



## **Fifth Grade Essential Skills for Physical Education (PE)**

### **September:**

- I can utilize safety principles in different activity situations by checking area around myself before beginning activity.
- I can identify the skill of throwing involves the shoulder area and associated muscles.

### **October:**

- I can make responsible decisions about applying rules and decisions that result in good sportsmanship
- I can list a variety of activities I can do outside of school to be physically active.

### **November:**

- I can celebrate personnel and peer successes and achievements by positive verbal and nonverbal actions such as high-fives
- I can list similarities and differences in games and activities of today versus game and activities of the past.

### **December:**

- I can express positive sense of accomplishment after completing a team building challenge
- I can brainstorm with a small group of peers of different activities to improve my fitness level.

### **January:**

- I can successfully manipulate an object using accuracy and speed to make a goal.
- I can participate in moderate to vigorous physical activity during fitness circuit stations.

### **February:**

- I can demonstrate strategy by moving to an open space to receive a pass from a team mate.
- I can complete teacher directed attempts by throwing at a target continually until told to stop.

**March:**

- I can understand that stretching before vigorous physical exercise reduces my chances of pulling muscles during play.
- I can choose a component of fitness testing to improve on by setting a personal goal.

**April:**

- I can choose a partner to run with of same ability level to improve setting a good pace to improve endurance.
- I can give an example of an activity /exercise that improves a component of health-related fitness.

**May:**

- I can make a list of activities involving my family to keep active in the summer.
- I can remain on-task in a group activity without close teacher monitoring.