

# Grade 5

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Demonstrate smooth combinations of fundamental movement skills through rhythmic patterns.**

**Demonstrate improvement of form, strength, and accuracy in performing manipulative skills.**

**Demonstrate movement skills with productivity during team activities.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Plan basic offensive and defensive strategies designed for team activities.**

**Recognize the critical elements that would enhance a peer's performance of a specialized skill (i.e., grip in tennis, dribbling with finger tips in basketball, etc.).**

**Participates regularly in physical activity.**

**Identify opportunities in the school and community for regular participation in physical activity.**

**Participate in physical activities that will help prevent a sedentary lifestyle.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Meet health-related fitness standards (i.e., muscular strength, muscular endurance, flexibility, aerobic fitness, and body composition) as defined by fitness testing.**

**Demonstrate several activities involving each component of health-related fitness (muscular strength, muscular endurance, flexibility, aerobic fitness, and body composition).**

**Exhibit responsible personal and social behavior that respect self and others in physical activity settings.**

**Demonstrate an understanding of various roles within group activities.**

**Recognize and follow rules and procedures while maintaining ethical behavior during physical activities.**

**Identify areas of concern for safety of self and others in physical activities.**

**Work cooperatively with peers who demonstrate variations in skill development.**

**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Recognize positive feelings that result from participation in physical activities.**