

# HCPSS Physical Education

## Grade 5 Course Indicators/Objectives

### Standard 1: Motor Skills and Movement Patterns

- Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics, and dance. S1.G5.1a
- Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments. S1.G5.1b
- Combines traveling with manipulative skills for execution to a target. S1.G5.1c
- Uses appropriate pacing for a variety of running distances. S1.G5.2
- Combines jumping and landing patterns with locomotor and manipulative skills in dance, educational gymnastics, and small-sided practice tasks and games environments. S1.G5.3
- Combines locomotor skills in cultural as well as creative dances with correct rhythm and pattern. S1.G5.4
- Combines traveling with manipulative skills of dribbling, throwing, catching, and striking with a group in teacher- and/or student-designed small-sided practice tasks. S1.G5.5
- Combines balance and transferring weight in a gymnastics sequence or dance. S1.G5.6
- Transfers weight in gymnastics and dance environments. S1.G5.7
- Performs curling, twisting, and stretching actions with correct application in dance and gymnastics. S1.G5.8
- Combines locomotor skills and movement concepts to create and perform a dance with a group. S1.G5.9
- Combines actions, balances, and weight transfers to create a gymnastics sequence. S1.G5.10
- Using a five-step approach, rolls a ball to a partner or target, demonstrating a mature pattern. S1.G5.11
- Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. S1.G5.12
- Throws overhand, demonstrating a mature pattern in non-dynamic environments, with different sizes and types of objects. S1.G5.13a
- Throws overhand at a large target with accuracy. S1.G5.13b
- Throws with accuracy while both partners are moving. S1.G5.14a
- Throws with accuracy in dynamic, small-sided practice tasks. S1.G5.14b
- Catches a batted ball at different levels using a mature pattern in a non-dynamic environment. S1.G5.15a
- Catches with accuracy while both partners are moving. S1.G5.15b
- Catches with reasonable accuracy in dynamic, small-sided practice tasks. S1.G5.15c
- Combines hand dribbling with other skills during 1v1 practice tasks. S1.G5.16
- Combines foot dribbling with other skills in 1v1 practice tasks. S1.G5.17
- Passes with the feet using a mature pattern as both partners travel. S1.G5.18a

- Receives a pass with the foot using a mature pattern as both partners travel. S1.G5.18b
- Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. S1.G5.19
- Demonstrates a mature pattern in kicking and punting in small-sided practice task environments. S1.G5.20
- Volleys underhand using a mature pattern in a dynamic environment. S1.G5.21
- Volleys a ball using a two-hand overhead pattern, sending it upward to a target. S1.G5.22
- Strikes an object consecutively with a partner, using a shorthanded implement, over a net or against a wall, in either a competitive or cooperative game environment. S1.G5.23
- Catches with reasonable accuracy in dynamic small-sided games with both partners moving while using a short-handled implement. S1.G5.24
- Strikes a pitched ball, demonstrating a mature pattern. S1.G5.25
- Throws with a long-handled implement, using a mature pattern, to a partner or a target in a non-dynamic environment with accuracy. S1.G5.26
- Catches a ball with reasonable accuracy in dynamic small-sided games, with both partners moving using long-handled implements. S1.G5.27
- Combines striking with a long-handled implement with receiving and traveling skills in a small-sided game. S1.G5.28a
- Combines manipulative skills and traveling for execution to a target. S1.G5.28b
- Creates a jump-rope routine with a partner. S1.G5.29

## Standard 2: Concepts & Strategies

- Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance, and games environments. S2.G5.1
- Combines movement concepts with skills in small-sided practice tasks with self-direction. S2.G5.2
- Applies movement concepts to strategy in game situations. S2.G5.3a
- Analyzes movement situations and applies movement concepts in small-sided practice tasks in game environments, dance, and gymnastics. S2.G5.3b
- Applies the concepts of direction and force to strike an object with a long-handled implement. S2.G5.3c
- Applies basic offensive and defensive strategies and tactics in invasion and/or small-sided practice tasks. S2.G5.4a
- Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. S2.G5.4b
- Recognizes the type of throw, volley, or striking action needed for different games and sports situations. S2.G5.4c

## Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Charts and analyzes physical activity outside physical education class for fitness benefits of activities. S3.G5.1
- Engages actively in all of the activities of physical education. S3.G5.2
- Differentiates between skill-related and health-related fitness. S3.G5.3a
- Identifies the need for warm-up and cooldown relative to various physical activities. S3.G5.3b
- Evaluates varying heart rates based on activity levels. S3.G5.3c
- Explains and applies the principles of the FITT component to develop a short-term fitness goal. S3.G5.3d
- Analyzes the results of a health-related fitness assessment (pre- and post-), comparing results to fitness components for good health. S3.G5.4a
- Designs a fitness plan to address ways to use physical activity to enhance fitness. S3.G5.4b

## Standard 4: Responsible Personal and Social Behavior

- Engages in physical activity with responsible interpersonal behavior. S4.G5.1a
- Participates with responsible personal behavior in a variety of physical activities. S4.G5.1b
- Exhibits respect for self with appropriate behavior while engaging in physical activity. S4.G5.1c
- Applies and shows that skills will develop over time with appropriate practice. S4.G5.1d
- Provides feedback to solve and correct errors in a peer's performance. S4.G5.2
- Gives corrective feedback respectfully to peers. S4.G5.3
- Accepts, recognizes, and actively involves others in physical activities and group projects. S4.G5.4
- Critiques the etiquette involved in rules of various game activities. S4.G5.5
- Applies safety principles with age-appropriate physical activities. S4.G5.6

## Standard 5: Recognizes the Value of Physical Activity

- Compares the health benefits of participating in selected physical activities. S5.G5.1
- Expresses the enjoyment and/or challenge of participating in a physical activity. S5.G5.2
- Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. S5.G5.3

- Describes the social benefits gained from participating in physical activity outside of physical education. S5.G5.4