

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

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

| Standards   | Student Friendly "I Can" Statements  |
|---|--|
| <p><b>VPA.1 Appreciation</b><br/>VPA.1.5 Evaluates other opportunities for physical activity based on personal preferences.</p> <p><b>VPA.2 Challenge</b><br/>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><b>VPA.2</b><br/>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><b>MS.6 Balance</b><br/>MS.6.5 Designs and performs a balance sequence with varying bases of support, body shapes, and levels.</p> <p><b>MS.7 Weight Transfer &amp; Rolling (optional)</b><br/>MS.7.5 Transfers weight from feet to hands using body extensions (e.g. scissor kick, handstand, cartwheel).</p> <p><b>MS.8 Combinations (optional)</b><br/>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><b>MS.9 Underhand throw</b><br/>MS.9.5 Applies underhand throwing to a variety of partner or</p> | <p><b>MS.6</b><br/>I can design and perform a balance sequence.</p> <p><b>MS.7</b><br/>I can transfer weight from my feet to my hands.</p> <p><b>MS.8</b><br/>I can create a short gymnastics routine.</p> <p><b>MS.9</b><br/>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><b>MS.10 Overhand throw</b><br/>MS.10.5 Throws overhand using a mature pattern.*</p> <p><b>MS.11 Catching</b><br/>MS.11.5 Applies catching on the move to a variety of partner or small- sided games/practice tasks.</p> <p><b>MKA.3 Effort: speed and force</b><br/>MKA.3.5a Analyzes the use of speeds and forces in movement.<br/>MKA.3.5b Combines speeds and forces in a variety of small- sided games/practice tasks, dance, and/or educational gymnastics</p> <p><b>MKA.4 Relationships (body shapes, with objects, with people)</b><br/>MKA.4.5a Analyzes relationships in movement.<br/>MKA.4.5b Combines two or more relationships in a variety of small- sided games/practice tasks, dance, and/or educational gymnastics</p> <p><b>FPA.1 Health-related fitness</b><br/>FPA.1.5 Identifies and participates in activities specific to each component of health-related fitness.</p> <p><b>PSR.1 Personal Responsibility</b> PSR.1.5 Exhibits respect for self and others with appropriate behavior while engaging in physical activity</p> | <p><b>MS.10</b><br/>I can throw overhand using correct form.</p> <p><b>MS.11</b><br/>I can catch while moving with a partner or during games.</p> <p><b>MKA.3</b><br/>I can analyze how speed and force is used in movement.<br/>I can use speed and force in games, dance and gymnastics.</p> <p><b>MKA.4</b><br/>I can analyze relationships in movement. I can combine two or more relationships while playing games, dancing and/or gymnastics.</p> <p><b>FPA.1</b><br/>I can identify and participate in activities specific to the five healthy-related fitness components.</p> <p><b>PSR.1</b><br/>I can show respect for myself and others during physical activity.</p> |

| Standards   | Student Friendly "I Can" Statements   |
|---|---|
| <p><b>PSR.2 Feedback</b><br/>PSR.2.5 Provides corrective feedback respectfully to peers.</p> <p><b>PSR.3 Working with others</b><br/>PSR.3.5 Encourages the movement performance of others.</p> <p><b>PSR.4 Procedures &amp; Rules</b><br/>PSR.4.5 Critiques the rules of various activities.</p> <p><b>PSR.5 Safety</b><br/>PSR.5.5 Applies safety principles in all physical activities.<br/>PSR.5.5 Applies safety principles in all physical activities.</p> <p><b>VPA.1 Appreciation</b><br/>PSR.5.5 Applies safety principles in all physical activities.</p> <p><b>VPA.2 Challenge</b><br/>VPA.2.5 Creates a plan to overcome a physical activity challenge.</p> | <p><b>PSR.2</b><br/>I can give feedback to my classmates in a respectful manner.</p> <p><b>PSR.3</b><br/>I can encourage others.</p> <p><b>PSR.4</b><br/>I can critique the rules for activities.</p> <p><b>PSR.5</b><br/>I can move safely by myself and with others in space.</p> <p><b>VPA.1</b><br/>I can evaluate physical activity opportunities in my area outside of PE based on my likes and dislikes.</p> <p><b>VPA.2</b><br/>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><b>MS.5 Dance</b><br/>MS.5.5 Creates and performs dances on beat with correct pattern.</p> <p><b>MS.13 Dribbling with Hands</b><br/>MS.13.5 Combines dribbling and passing skills.</p> <p><b>MS.14 Dribbling with Feet</b><br/>MS.14.5 Combines dribbling with feet and passing skills.</p> <p><b>MS.15 Kicking (force or distance)</b><br/>MS.15.5a Punts a ball using a mature pattern.*<br/>MS.15.5b Applies kicking to small- sided games/practice</p> <p><b>MS.16 Passing &amp; Receiving with feet</b> MS.16.5 Combine passing and receiving the ball with foot dribbling.</p> | <p><b>MS.5</b><br/>I can create and perform a dance.</p> <p><b>MS.13</b><br/>I can dribble and pass using my hands.</p> <p><b>MS.14</b><br/>I can dribble and pass using my feet.</p> <p><b>MS.15</b><br/>I can punt using correct form.<br/>I can kick in games and in practice.</p> <p><b>MS.16</b><br/>I can pass and stop a ball using my feet.</p> |

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

| Standards   | Student Friendly "I Can" Statements   |
|---|---|
| <p><b>VPA.1 Appreciation</b><br/>VPA.1.5 Evaluates other opportunities for physical activity based on personal preferences.</p> <p><b>VPA.2 Challenge</b><br/>VPA.2.5 Creates a plan to overcome a physical activity challenge.</p> | <p><b>VPA.1</b><br/>I can evaluate physical activity opportunities in my area outside of PE based on my likes and dislikes.</p> <p><b>VPA.2</b><br/>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  |
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| <p><b>MS.12 Passing &amp; Receiving with Implements or Hands</b><br/>MS.12.5 Passing and receiving with a partner while on the move.</p> <p><b>MS.17 Striking with Hand(s)</b><br/>MS.17.5 Overhead volleys a ball using a mature pattern.*</p> <p><b>MS.18 Striking, short implement</b><br/>MS.18.5 Consecutively strikes a ball with a short-handled implement against a wall using a mature forehand pattern.*</p> <p><b>MS.19 Striking, long implement</b><br/>MS.19.5 Demonstrates a mature pattern* using a long- handled implement.</p> <p><b>MKA.6 Performance Cues</b><br/>MKA.6.5 Analyzes and self-corrects skill performance.</p> | <p><b>MS.12</b><br/>I can pass and catch using my hands while moving.</p> <p><b>MS.17</b><br/>I can “set” a volleyball using correct form.</p> <p><b>MS.18</b><br/>I can continuously strike a ball with a paddle using correct form.</p> <p><b>MS.19</b><br/>I can use a bat, stick or club using correct form.</p> <p><b>MKA.6</b><br/>I can analyze my skills and make corrections.</p> |

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