

Physical Education
Grade 5
Assurances

1. Students will acquire the knowledge and skills for movement that provide the foundation for enjoyment, social development through physical activity, and access to a physically active lifestyle.
2. Students will demonstrate a physically active lifestyle and understand the association between physical activity and health throughout their lifespan.
3. In the fifth grade students will demonstrate capability such as improved accuracy in manipulative skills in dynamic situations.
4. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.
5. The student applies movement concepts and principles to learning and development motor skills.
6. The student exhibits a health-enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.
7. The student knows the benefits form involvement in daily physical activity and factors that affect physical performance.
8. The student understands and applies safety practices associated with physical activities.
9. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
10. The student develops positive self-management and social skills needed to work independently and with others physical activity settings.