

Health and Physical Education

GRADE 5

STANDARD 1

The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.

To meet this standard, the student will:

Benchmark 5.1.1: Develop fundamental physical skills and progress to complex movement activities as physically able

Indicators:

- 5.1.1.1 Demonstrate proper catching techniques in a variety of games and activities
- 5.1.1.2 Throw a variety of objects demonstrating both accuracy and force
- 5.1.1.3 Hand dribble and foot dribble while preventing an opponent from stealing the ball
- 5.1.1.4 Keep an object going continuously with a partner using a striking pattern
- 5.1.1.6 Place the ball away from an opponent in a racquet sport activity
- 5.1.1.7 Choreograph and perform a simple dance routine with the beat of the music
- 5.1.1.8 Participate in games, sports, dance, and outdoor pursuits both in and out of school based on individual interest and capabilities
- 5.1.1.9 Support, lift, and control body weight in a variety of activities

Available Assessments:

Softball Catching/Throwing Techniques (pg. 24)

Throwing (pgs. 68-70)

Kicking & Dribbling (pg. 7)

Basketball Right/Left Handed Dribbling (pgs. 16-19)

Basketball Dribbling (pg. 27)

Striking (pg. 78)

Benchmark 5.1.2: Incorporate rules and safety procedures into physical activities

Indicators:

- 5.1.2.1 Identify proper warm-up and cool-down techniques and the reasons for using them
- 5.1.2.2 Make responsible decisions about using time, applying rules, and following through with the q decisions made
- 5.1.2.3 Respond to all signals and directions
- 5.1.2.4 Share space and equipment equitably with partner or group
- 5.1.2.5 Cooperate with classmates without regard to personal differences
- 5.1.2.6 Include concerns for safety in self-designed activities
- 5.1.2.7 Use equipment and space safely and properly
- 5.1.2.8 Choose a partner that he or she can work with productively
- 5.1.2.9 Remain on-task in a group activity without close teacher monitoring
- 5.1.2.10 Use time wisely when given the opportunity to practice and improve performance
- 5.1.2.11 Make suggestions for modifications in a game or activity that can improve the game

Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!*

Key: 1, Grade 1, Standard 1.1, Benchmark 1.1.1, Indicator

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Available Assessments:

Muscle Stretch Research (pgs. 2-3)

Behavior Self-Check (pg. 35)

Cooperation (pg. 39)

Cooperation Self-Reflection (pg. 40)

Solving A Problem (pg. 42)

Team-mate Evaluation (pg. 8)

Create-A-Problem-Solving/Cooperative Game Project (pg. 9)

Baseball Batting Clinic Performance Assessment (pgs. 13-14)

Juggling Clinic Performance Assessment (pgs. 84-85)

Benchmark 5.1.3: Understand the concepts of physical fitness and develop and monitor progress on personal fitness goals

Indicators:

- 5.1.3.1 Identify basic practice and conditioning principles that enhance performance
- 5.1.3.2 Participate in fitness enhancing physical activities outside of school
- 5.1.3.3 Choose to exercise at home for personal enjoyment and benefit
- 5.1.3.4 Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, cardiopulmonary functioning, and proper body composition
- 5.1.3.5 Engage in appropriate activity that results in the development of muscular strength
- 5.1.3.6 Participate in vigorous activities without undue fatigue
- 5.1.3.7 Be able to find and count their own pulse
- 5.1.3.8 Move each joint through a full range of motion
- 5.1.3.9 Use dynamic postural muscles and vertical back when lifting objects
- 5.1.3.10 Practice healthy posture for sitting and standing using all postural muscles
- 5.1.3.11 Demonstrate exercises that strengthen the dynamic postural muscles
- 5.1.3.12 Perform safe stretching exercises that keep dynamic postural muscle groups and joints flexible

Available Assessments:

Muscle Stretch Research (pgs. 2-3)

Heart Beat Effort (pg. 64)

Fitness/PE Personal Goal (pg. 38)

Alternative Fitness Assessment (pg. 66)

Benchmark 5.1.4: Understand nutrition and food nutrients and how they affect physical performance and the body

