

## **5TH GRADE**

### **S1.E21.5 Demonstrates mature patterns in kicking and punting in small sided practice task environments**

- ***KICKING SKILL CHECKLIST***

1. Arms extended forward in preparation
2. Contact with ball is made directly below center of the ball (travel in the air); contact is made directly behind center of the ball (travel on the ground).
3. Contact the ball with shoelaces or top of foot for kicking action
4. Trunk leans back slightly in preparation for kicking action
5. Follow through with kicking leg extending forward and upward toward target

***ASSESSING:***

- 1-Novice: The student performs 2 or less cues with inconsistency.
- 2-Partially Proficient: The student can always perform 3-4 cues on a consistent basis.
- 3-Proficient: The student can almost always perform all 5 cues on a consistent basis.
- 4-Advanced: The student always performs all 5 cues with fluency.

### **S2.E5.5a Movement Concepts: Applies basic offensive and defensive strategies/tactics in invasion small-sided practice tasks.**

- ***5 PASS GAME***

- Offensive: Move to get Open/Creates open space
- Offensive: Hands Prepared
- Offensive: Leading the receiver while passing
- Defensive: Closes Space
- Defensive: Maintains Defensive Responsibility
- Defensive: Hands Prepared

***ASSESSING:***

- 1-Novice: To participate, the student requires many verbal reminders of the cues from their teammates and instructor. There is a high degree of confusion when transitioning from offense to defense.
- 2-Partially Proficient: The student is able to participate using most of the cues and transition from offense to defense with minimal confusion.
- 3-Proficient: The student is able to independently participate using all the cues without any confusion. They are also able to transition from offense to defense quickly.

### **S3.E2.5 Engages in Physical Activity**

Actively engages in all the activities of physical education.

- 1-Novice: Student rarely begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.
- 2-Partially Proficient: Student sometimes begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.
- 3-Proficient: Almost always begins an activity once it starts, participates independently throughout the activity, gives best effort and adapts to new tasks and challenges.
- 4-Advanced: Always begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.

### **S3.E3.5 Fitness Knowledge: Differentiates between skill related and health related fitness**

- Skill Related Fitness: Consists of those components of physical fitness that have a relationship with enhanced performance in sports and motor skills. The six components include: agility, balance, coordination, power, speed, and reaction time.
- Health Related Fitness: Consists of those components of physical fitness that have a relationship with good health.. The five components include: cardiorespiratory endurance, flexibility, muscular strength, muscular endurance, and body composition.
  - Juggling vs. Swimming Laps
  - Mini golf vs. Yoga
  - Shooting a Basketball vs. Running a Mile
  - Shooting Archery vs. Lifting Weights

### **S4.E4.5 Working With Others**

#### **ASSESSMENT**

- 1-Novice: Student rarely accepts, recognizes and actively involves classmates into physical activities and group projects.
- 2-Partially Proficient: Student sometimes accepts, recognizes and actively involves classmates into physical activities and group projects.
- 3-Proficient: Student almost always accepts, recognizes and actively involves classmates into physical activities and group projects.
- 4-Advanced: Student always accepts, recognizes and actively involves all classmates into physical activities and group projects.

#### **S4.E5.5 Rules & Etiquette**

##### *ASSESSMENT*

- 1-Novice: Rarely exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 2- Partially Proficient: Sometimes exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 3-Proficient: Almost always exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 4-Advanced: Always exhibits classroom procedures and adherence to rules in a variety of physical activities.

#### **S4.E6.5 Safety**

##### *ASSESSMENT*

- 1-Novice: Rarely works safely with peers and equipment in physical activity settings.
- 2-Partially Proficient: Sometimes works safely with peers and equipment in physical activity settings.
- 3-Proficient: Almost always works safely with peers and equipment in physical activity settings.
- 4-Advanced: Always works safely with peers and equipment in physical activity settings.