



JC Schools 5th Grade PE Yearly Standards

Unit	Priority Standards	Supporting Standards
Unit 1 Movement Concepts (Personal Space, Boundaries, Levels/Pathways, Effort, Body Awareness)	S2.E3.5c Analyzes movement situations and apply movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in-game environments, dance and gymnastics .	S1.E11.5 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. S2.E1.5 Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and games environments. S2.E2.5 Combines movement concepts with skills in small-sided practice tasks in-game environments, gymnastics, and dance with self-direction. S2.E3.5a Applies movement concepts to strategy in game situations. S2.E3.5b Applies the concepts of direction and force (e.g. to strike an object with a long-handled implement). S2.E5.5a Applies basic offensive and defensive strategies/ tactics in invasion small-sided practice tasks.

		<p>S2.E5.5b Applies basic offensive and defensive strategies & tactics in net/wall small-sided practice tasks.</p> <p>S2.E5.5c Recognizes and demonstrates strategies and tactics needed for different games and sports situations (e.g. throw, volley, or striking action needed for different games & sports situations).</p>
<p>Unit 2</p> <p>Locomotor and Non-Locomotor Skills</p>	<p>S1.E1.5a Demonstrates mature patterns of locomotor skills in dynamic small- sided practice tasks, gymnastics and dance.</p>	<p>S1.E1.5b Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments.</p> <p>S1.E1.5c Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).</p> <p>S1.E2.5 Uses appropriate pacing for a variety of running distances.</p> <p>S1.E3.5 Combines jumping and landing patterns with locomotors and manipulative skills in dance, educational gymnastics and small-sided practice tasks and game environments.</p> <p>S1.E8.5 Transfers weight In tumbling/gymnastics, dance, games and sports skills environments.</p> <p>S1.E10.5 Performs curling, twisting & stretching actions with correct application in dance, gymnastics, small-sided practice tasks in games environments.</p>

		<p>S1.E11.5 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.</p> <p>S2.E1.5 Combines spatial concepts with locomotor and non-loco- motor movements for small groups in gymnastics, dance and games environments.</p>
<p>Unit 3</p> <p>Fitness Concepts</p> <p><i>Fitnessgram testing should be completed a second time for post-testing</i></p>	<p>S3.E3.5.MO Identify activities that contribute to the development of each health-related component of fitness.</p> <p>5.PE.LO.01 Performs the health-related fitness assessments.</p>	<p>S3.E4.5 Identifies the need for warm-up & cool-down relative to various physical activities.</p> <p>S3.E5.5a Analyzes results of fitness assessment (FITNESSGRAM pre- & post-), comparing results to fitness components for good health.</p> <p>S3.E5.5b Set goals to address ways to use physical activity to overcome barriers and enhance fitness.</p>
<p>Unit 4</p> <p>Manipulative Skills - <i>Ball Skills</i> (Underhand throwing, overhand throwing, and catching)</p>	<p>S1.E13.5.MO1 Throws underhand, with accuracy, in dynamic situations.</p> <p>S1.E13.5a Throws overhand using a mature pattern in non- dynamic environments (closed skills), with different sizes and types of objects.</p>	<p>S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.</p> <p>S2.E2.5 Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction.</p> <p>S1.E15.5a Throws with accuracy, both partners moving.</p> <p>S1.E13.5b Throws overhand to a large target with accuracy.</p>

<p>Unit 5</p> <p>Manipulative Skills - <i>Bounce Exploration</i></p>	<p>S1.E20.5 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.</p>	<p>S1.E1.5c Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).</p> <p>S1.E17.5 Combines hand dribbling with other skills during 1v1 practice tasks.</p> <p>S1.E20.5.MO Hand dribble and foot dribble a ball while preventing an opponent from stealing the ball.</p>
<p>Unit 6</p> <p>Manipulative Skills - <i>Foot Exploration</i></p>	<p>S1.E20.5 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.</p>	<p>S1.E1.5c Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).</p> <p>S1.E18.5 Combines foot dribbling with other skills in 1v1 practice tasks.</p> <p>S1.E20.5.MO Hand dribble and foot dribble a ball while preventing an opponent from stealing the ball.</p> <p>S1.E21.5 Demonstrates mature patterns in kicking and punting in small-sided practice task environments.</p>
<p>Unit 7</p> <p>Manipulative Skills - <i>Volleying</i></p>	<p>S1.E23.5 Strikes/volleys a ball using a 2-hand overhead pattern, sending it upward to a target.</p>	<p>S1.E1.5c Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).</p> <p>S1.E22.5.MO Applies skill in various situations.</p>

Unit 8

Manipulative
Skills - *Striking
with
Implements*

S1.E24.5

Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

S1.E25.5b

Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.

S1.E24.5.MO

Continuously strike toward a target or a partner with a paddle, using forehand and backhand strokes

S1.E25.5a

Strikes a pitched ball with a bat using a mature pattern.