



<b>Course Title:</b> Fifth Grade Physical Education	
<b>Description:</b> The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.	
To pursue a lifetime of healthful physical activity, a physically literate individual: <ul style="list-style-type: none"><li>• Has learned the skills necessary to participate in a variety of physical activities.</li><li>• Knows the implications and the benefits of involvement in various types of physical activities.</li><li>• Participates regularly in physical activity.</li><li>• Is physically fit.</li><li>• Values physical activity and its contributions to a healthful lifestyle.</li></ul>	
<b>Reporting Topic</b>	<b>Grade Level Standards</b>
<b><u>Motor Skills and Movement Patterns</u></b>	<ul style="list-style-type: none"><li>• Uses appropriate pacing for a variety of running distances. (S1.E2.5)</li><li>• Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. (S1.E20.5)</li><li>• Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). (S1.E26.5)</li></ul>
<b><u>Fitness Knowledge</u></b>	<ul style="list-style-type: none"><li>• Engages actively in all of the activities of physical education. (S3.E2.5)</li><li>• Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health. (S3.E5.5a)</li></ul>
<b><u>Responsible Personal and Social Behavior</u></b>	<ul style="list-style-type: none"><li>• Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). (S4.E1.5)</li><li>• Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities. (S4.E2.5a)</li><li>• Exhibits respect for self with appropriate behavior while engaging in physical activity. (S4.E2.5b)</li><li>• Gives corrective feedback respectfully to peers. (S4.E3.5)</li><li>• Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects. (S4.E4.5)</li><li>• Critiques the etiquette involved in rules of various game activities. (S4.E5.5)</li><li>• Applies safety principles with age-appropriate physical activities. (S4.E6.5)</li></ul>