

Physical Education Standards Fifth Grade

Rhythmic Skills

1.18 Design and perform a creative dance, combining locomotor patterns with intentional changes in speed and direction.

Manipulative Skills

2.4 Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery.

Assessment

3.9 Meet age-and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using a scientifically based health-related fitness assessment.

Body Composition

4.15 Explain why body weight is maintained when calorie intake is equal to the calories expended.

Social Interaction

5.5 Contribute ideas and listen to the ideas of others in cooperative problem-solving activities.