

Fifth Grade, Physical Education, Quarter 1

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Locomotor

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Movement Concepts

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.1 Hop (one foot), gallop, slide, skip MS.1.5 Combines traveling with manipulative skills.</p> <p>MS.2 Jog, run MS.2.5 Uses appropriate pacing to run a variety of distances.</p> <p>MS.3 Jump & Land for distance (horizontal) MS.3.5 Applies jumping and landing to a variety of activities (e.g., small-sided games/practice tasks, dance, and/or educational gymnastics experiences).</p> <p>MS.4 Jump & Land for height (vertical) MS.4.5 Applies jumping and landing to a variety of activities (e.g., small-sided games/practice tasks, dance, and</p>	<p>MS.1 I can hop, gallop, slide and skip while throwing & catching, dribbling, kicking and striking.</p> <p>MS.2 I can pace while running.</p> <p>MS.3 I can jump & land horizontally in games, dance and gymnastics.</p> <p>MS.4 I can jump vertically in games, dance and gymnastics.</p>

Standards	Student Friendly "I Can" Statements
<p>educational gymnastics experiences).</p> <p>MKA.1 Space awareness (location) MKA.1.5a Analyzes the use of open space in a movement activity. MKA.1.5b Applies the concept of open space to small-sided games/practice tasks, dance, and/or educational gymnastics experiences.</p> <p>MKA.2 Space awareness (pathways, levels, directions) MKA.2.5a Analyzes the use of pathways, levels, and directions in movement activity. MKA.2.5b Combines pathways, levels, and directions in a variety of small- sided games/practice tasks, dance, and/or educational gymnastics experiences.</p> <p>PSR.1 Personal Responsibility PSR.1.5 Exhibits respect for self and others with appropriate behavior while engaging in physical activity.</p> <p>PSR.2 Feedback PSR.2.5 Provides corrective feedback respectfully to peers.</p> <p>PSR.3 Working with others PSR.3.5 Encourages the movement performance of others.</p> <p>PSR.4 Procedures & Rules PSR.4.5 Critiques the rules of various activities.</p> <p>PSR.5 Safety PSR.5.5 Applies safety principles in all physical activities.</p>	<p>MKA.1 I can analyze spacing in movement activities. I can apply proper spacing in games, dance and gymnastics.</p> <p>MKA.2 I can analyze the use of pathways, levels and directions in movement activities. I can combine pathways, levels, and directions in a variety of games, dance and gymnastics.</p> <p>PSR.1 I can show respect for myself and others during physical activity.</p> <p>PSR.2 I can give feedback to my classmates in a respectful manner.</p> <p>PSR.3 I can encourage others.</p> <p>PSR.4 I can critique the rules for activities.</p> <p>PSR.5 I can move safely by myself and with others in space.</p> <p>VPA.1 I can evaluate physical activity opportunities in my area</p>

Standards	Student Friendly "I Can" Statements
<p>VPA.1 Appreciation VPA.1.5 Evaluates other opportunities for physical activity based on personal preferences.</p> <p>VPA.2 Challenge VPA.2.5 Creates a plan to overcome a physical activity challenge.</p>	<p>outside of PE based on my likes and dislikes.</p> <p>VPA.2 I can make a plan to improve my skills and fitness.</p>

Fifth Grade, Physical Education, Quarter 2

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Non-locomotor or Educational Gymnastics, Manipulative Skills

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Movement Concepts

Component 3: Fitness and Physical Activity (FPA) – Subcomponent: Fitness Knowledge

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.6 Balance MS.6.5 Designs and performs a balance sequence with varying bases of support, body shapes, and levels.</p> <p>MS.7 Weight Transfer & Rolling (optional) MS.7.5 Transfers weight from feet to hands using body extensions (e.g. scissor kick, handstand, cartwheel).</p> <p>MS.8 Combinations (optional) MS.8.5 Combines traveling, balance, weight transfers/rolls, and movement concepts to create and perform an individual or partner educational gymnastics sequence.</p> <p>MS.9 Underhand throw MS.9.5 Applies underhand throwing to a variety of partner or</p>	<p>MS.6 I can design and perform a balance sequence.</p> <p>MS.7 I can transfer weight from my feet to my hands.</p> <p>MS.8 I can create a short gymnastics routine.</p> <p>MS.9 I can throw underhand to a partner and in games.</p>

