

5th Grade

5th Grade Physical Education Standards & Grade Level Outcomes Addressed		
Unit:	Focus:	
GLO:	Standard #1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	GLO Addressed (✓)
(S1.E1.5a)	Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance	
(S1.E1.5b)	Combines locomotor and manipulative skills in a variety of small-sided practice tasks / game environments	
(S1.E1.5c)	Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey, and basketball)	
(S1.E2.5)	Uses appropriate pacing for a variety of running distances	
(S1.E3.5)	Combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics, and small-sided practice tasks and game environments	
(S1.E5.5)	Combines locomotor skills in cultural as well as creative danced (self and group) with correct rhythm and pattern	
(S1.E6.5)	Applies Skill (Locomotor combinations)	
(S1.E7.5)	Combines balance and transferring weight in a gymnastics sequence or dance with a partner	
(S1.E8.5)	Transfers weight in gymnastics and dance environments	
(S1.E9.5)	Applies skill (Weight transfer/ rolling)	
(S1.E10.5)	Performs curling, twisting & stretching actions with correct application in dance, gymnastics, and small-sided practice tasks in game environments	
(S1.E11.5)	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group	
(S1.E12.5)	Combines actions, balances, and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus	
(S1.E13.5a)	Throws underhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects	
(S1.E13.5b)	Throws underhand to a large target with accuracy	
(S1.E14.5a)	Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects	
(S1.E14.5b)	Throws overhand to large target with accuracy	
(S1.E15.5a)	Throws with accuracy, both partners moving	
(S1.E15.5b)	Throws with reasonable accuracy in dynamic, small-sided practice tasks	
(S1.E16.5a)	Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills)	
(S1.E16.5b)	Catches with accuracy, both partners moving	
(S1.E16.5c)	Catches with reasonable accuracy in dynamic, small sided practice tasks	
(S1.E17.5)	Combines hand dribbling with other skills during 1v1 practice tasks	
(S1.E18.5)	Combines foot dribbling with other skills in 1v1 practice tasks	
(S1.E19.5a)	Passes with the feet using a mature pattern as both partners travel	
(S1.E19.5b)	Receives a pass with the feet using a mature pattern as both partners travel	
(S1.E20.5)	Dribbles with hands or feet with mature patterns in a variety of small-sided game forms	
(S1.E21.5)	Demonstrates mature patterns in kicking and punting in small-sided practice task environments	
(S1.E22.5)	Applies Skill (Underhand volley)	
(S1.E23.5)	Volleys a ball using a two-hand overhead pattern, sending it upward to a target	
(S1.E24.5)	Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment	
(S1.E25.5a)	Strikes a pitched ball with a bat using a mature pattern	
(S1.E25.5b)	Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game	
(S1.E26.5)	Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball)	
(S1.E27.5)	Creates a jump rope routine with a partner, using either a short or long rope	
GLO:	Standard #2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance	GLO Addressed (✓)
(S2.E1.5)	Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance, and games environments	
(S2.E2.5)	Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self direction	
(S2.E3.5a)	Applies movement concepts to strategy in game situations	
(S2.E3.5b)	Applies the concepts of direction and force to strike an object with a long-handled implement	
(S2.E3.5c)	Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics	
(S2.E4.5)	Applies Skill (Alignment & muscular tension)	
(S2.E5.5a)	Applies basic offensive and defensive strategies / tactics in invasion small-sided practice tasks	
(S2.E5.5b)	Applies basic offensive and defensive strategies & tactics in net/wall small-sided practice tasks	
(S2.E5.5c)	Recognizes the type of throw, volley or striking action needed for different games & sports situations	
GLO:	Standard #3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity activity and fitness.	GLO Addressed (✓)
(S3.E1.5)	Charts and analyzes physical activity outside physical education class for fitness benefits of activities	
(S3.E2.5)	Actively engages in all the activities of physical education	
(S3.E3.5)	Differentiates between skill-related and health-related fitness	
(S3.E4.5)	Identifies the need for warm-up & cool-down relative to various physical activities	
(S3.E5.5a)	Analyzes results of fitness assessment (pre- & post-) comparing results with fitness components for good health	
(S3.E5.5b)	Designs a fitness plan to address ways to use physical activity to enhance fitness	
(S3.E6.5)	Analyzes the impact of food choices relative to physical activity, youth sports & personal health	
GLO:	Standard #4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.	GLO Addressed (✓)
(S4.E1.5)	Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee)	
(S4.E2.5a)	Participates with responsible personal behavior in a variety of physical activity contexts, environments, and facilities	
(S4.E2.5b)	Exhibits respect for self with appropriate behavior while engaging in physical activity	
(S4.E3.5)	Gives corrective feedback respectfully to peers	
(S4.E4.5)	Accepts, recognizes and actively involves others with both higher and lower skill abilities in physical activities and group projects	
(S4.E5.5)	Critiques the etiquette involved in rules of various game activities	
(S4.E6.5)	Applies safety principles with age-appropriate physical activities	
GLO:	Standard #5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	GLO Addressed (✓)
(S5.E1.5)	Compares the health benefits of participating in selected physical activities	
(S5.E2.5)	Expresses (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity	
(S5.E3.5)	Analyzes different physical activities for enjoyment and challenge, identifying reasons for positive or negative response	
(S5.E4.5)	Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport)	