Indicators:

- 5.4.1.1 Understand the physical benefits of movement, fitness, and nutrition
- 5.1.4.2 Recognize the impact of water and nutrition on physical activity

****Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!*****

Key: 1, Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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STANDARD 2

The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

To meet this standard, the student will:

Benchmarks 5.2.1: Recognize patterns of growth and development

Indicators:

- 5.2.1.1 Identify behaviors and environmental factors that influence the functions of body systems
- 5.2.1.2 Recognize the physical, emotional, intellectual and social changes that occur during growth
- 5.2.1.3 Explain the importance of making personal health behavior choices
- 5.2.1.4 List the stages in the basic growth process of living organisms (fertilization, growth, reproduction and death)

Benchmark 5.2.2: Understand the transmission and control of communicable and non-communicable diseases

Indicators:

- 5.2.2.1 Describe health care practices and reliable sources of information
- 5.2.2.2 Identify sources of health care information

Benchmark 5.2.3: Acquire skills to live safely

Indicators:

- 5.2.3.1 Identify the critical aspects of a healthy lifestyle
- 5.2.3.2 Develop and recognize how choices affect personal health and safety such as stressful situations and conflict resolution skills
- 5.2.3.3 Know skills that can help self and others in emergencies
- 5.2.3.4 Recognize various situations which involve pressure to abuse legal or illegal drugs and plan how to reduce drug risks (e.g., pain, peers, strangers, and loneliness)

*****Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!******

Key: 1, Grade 1, Standard 1.1, Benchmark 1.1.1, Indicator

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STANDARD 3

The student analyzes and evaluates the impact of real-life influences on health.

To meet this standard, the student will:

Benchmarks 5.3.1: Understand how environmental factors affect one's health

Indicators:

- 5.3.1.1 Describe the influence of environmental factors that positively and negatively affect health
- 5.3.1.2 Describe how nutrition, exercise and environmental factors influence physical growth and lifelong health

Benchmark 5.3.2: Gather and analyze health information

Indicator:

- 5.3.2.1 Identify messages about safe and unsafe behaviors such as tobacco or alcohol advertising

Benchmark 5.3.3: Use social skills to project health and safety in a variety of situations

Indicators:

- 5.3.3.1 Express opinions and resolve conflicts constructively while maintaining safe and respectful relationships
- 5.3.3.2 Choose from a variety of social skills to avoid risky situations

Available Assessments:

PE Personal & Social Behavior Rubric (pg. 34)

Behavior Self-Check (pg. 35)

Benchmark 5.3.4: Understand how emotions influence decision-making

Indicators:

- 5.3.4.1 Describe ways to use the body and movement activities to communicate ideas and feelings
- 5.3.4.2 Recognize the role of games, sports, and dance in getting to know and understand self and others
- 5.3.4.3 Describe how emotional may influence making decisions and plan how to act in emotional situations

Available Assessments:

Problem Solving/Cooperative Game Assessment (pgs. 8-9)

Role Playing Assessment (pgs. 10-12)

Cooperation Self-Assessment (pg. 39)

Solving A Problem (pg. 42)

****Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!*****

Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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STANDARD 4

The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

To meet this standard, the student will:

Benchmarks 5.4.1: Assess needs and resources

Indicators:

- 5.4.1.1 Identify opportunities close to home for participation in different kinds of activities
- 5.4.1.2 Identify performance strengths and weaknesses

Available Assessments:

Self-Assessment Mid-term Report (pg. 28)

Report of Student Progress in PE (pg. 29)

PE Rubric (pg. 30)

PE Summary Worksheet (pg. 33)

Benchmark 5.4.2: Develop a health and fitness plan and a monitoring system

Indicators:

- 5.4.2.1 Improve performance weaknesses
- 5.4.2.2 Set goals for improving health and fitness practices
- 5.4.2.3 Available Assessments:

Self-Assessment Mid-term Report (pg. 28)

Report of Student Progress in PE (pg. 29)

PE Rubric (pg. 30)

PE Summary Worksheet (pg. 33)

Fitness/PE Personal Goal (pg. 38)

****Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!*****

Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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