

STRAND	STANDARD	OBJECTIVES (What it looks like in the classroom) The learner will ...	# OF DAYS NEEDED FOR MASTERY	DATES TAUGHT	DATE ASSESSED	ASSESSMENT TYPE (Classroom, STAR, objective, subjective, project, etc.)	RESOURCES (Materials, web sites, auto-visual, print)	LEARNING ACTIVITIES
<b>Skills:</b> <b>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</b>	<b>5.1.1</b> <b>. Demonstrate mature forms of locomotor patterns and nonlocomotor skills combinations</b>	<b>By the end of 5<sup>th</sup> grade the student will develop and refine tumbling or rhythm and dance sequences demonstrating smooth transitions, changes in levels and space, and changes in tempo.</b>	<b>12</b>	<b>Jan – Febr.</b>	<b>End of Febr.</b>	<b>Skills assessment</b>  <b>Performance project</b>	<b>P.E. Websites</b> <b>P.E. Resource Books</b> <b>Gymnastics books</b>	<b>-Various Gymnastics, Tumbling, &amp; creative movement skills and activities</b> <b>-Stations</b> <b>-Routines</b>
		<b>By the end of 5<sup>th</sup> grade the student will combine locomotor patterns in time to music</b>	<b>4</b>	<b>March</b>	<b>End of unit</b>	<b>Subjective Participation</b>	<b>Rhythm Cds &amp; Activity sets and books</b>	<b>Tinikling</b> <b>Grand Marching</b> <b>Lummi Stix</b>

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	<b>5.1.2</b> Demonstrate the mature forms of manipulative skills	By the end of 5 <sup>th</sup> grade students can throw, kick, and strike a variety of objects (i.e. football, basketball, Frisbee, softball, volleyball, soccer ball, tennis ball, hockey pucks), etc., demonstrating progress toward both accuracy and distance	Approximately 8-10 per unit	Depends on unit – schedule	End of unit	-Skills tests -Participation (subjective)	P.E. Resource books P.E. Websites	1) Whole Group Skill Activities 2) Skills Stations 3) Skill-oriented game activities
	<b>5.1.3</b> Demonstrate the ability to adapt and adjust a combination of movement skills in applied settings.	By 5 <sup>th</sup> grade the student Will be able to dribble with hand and/or foot while preventing an opponent from stealing a ball.	Ongoing – per unit	Ongoing – per unit	End of unit	-Skills Tests -Observation of participation	P. E. Websites P.E. Resource books	-Whole group skills activities -Skills Stations -Skill oriented game activities

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		By the end of 5 <sup>th</sup> grade the student will be able to dribble and pass a ball to a moving receiver, dribble and shoot, run and throw a ball, move and pass a volleyball, hit a ball and run bases, catch a ball and throw, etc.	Ongoing	Ongoing	End of unit	-Skills Tests -Observation of participation	P. E. Websites P. E. Resource Books	-Whole group skills activities -Skills Stations -Skill oriented game activities
	5.1.4 Demonstrate beginning skills of selected specialized movement forms	By the end of 5 <sup>th</sup> grade the student will be able to perform a basic dance step. (i.e., tinikling, grapevine)	Ongoing	Ongoing	End of unit	-Observation of participation -Performance	P.E. Websites P.E. Resource Books Audio materials	-Whole group skills activities -Skills Stations -Skill oriented game activities
		By the end of 5 <sup>th</sup> grade the student will perform various passes (i.e. basketball, volleyball, soccer, football, softball)	8-10	Per unit	End of unit	-Skills Tests -Observation of participation	P.E. Websites P.E. Resource books	-Whole Group Skills Activities -Skills Stations -Skill oriented game activities

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		<b>By the end of 5<sup>th</sup> grade students will be able to run a football play, field a softball, shoot a lay-up, Perform various VB, soccer skills, floor hockey, racquet, and gymnastics skills</b>	<b>8-10</b>	<b>Per unit</b>	<b>End of unit</b>	<b>-Skills Tests -Observation of participation</b>	<b>P.E. Websites P.E. Resource books</b>	<b>-Whole Group Skills activities -Skills Stations -Skill oriented game activities</b>
		<b>By the end of 5<sup>th</sup> grade students will be able to swim on their front and swim on their back, and be able to save themselves in a water emergency</b>	<b>5</b>	<b>Per unit</b>	<b>End of unit</b>	<b>-Skills test -Observation of skills</b>	<b>Red Cross Instructors Manual</b>	<b>-Swimming skills based on the ability of each student. Students are divided into small groups according to ability.</b>

