

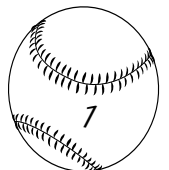
Fifth Grade

Movement Skills and Movement Knowledge

Proficient in basic skills to meet the health related standards.

Quality Indicators:

- **State mandated physical fitness test.**
- Become proficient in skills such as running, throwing, and jumping.
- Combine movement skills in applied settings.
- Learn practice techniques that enhance performance.
- Learn that the desired expectation determines the type of practice needed to accomplish that goal.
- Manipulate objects through space with accuracy and with the added element of speed.
- Apply Newton's Second Law (smaller objects will travel further than heavier objects when the same amount of force is used) by experimenting in throwing different sizes of balls (golf balls, shot put, softballs).
- Catch an object they must increase 1) the distance through which the object moves; or 2) the base of the area that absorbs the force of the object.
- Develop strength and flexibility.
- Learn how to maintain a healthy body by balancing food intake with physical activity and regulating the ratio of lean to fat body tissue.



Social Development

Demonstrate a sense of fairness in applying rules.

Quality Indicators:

- Participate in activities of national, cultural, and ethnic origins.
- Assume increasingly complex roles in cooperative activities.
- Begin to appreciate individual differences within small-group competition and cooperation.
- Appreciate the positive aspects of diversity.
- Recognize that different body types are more effective in certain movement skills and activities.
- Participate in social game patterns; include 1 against 2, 2 against 3, and 2 against 2 in activities such as goal tending.
- Use fundamental strategies (offensive and defensive strategies) in simple games.

Self Image

Establish goals that will lead to lifelong physical activity.

Quality Indicators:

- Experience increased individual satisfaction as a motivational factor.
- Have the ability to use movement activities of the body to communicate ideas and feelings.
- Be involved in game-like activities, with the emphasis on more than two skills.
- Appreciate the aesthetic aspects of physical performance and the pleasure of achieving goals they have set for themselves.

