

# Grade 5

**Demonstrates competency in a variety of motor skills and movement patterns. 1**

## **Sports Skills and Games**

- 1 Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.1.5
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## **Dance, Movement, and Rhythmic Activities**

- 2 Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities. 1.2.5
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## **Fitness Activities**

- 3 Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills. 1.3.5
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## **Lifetime Activities**

- 4 Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.4.5
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**Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2**

## **Movement Concepts**

- 1 Demonstrates maturing movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.5
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## **Strategies and Tactics**

- 2 Demonstrates emerging forms of simple strategies, tactics, and communication in small-sided games and other physical activities. 2.2.5
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**Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3**

## **Fitness Planning**

- 1 Explains the relationship between skill- and health-related fitness. 3.1.5
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## **Additional Health-Enhancing Behaviors**

- 2 Identifies personal habits related to health-enhancing behaviors. 3.2.5
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**Exhibits responsible personal and social behavior that respects self and others. 4**

## **Self-awareness and management**

- 1 Demonstrates respect for facilities and exhibits safe behaviors in physical activity settings. 4.1.5

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**Social awareness and relationship skills**

- 2 Uses communication skills and strategies that promote positive relationships in physical activity settings. 4.2.5
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**Responsible decision making**

- 3 Responds appropriately to personal and social behaviors in physical activity settings. 4.3.5
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**Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5**

**Overall Wellness**

- 1 Compares the overall wellness benefits of participation in a variety of physical activities. 5.1.5
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**Challenge**

- 2 Identifies ways to overcome individual challenges in physical activities. 5.2.5
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**Self-Expression/Enjoyment**

- 3 Compares and contrasts different physical activities based on level of enjoyment. 5.3.5
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**Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6**

**Personal and Community Resources**

- 1 Describes how community resources could be used to support participation in a variety of physical activities. 6.1.5
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**Careers**

The outcomes for 6.2. begin in grade 6.