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<b>Knowledge:</b> <b>Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities</b>	<b>5.2.1</b> <b>Identify and apply principles of skill development to improve and enhance performance.</b>	<b>By the end of 5<sup>th</sup> grade the student will identify and demonstrate the critical cues for manipulative skills (i.e. when throwing overhand, keep side to target)</b>	<b>Ongoing</b>	<b>Ongoing</b>	<b>End of unit</b>	<b>Skills tests</b> <b>Observation of participation</b>	<b>P.E. Websites</b> <b>P.E. Resource books</b>	<b>Whole group skill Activities</b> <b>Skill Stations</b> <b>Skill-oriented game activities</b>

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		<b>By the end of 5<sup>th</sup> grade students will be able to demonstrate and explain the necessity of transferring weight from the back leg to the front leg during any action that propels an object forward</b>	<b>Ongoing</b>	<b>Ongoing</b>	<b>End of unit</b>	<b>Skills Tests</b>	<b>P.E. websites P.E. Resource books</b>	<b>Whole group skills Activities Skills Stations Skill-oriented game activities</b>
	<b>5.2.2 Demonstrate basic strategies in non-complex settings</b>	<b>By the end of 5<sup>th</sup> grade the student will demonstrate the use of offensive strategies (i.e., head fake, foot fake, burst of speed, change of direction)</b>	<b>Ongoing per unit</b>	<b>Ongoing</b>	<b>Throughout unit</b>	<b>Observation</b>	<b>P.E. websites P.E. resource books</b>	<b>Whole group skills activities Skills Stations Skill-oriented game activities</b>
<b>Active Lifestyle: Participates regularly in physical activity</b>	<b>5.3.1 Participate in physical activity in both school and non-school settings</b>	<b>By the end of 5<sup>th</sup> grade the student will participate in moderate to vigorous non-structure physical activity outside of physical education class.</b>	<b>Ongoing</b>	<b>Ongoing</b>	<b>Throughout unit</b>	<b>Observation</b>	<b>P.E. websites P.E. resource books</b>	<b>Whole group skills and fitness activities Skills and fitness stations Skill-oriented and fitness oriented game activities</b>

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		By the end of 5 <sup>th</sup> grade the student will participate in structured and purposeful physical activity both in school and non-school activities (i.e. physical education class, local community programs, before/after school programs)	Ongoing	Ongoing	Ongoing	Observation of participation	P.E. Websites P.E. Resource books Community resources	Skills and fitness whole group activities Skills and fitness stations Skills and fitness oriented game activities
Fitness: Achieves and maintains a health-enhancing level of physical Fitness	5.4.1 Identify strengths and weaknesses based upon health-related fitness testing	By the end of 5 <sup>th</sup> grade the student will be able to name one strength and one area of improvement based on results of health-related fitness testing (i.e. sit-ups, flexed arm hang, sit & reach. Long jump, shuttle run, 50 dash, distance run)	4	Spring and fall	During testing unit	Fitness tests	P.E. Curriculum guide	50 dash Distance run Shuttle run Timed sit-ups Flexed Arm Hang Sit & Reach Long Jump

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	<b>5.4.2</b> Engage in physical activities specifically related to each component of physical fitness	By the end of 5 <sup>th</sup> grade the student will participate in physical activity that results in the development of health-related fitness (cardiorespiratory endurance, flexibility, muscular strength & endurance, and body composition)	Ongoing	Ongoing	Fall and spring	Fitness test	P.E. Curriculum guide P.E. Websites P.E. Resource Books	Whole Group Fitness Activities Fitness Skills stations Fitness-oriented game activities
	<b>5.4.3</b> Monitor physiological indicators that accompany moderate to vigorous physical activity and adjust activity accordingly	By the end of 5 <sup>th</sup> grade the student will record heart rate before, during and after engaging in different types of physical activity (walking, sports practice, jogging, P.E. class)	Ongoing	February	Ongoing	Observation Of participation	P.E. Websites P.E. Resource Books American Heart Resources	Fitness Activities Healthy Heart Activities Jogging projects
		By the end of the 5 <sup>th</sup> grade students will be able to detect the physiological responses to exercise that are associated with their own levels of fitness	Ongoing	Ongoing	Ongoing	Observation	P.E. Websites P.E. Resource books	Fitness Activities Healthy Heart Activities Jogging projects



