

# Grade 5

## Motor Skills and Movement Patterns [S1.G5](#)

### Hopping, Galloping, Jogging, Running, Sprinting, Sliding, Skipping, and Leaping

- 1a Demonstrates mature patterns of locomotor skills in dynamic smallsided practice tasks, gymnastics, and dance. [S1.G5.1A](#)
- 1b Combines locomotor and manipulative skills in a variety of smallsided practice tasks/games environments. [S1.G5.1B](#)
- 1c Combines traveling with manipulative skills for execution to a target. [S1.G5.1C](#)

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### Jogging and Running for Distance

- 2 Uses appropriate pacing for a variety of running distances. [S1.G5.2](#)

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### Jumping and Landing - Horizontal & Vertical

- 3 Combines jumping and landing patterns with locomotor and manipulative skills in dance, educational gymnastics, and smallsided practice tasks and games environments. [S1.G5.3](#)

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### Dance

- 4 Combines locomotor skills in cultural as well as creative dances with correct rhythm and pattern. [S1.G5.4](#)

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### Combinations

- 5 Combines traveling with manipulative skills of dribbling, throwing, catching, and striking with a group in teacherand/or studentdesigned small-sided practice tasks. [S1.G5.5](#)

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### Balance

- 6 Combines balance and transferring weight in a gymnastics sequence or dance. [S1.G5.6](#)

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### Weight Transfer

- 7 Transfers weight in gymnastics and dance environments. [S1.G5.7](#)

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### Curling and Stretching; Twisting and Bending

- 8 Performs curling, twisting, and stretching actions with correct application in dance and gymnastics. [S1.G5.8](#)

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## **Combinations with Levels, Shapes, Extensions, Pathways, Force, Time, & Flow**

- 9 Combines locomotor skills and movement concepts to create and perform a dance with a group. [S1.G5.9](#)
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## **Balance and Weight Transfers**

- 10 Combines actions, balances, and weight transfers to create a gymnastics sequence. [S1.G5.10](#)
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## **Rolling a Ball**

- 11 Using a five-step approach, rolls a ball to a partner or target, demonstrating a mature pattern. [S1.G5.11](#)
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## **Underhand Throw**

- 12 Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. [S1.G5.12](#)
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## **Overhand Throw**

- 13a Throws overhand, demonstrating a mature pattern in non-dynamic environments, with different sizes and types of objects. [S1.G5.13A](#)
- 13b Throws overhand at a large target with accuracy. [S1.G5.13B](#)
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## **Passing with Hands**

- 14a Throws with accuracy while both partners are moving. [S1.G5.14A](#)
- 14b Throws with accuracy in dynamic, small-sided practice tasks. [S1.G5.14B](#)
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## **Catching**

- 15a Catches a batted ball at different levels using a mature pattern in a non-dynamic environment. [S1.G5.15A](#)
- 15b Catches with accuracy while both partners are moving. [S1.G5.15B](#)
- 15c Catches with reasonable accuracy in dynamic, small-sided practice tasks. [S1.G5.15C](#)
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## **Dribbling with Hands**

- 16 Combines hand dribbling with other skills during 1v1 practice tasks. [S1.G5.16](#)
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## **Dribbling with Feet**

- 17 Combines foot dribbling with other skills in 1v1 practice tasks. [S1.G5.17](#)
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## **Passing and Receiving with Feet**

- 18a Passes with the feet using a mature pattern as both partners travel. [S1.G5.18A](#)
- 18b Receives a pass with the foot using a mature pattern as both partners travel. [S1.G5.18B](#)

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### **Dribbling in Combination**

19 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. [S1.G5.19](#)

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### **Kicking**

20 Demonstrates a mature pattern in kicking and punting in small-sided practice task environments. [S1.G5.20](#)

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### **Underhand Volley**

21 Volleys underhand using a mature pattern in a dynamic environment. [S1.G5.21](#)

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### **Overhead Volley**

22 Volleys a ball using a two-hand overhead pattern, sending it upward to a target. [S1.G5.22](#)

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### **Striking with a Short-Handled Implement**

23 Strikes an object consecutively with a partner, using a shorthanded implement, over a net or against a wall, in either a competitive or cooperative game environment. [S1.G5.23](#)

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### **Catching with a Short-Handled Implement**

24 Catches with reasonable accuracy in dynamic small-sided games with both partners moving while using a short-handled implement. [S1.G5.24](#)