Standards	Student Friendly "I Can" Statements
<p>small-sided games/practice tasks.</p> <p>MS.10 Overhand throw MS.10.5 Throws overhand using a mature pattern.*</p> <p>MS.11 Catching MS.11.5 Applies catching on the move to a variety of partner or small- sided games/practice tasks.</p> <p>MKA.3 Effort: speed and force MKA.3.5a Analyzes the use of speeds and forces in movement. MKA.3.5b Combines speeds and forces in a variety of small- sided games/practice tasks, dance, and/or educational gymnastics</p> <p>MKA.4 Relationships (body shapes, with objects, with people) MKA.4.5a Analyzes relationships in movement. MKA.4.5b Combines two or more relationships in a variety of small- sided games/practice tasks, dance, and/or educational gymnastics</p> <p>FPA.1 Health-related fitness FPA.1.5 Identifies and participates in activities specific to each component of health-related fitness.</p> <p>PSR.1 Personal Responsibility PSR.1.5 Exhibits respect for self and others with appropriate behavior while engaging in physical activity</p>	<p>MS.10 I can throw overhand using correct form.</p> <p>MS.11 I can catch while moving with a partner or during games.</p> <p>MKA.3 I can analyze how speed and force is used in movement. I can use speed and force in games, dance and gymnastics.</p> <p>MKA.4 I can analyze relationships in movement. I can combine two or more relationships while playing games, dancing and/or gymnastics.</p> <p>FPA.1 I can identify and participate in activities specific to the five healthy-related fitness components.</p> <p>PSR.1 I can show respect for myself and others during physical activity.</p>

Standards	Student Friendly "I Can" Statements
<p>PSR.2 Feedback PSR.2.5 Provides corrective feedback respectfully to peers.</p> <p>PSR.3 Working with others PSR.3.5 Encourages the movement performance of others.</p> <p>PSR.4 Procedures & Rules PSR.4.5 Critiques the rules of various activities.</p> <p>PSR.5 Safety PSR.5.5 Applies safety principles in all physical activities. PSR.5.5 Applies safety principles in all physical activities.</p> <p>VPA.1 Appreciation PSR.5.5 Applies safety principles in all physical activities.</p> <p>VPA.2 Challenge VPA.2.5 Creates a plan to overcome a physical activity challenge.</p>	<p>PSR.2 I can give feedback to my classmates in a respectful manner.</p> <p>PSR.3 I can encourage others.</p> <p>PSR.4 I can critique the rules for activities.</p> <p>PSR.5 I can move safely by myself and with others in space.</p> <p>VPA.1 I can evaluate physical activity opportunities in my area outside of PE based on my likes and dislikes.</p> <p>VPA.2 I can make a plan to improve my skills and fitness.</p>

Fifth Grade, Physical Education, Quarter 3

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Dance/Rhythmic Activities, Manipulative Skills

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Movement Concepts

Component 3: Fitness and Physical Activity (FPA) – Subcomponent: Physical Activity & Knowledge

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.5 Dance MS.5.5 Creates and performs dances on beat with correct pattern.</p> <p>MS.13 Dribbling with Hands MS.13.5 Combines dribbling and passing skills.</p> <p>MS.14 Dribbling with Feet MS.14.5 Combines dribbling with feet and passing skills.</p> <p>MS.15 Kicking (force or distance) MS.15.5a Punts a ball using a mature pattern.* MS.15.5b Applies kicking to small- sided games/practice</p> <p>MS.16 Passing & Receiving with feet MS.16.5 Combine passing and receiving the ball with foot dribbling.</p>	<p>MS.5 I can create and perform a dance.</p> <p>MS.13 I can dribble and pass using my hands.</p> <p>MS.14 I can dribble and pass using my feet.</p> <p>MS.15 I can punt using correct form. I can kick in games and in practice.</p> <p>MS.16 I can pass and stop a ball using my feet.</p>

