

Grade Five Outcomes:

1. Use general space to create or deny space when developing or using game strategies in authentic small group situations. (pe5.1.1.a)
2. Individually, with a partner or small group, design, refine, and perform dance patterns, rhythmic activities, or rope jumping sequences with music or other rhythmic accompaniment. (pe5.1.2.a)
3. Participate and cooperate in a student or teacher designed small group game while demonstrating passing, receiving, or shooting with emphasis on maintaining possession and attempting to reach a goal or goal area. (pe5.1.3.a)
4. Participate and cooperate in a student or teacher designed small group game while demonstrating dribbling, passing, kicking, or punting with emphasis on maintaining possession and attempting to reach a goal or goal area. (pe5.1.3.a)
5. Strike or volley a lightweight object over a medium level net using arms/hands or paddles/racquets while preventing scoring on defense. (pe5.1.3.a)
6. Using a graphic organizer, create and perform a gymnastic sequence that includes a clear beginning, two different rolls, two different balances, one transfer of weight, and a clear ending shape using smooth transitions between each skill. (pe5.1.3.b)
7. Perform and describe the difference between a stationary and moving skill and its relationship to balance. (pe5.2.2.a)
8. Observe a peer's performance and provide accurate feedback for skill enhancement. (pe5.3.2.b)
9. Identify strengths and weaknesses based upon the results of FITNESSGRAM testing to create short-term fitness goals. (pe5.4.2.b)
10. Create activities that develop and maintain each component of health-related fitness. (pe5.4.3.a)
11. Select activities that develop and maintain each component of skill-related fitness. (pe5.4.3.b)
12. Participate in the PACER test and compare score to the healthy fitness zone. (pe5.5.1.a)
13. Participate in modified pull-up/push-up, and curl-up test(s) and compare score to the healthy fitness zone. (pe5.5.2.a)
14. Participate in the sit and reach/shoulder stretch and trunk lift test(s) and compare score to the healthy fitness zone. (pe5.5.3.a)
15. Demonstrate socially acceptable conflict resolution strategies during class activities. (pe5.6.3.b)