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### **Striking with a Long-Handled Implement**

25 Strikes a pitched ball, demonstrating a mature pattern. [S1.G5.25](#)

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### **Throwing with a Long-Handled Implement**

26 Throws with a long-handled implement, using a mature pattern, to a partner or a target in a non-dynamic environment with accuracy. [S1.G5.26](#)

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### **Catching with a Long-Handled Implement**

27 Catches a ball with reasonable accuracy in dynamic small-sided games, with both partners moving using long-handled implements. [S1.G5.27](#)

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### **Striking in Combination**

28a Combines striking with a long-handled implement with receiving and traveling skills in a small-sided game. [S1.G5.28A](#)

28b Combines manipulative skills and traveling for execution to a target. [S1.G5.28B](#)

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### **Jumping Rope**

29 Creates a jump-rope routine with a partner. [S1.G5.29](#)

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## Concepts and Strategies S2.G5

### Space

- 1 Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance, and games environments. S2.G5.1
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### Pathways, Shapes, and Levels

- 2 Combines movement concepts with skills in small-sided practice tasks with self-direction. S2.G5.2
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### Speed, Direction, and Force

- 3a Applies movement concepts to strategy in game situations. S2.G5.3A
  - 3b Analyzes movement situations and applies movement concepts in small-sided practice tasks in game environments, dance, and gymnastics. S2.G5.3B
  - 3c Applies the concepts of direction and force to strike an object with a long-handled implement. S2.G5.3C
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### Strategies and Tactics

- 4a Applies basic offensive and defensive strategies and tactics in invasion and/or small-sided practice tasks. S2.G5.4A
  - 4b Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. S2.G5.4B
  - 4c Recognizes the type of throw, volley, or striking action needed for different games and sports situations. S2.G5.4C
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## Health-Enhancing Level of Physical Activity and Fitness S3.G5

### Physical Activity Knowledge

- 1 Charts and analyzes physical activity outside physical education class for fitness benefits of activities. S3.G5.1
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### Physical Activity Engagement

- 2 Engages actively in all of the activities of physical education. S3.G5.2
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### Fitness Knowledge

- 3a Differentiates between skill-related and health-related fitness. S3.G5.3A
- 3b Identifies the need for warm-up and cooldown relative to various physical activities. S3.G5.3B
- 3c Evaluates varying heart rates based on activity levels. S3.G5.3C
- 3d Explains and applies the principles of the FITT component to develop a short-term fitness goal. S3.G5.3D

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### Assessment and Program Planning

- 4a Analyzes the results of a health-related fitness assessment (pre- and post-), comparing results to fitness components for good health. [S3.G5.4A](#)
  - 4b Designs a fitness plan to address ways to use physical activity to enhance fitness. [S3.G5.4B](#)
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### Responsible Personal and Social Behavior [S4.G5](#)

#### Personal Responsibility

- 1a Engages in physical activity with responsible interpersonal behavior. [S4.G5.1A](#)
  - 1b Participates with responsible personal behavior in a variety of physical activities. [S4.G5.1B](#)
  - 1c Exhibits respect for self with appropriate behavior while engaging in physical activity. [S4.G5.1C](#)
  - 1d Applies and shows that skills will develop over time with appropriate practice. [S4.G5.1D](#)
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#### Corrective Feedback

- 2 Provides feedback to solve and correct errors in a peer's performance. [S4.G5.2](#)
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#### Accepting Feedback

- 3 Gives corrective feedback respectfully to peers. [S4.G5.3](#)
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#### Working with Others

- 4 Accepts, recognizes, and actively involves others in physical activities and group projects. [S4.G5.4](#)
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#### Rules and Etiquette

- 5 Critiques the etiquette involved in rules of various game activities. [S4.G5.5](#)
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#### Safety

- 6 Applies safety principles with age-appropriate physical activities. [S4.G5.6](#)
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### Recognizes the Value of Physical Activity [S5.G5](#)

#### Health

- 1 Compares the health benefits of participating in selected physical activities. [S5.G5.1](#)
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#### Challenge

- 2 Expresses the enjoyment and/or challenge of participating in a physical activity. [S5.G5.2](#)
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#### Self-Expression and Enjoyment

- 3 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. [S5.G5.3](#)

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## **Social Interaction**

- 4 Describes the social benefits gained from participating in physical activity outside of physical education. **S5.G5.4**