

Physical Education- [Vocabulary Link](#)

Physical Education- Grade 5 [Link to ODE Standards for Physical Education \(K-12\)](#)

Standard	Benchmark	Learning Targets	E= emerging M= maturing A= applying	Assessment (formative/summative)	Time of year
1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	A- Combine locomotor and non-locomotor skills into movement patterns B- Apply the critical elements of fundamental manipulative skills in a variety of physical activities	Throwing and catching Overhand Opposition Follow thru Catch with hands Away from body	A	Lead up to grid games Grid games Alley games	Sept./ Oct./ Feb.
		Kicking	A	Homerun kickball Matball	Oct./ Mar.
		Dribbling With basketball	A	Lead up activities Dribble knockout	Mar.
		Manipulatives Juggling	M	Scarves/beanbags/ tennis balls Column/cascade	Jan.
		Striking/shooting on goal/passing	E	Hockey skills lead up Hockey games	Nov./ Jan./ Feb.
		Shooting With basketball	E	Ind. lead up activities Around the world Knockout	Mar./ Apr.
2- Applies knowledge of concepts, principles, strategies	A- Demonstrate and apply basic tactics	Team game concepts/strategies	E	Grid games	AY

and tactics related to movement and performance.	and principles of movement	Creating/using space	E	Grid/hockey/alley/flag	AY
		Transitioning offense to defense (vice versa)	E	Grid/hockey/alley/flag	AY
	B- Demonstrate knowledge of critical elements for more complex motor skills	Communication	E	Grid/hockey/alley/flag	AY
		Applying offensive strategies	E	Grid/hockey/alley/flag	AY
		Applying defensive strategies	E	Grid/hockey/alley/flag	AY
3- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	A- Understand the principles, components and practices of health-related physical fitness to maintain or improve one's level of fitness.	Health related components of physical fitness- muscular strength, muscular endurance, cardiovascular endurance, flexibility	M	Daily exercises 4 minute jog Cougar Jacks Windmills Agility/leg strength Upper body Abdominal	AY
				Tabata challenges	AY
				Mile Run	Sept./ May
	B- Understand the principles, components and practices of health-related physical fitness to maintain or improve one's level of fitness.			PACER 90 degree push up test	Sept./ Apr. Sept./ Apr.

4- Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.	<p>A- Understand the purpose of and apply appropriate rules, procedures and safe practices in physical activity settings.</p> <p>B- Interact and communicate positively with others.</p>	<p>Demonstrating personal responsibility</p> <p>Accepting Feedback</p> <p>Working with others</p> <p>Cooperative games</p> <p>Following rules and directions</p> <p>Safety</p>	<p>M</p> <p>M</p> <p>M</p> <p>M</p> <p>M</p> <p>A</p>	<p>Teacher observations</p> <p>From teacher/peers</p> <p>Team games/dance/partner activities</p> <p>Parachute</p> <p>Teacher observations</p> <p>Teacher observations</p>	<p>AY</p> <p>AY</p> <p>AY</p> <p>Dec.</p> <p>AY</p> <p>AY</p>

5- Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	<p>A- Identifies multiple, specific health benefits as reasons to value physical activity.</p> <p>B- Expresses multiple, specific reasons (enjoyment,</p>	<p>For health</p> <p>For challenge</p> <p>For self expression/enjoyment</p> <p>For social interaction</p>	<p>E</p> <p>E</p> <p>M</p> <p>E</p>	<p>Daily exercises</p> <p>Team games Fitness tests</p> <p>Teacher obs.</p> <p>Teacher obs.</p>	<p>AY</p> <p>AY</p> <p>AY</p> <p>AY</p>
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	challenge, and social) to participate in physical activity.			Jump rope 4 heart	Mar./ Apr.
Technology	Understanding importance of technology in creating and maintaining a healthy, physically fit lifestyle	Pedometers Heart Rate Monitors Fitnessgram- Click Here	M	Activity tracking Target Heart Rate Test score data history	AY AY AY