Standards	Student Friendly "I Can" Statements
<p>MS.20 Jumping Rope MS.20.5 Creates and performs a jump rope routine with a partner using a short or long rope.</p> <p>MKA.5 Movement Principles (base of support, muscle tension, ready position) MKA.5.5a Analyzes and self-corrects movement principles. MKA.5.5b Applies movement principles in a variety of small-sided games/practice tasks.</p> <p>FPA.2 Physical Activity FPA.2.5 Creates a personal plan for physical activity.</p> <p>PSR.1 Personal Responsibility PSR.1.5 Exhibits respect for self and others with appropriate behavior while engaging in physical activity</p> <p>PSR.2 Feedback PSR.2.5 Provides corrective feedback respectfully to peers.</p> <p>PSR.3 Working with others PSR.3.5 Encourages the movement performance of others.</p> <p>PSR.4 Procedures & Rules PSR.4.5 Critiques the rules of various activities.</p> <p>PSR.5 Safety PSR.5.5 Applies safety principles in all physical activities. PSR.5.5 Applies safety principles in all physical activities.</p>	<p>MS.20 I can create and perform a jump rope routine with a partner.</p> <p>MKA.5 I can analyze movement principles and make corrections. I can use movement principles in a variety of games and drills.</p> <p>FPA.2 I can make my own physical activity plan.</p> <p>PSR.1 I can show respect for myself and others during physical activity.</p> <p>PSR.2 I can give feedback to my classmates in a respectful manner.</p> <p>PSR.3 I can encourage others.</p> <p>PSR.4 I can critique the rules for activities.</p> <p>PSR.5 I can move safely by myself and with others in space.</p>

Standards	Student Friendly "I Can" Statements
<p>VPA.1 Appreciation VPA.1.5 Evaluates other opportunities for physical activity based on personal preferences.</p> <p>VPA.2 Challenge VPA.2.5 Creates a plan to overcome a physical activity challenge.</p>	<p>VPA.1 I can evaluate physical activity opportunities in my area outside of PE based on my likes and dislikes.</p> <p>VPA.2 I can make a plan to improve my skills and fitness.</p>

Fifth Grade, Physical Education, Quarter 4

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Manipulative Skills

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Analysis & Strategies

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.12 Passing & Receiving with Implements or Hands MS.12.5 Passing and receiving with a partner while on the move.</p> <p>MS.17 Striking with Hand(s) MS.17.5 Overhead volleys a ball using a mature pattern.*</p> <p>MS.18 Striking, short implement MS.18.5 Consecutively strikes a ball with a short-handled implement against a wall using a mature forehand pattern.*</p> <p>MS.19 Striking, long implement MS.19.5 Demonstrates a mature pattern* using a long- handled implement.</p> <p>MKA.6 Performance Cues MKA.6.5 Analyzes and self-corrects skill performance.</p>	<p>MS.12 I can pass and catch using my hands while moving.</p> <p>MS.17 I can “set” a volleyball using correct form.</p> <p>MS.18 I can continuously strike a ball with a paddle using correct form.</p> <p>MS.19 I can use a bat, stick or club using correct form.</p> <p>MKA.6 I can analyze my skills and make corrections.</p>

Standards	Student Friendly "I Can" Statements
<p>MKA.7 Simple Strategies MKA.7.5 Analyzes and modifies simple strategies in game-like activities.</p> <p>PSR.1 Personal Responsibility PSR.1.5 Exhibits respect for self and others with appropriate behavior while engaging in physical activity</p> <p>PSR.2 Feedback PSR.2.5 Provides corrective feedback respectfully to peers.</p> <p>PSR.3 Working with others PSR.3.5 Encourages the movement performance of others.</p> <p>PSR.4 Procedures & Rules PSR.4.5 Critiques the rules of various activities.</p> <p>PSR.5 Safety PSR.5.5 Applies safety principles in all physical activities. PSR.5.5 Applies safety principles in all physical activities.</p> <p>VPA.1 Appreciation PSR.5.5 Applies safety principles in all physical activities.</p> <p>VPA.2 Challenge VPA.2.5 Creates a plan to overcome a physical activity challenge.</p>	<p>MKA.7 I can analyze my strategies in games and make changes if needed.</p> <p>PSR.1 I can show respect for myself and others during physical activity.</p> <p>PSR.2 I can give feedback to my classmates in a respectful manner.</p> <p>PSR.3 I can encourage others.</p> <p>PSR.4 I can critique the rules for activities.</p> <p>PSR.5 I can move safely by myself and with others in space.</p> <p>VPA.1 I can evaluate physical activity opportunities in my area outside of PE based on my likes and dislikes.</p> <p>VPA.2 I can make a plan to improve my skills and fitness.</p>