



Physical Education
Fifth Grade

1.0 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 1.1 Uses mature forms in object control skills.
- 1.2 Uses mature sport-specific skills for a variety of physical activities.
- 1.3 Uses mature form and appropriate sequence combinations of fundamental and rhythmic loco-motor movements.

2.0 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 2.1 Uses basic offensive and defensive strategies in a modified version of a team and individual sport.

3.0 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health- enhancing level of physical activity and fitness.

- 3.1 Works to develop and maintain cardio-respiratory endurance.
- 3.2 Works to develop and maintain muscular strength and flexibility.

4.0 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Participates in a group to accomplish a set goal in both cooperative and competitive activities.

5.0 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self- expression and/or social interaction.

- 5.1 Indicates respect for persons of different backgrounds and cultural diversity.