

# Grade 5

Adopted 2010

## Motor Skills

- 1. Apply competent motor skills and movement patterns needed to perform a variety of physical activities.** [5.MS.1](#)
    1. Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities. [PE.5.MS.1.1](#)
    2. Use increasingly complex skills with power and accuracy. [PE.5.MS.1.2](#)
    3. Illustrate mature form in combining locomotor and manipulative skills for traditional and non-traditional activities. [PE.5.MS.1.3](#)
    4. Create movement sequences that are smooth and fluid and have several different rhythmic patterns. [PE.5.MS.1.4](#)
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## Movement Concepts

- 2. Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.** [5.MC.2](#)
    1. Select scientific principles and/or concepts that have an effect on the quality of complex movement. [PE.5.MC.2.1](#)
    2. Evaluate movement and game skills in order to provide feedback that will lead to improvement. [PE.5.MC.2.2](#)
    3. Identify basic offensive and defensive strategies in modified game situations. [PE.5.MC.2.3](#)
    4. Analyze the five components of health-related physical fitness in terms of their relationship to various activities. [PE.5.MC.2.4](#)
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## Health-Related Fitness

- 3. Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.** [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.3.1](#)
    2. Implement strategies to achieve health-related physical fitness. [PE.5.HF.3.2](#)
    3. Select physical activities that develop/maintain each of the five components of health-related fitness. [PE.5.HF.3.3](#)
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## Personal/Social Responsibility

- 4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.** [5.PR.4](#)
  1. Use self-control to work independently in developing responsibility and respect for self and others. [PE.5.PR.4.1](#)
  2. Use cooperation and communication skills to achieve common goals. [PE.5.PR.4.2](#)
  3. Understand the importance of culture and ethnicity in developing self-awareness and working productively with others. [PE.5.PR.4.3](#)