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Responsible Behavior : Exhibits responsible personal & social Behavior that respects self & others in physical Activity settings	5.5.1 Follow activity-specific safe practices, rules, procedures, and etiquette during physical activity	By the end of 5 <sup>th</sup> grade the student will accept the teacher's decision regarding an infraction without displaying negative reactions	Ongoing	Ongoing	Ongoing	Participation	P.E. websites P.E. resource books	-Whole group activities -Skills stations -Skills-oriented game activities
		By the end of 5 <sup>th</sup> grade the student will be able to assess and take responsibility for own behavior without blaming others	Ongoing	Ongoing	Ongoing	Participation	P.E. websites P.E. resource books	-Whole group activities -Skills stations -Skills-oriented game activities

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		By the end of 5 <sup>th</sup> grade students will encourage others and refrain from disparaging statements and/or actions (i.e., no put downs, sarcasm, booing, bullying)	Ongoing	Ongoing	Ongoing	Observation	P.E. resources Classroom management resources P.E. websites	Team cooperative activities Whole group activities Game activities
		By the end of 5 <sup>th</sup> grade students will demonstrate safe practices in a variety of activities (i.e., all roll in the same direction in tumbling, release bat safely, jog in the same direction, etc.)	Ongoing	Ongoing	Ongoing	Observation	P.E. resources P.E. websites	-Skills stations -Whole group skills activities -Skill-oriented game activities
		By the end of 5 <sup>th</sup> grade students will exhibit good sportsmanship and fair play during physical activities	Ongoing	Ongoing	Ongoing	Observation	P.E. resource books P.E. websites	-Skills stations -Whole group skills activities -Skill-oriented game activities

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	<b>5.5.2</b> Work individually and cooperatively to develop an awareness of and appreciation for individual differences	By the end of 5 <sup>th</sup> grade students will cooperate will ALL class members (i.e., take turns, share equipment, work together)	Ongoing	Ongoing	Ongoing	Observation	P.E. Websites P.E. Resource books	-Whole Group Skills activities -Skills Stations -Skill-oriented game activities
		By the end of 5 <sup>th</sup> grade students will demonstrate respect for others' individual difference through verbal and nonverbal encouragement and assistance during physical activity.	Ongoing	Ongoing	Ongoing	Observation	P.E. Websites P.E. Resource books	-Whole Group Skills activities -Skills Stations -Skill-oriented game activities

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Awareness: Values physical Activity for health, Enjoyment, Challenge, Self-Expression, and/or Social interaction	<b>5.6.1</b> Recognize physical activity as a positive opportunity for social development and group interaction	By the end of 5 <sup>th</sup> grade the student will be able to list physical activities considered to be fun and explain why	Ongoing	Ongoing	Ongoing	Observation	P.E. Websites P.E. Resource books	-Whole Group Skills activities -Skills stations -Skill-oriented game activities
		By the end of 5 <sup>th</sup> grade the student will be able to identify physical activity that can be done with others.	Ongoing	Ongoing	Ongoing	Observation	P.E. Websites P.E. Resource books	-Whole Group Skills activities -Skills stations -Skill-oriented game activities

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	<b>5.6.2</b> Describe the physiological and psychological benefits that result from physical activity.	By the end of 5 <sup>th</sup> grade the student will be able to identify the effect of physical activity on body composition.	Ongoing	Ongoing	Fitness test dates	Fitness tests	P.E. curriculum guide	Fitness tests
		By the end of 5 <sup>th</sup> grade the student will be able to identify feelings resulting from challenges, successes and failures in physical activities.	Ongoing	Ongoing	Fitness test dates	Fitness tests – goal sheets	P. E. curriculum guide	Fitness tests Goal-setting
		By the end of 5 <sup>th</sup> grade the student will be able to name physical activities that are enjoyable.	Ongoing	Ongoing	Ongoing	Participation	P.E. Websites P.E. Resource books	-Whole Group Skills and fitness activities -Skills & Fitness stations -Skill and Fitness oriented game activities

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	<b>5.6.3</b> <b>Attribute success and improvement to effort and practice</b>	<b>By the end of 5<sup>th</sup> grade the student will be able to establish goals for improving fitness or a specific skill</b>	<b>Ongoing</b>	<b>Ongoing</b>	<b>Fitness tests</b>	<b>Fitness test</b> <b>Goal sheets</b>	<b>P.E. Curriculum guide</b> <b>P.E. Resource Books</b> <b>P.E. Websites</b>	<b>Fitness Tests</b> <b>Skills Tests</b> <b>Goal Setting</b>