketball goal).
- p. Creates and/or performs a jump rope routine with a partner or group.

## **Movement Concepts and Principles**

**PE5.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

- a. Applies the concepts of open and closed spaces in a practice or game setting.
- b. Analyzes movement and applies movement concepts (force, direction, speed, pathways, shapes, and levels) in a variety of small-sided games, dance, and/or gymnastics activities.
- c. Applies basic offensive and defensive tactics and strategies in game settings (invasion, chasing/fleeing, net/wall, and field).

## **Fitness**

**PE5.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.**

- a. Summarizes the effects of physical activity on body systems.
- b. Designs a plan to address ways to use physical activity to enhance fitness.
- c. Participates in the Georgia Fitness Assessment Program with teacher supervision.
- d. Compares Georgia Fitness Assessment results to Health Fitness Zones (HFZ).
- e. Identifies strategies to improve areas of need based on the Georgia Fitness Assessment results (with teacher assistance).
- f. Reassesses health related fitness to determine improvement and/or non-improvement areas.
- g. Engages in teacher-led and independent physical education class activities.
- h. Analyzes opportunities for participating in physical activity outside physical education class for fitness benefits.

## **Personal and Social Behavior, Rules, Safety, and Etiquette**

**PE5.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- a. Engages in responsible behavior through adherence to rules and procedures in a variety of physical activities.
- b. Participates with independent and cooperative responsibility.
- c. Gives and accepts corrective feedback respectfully to and from others (peers and adults).
- d. Applies safety principles with peers and equipment in physical activity settings.

**PE5.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

- a. Compares the health benefits of participating in physical activity.
- b. Analyzes the enjoyment and/or challenge of various physical activities for a positive or negative response.
- c. Describes the social benefits gained when engaged in a variety of physical activities.