

<b>Fifth Grade Physical Education Content Standards and Objectives</b>		
<b>Standard 1:</b>	Movement Forms (PE.S.1)	
(PE.S.1)	Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.5.1.01	throw overhand with force and accuracy.	
PE.5.1.02	dribble with hands or feet while evading an opponent (i.e., basketball, soccer).	
PE.5.1.03	strike with an implement using force and accuracy (i.e., bat and softball, racquetball).	
PE.5.1.04	travel in movement and perform simple dance sequences using smooth transitions in speed, level, and direction in time to music.	#63 Tree Factory p.273
PE.5.1.05	perform jump sequences with partner(s) using equipment.	
<b>Standard 2:</b>	Development of Motor Skills	
(PE.S.2)	Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.5.2.01	identify critical elements or components for dribbling with feet, striking with racquets and striking with long-handled implements (e.g., bats, sticks, clubs).	
PE.5.2.02	identify the critical elements or components of simple dance sequences (e.g., time, repetitions, steps).	
PE.5.2.03	employ critical elements or component terminology to provide feedback to others.	
PE.5.2.04	explore appropriate motor skill techniques to independently develop/improve performance.	#25 Birds and Worms p.111 #63 Tree Factory p.273
<b>Standard 3:</b>	Physical Activity (PE.S.3)	
(PE.S.3)	Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.5.3.01	document involvement in physical activities in addition to physical education class (e.g., maintain activity log).	#54 I'd Like to Visit a Place Where... p.236
PE.5.3.02	describe healthful benefits resulting from regular participation in physical activity.	
PE.5.3.03	implement lifestyle behaviors to increase physical activity (e.g., taking stairs instead of elevator, bicycle riding, roller blading).	#54 I'd Like to Visit a Place Where... p.236

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PE.5.3.04	identify school and community programs that promote lifelong physical activity.	#54 I'd Like to Visit a Place Where... p.236
PE.5.3.05	participate in cooperative team building physical activities.	#25 Birds and Worms p.111
PE.5.3.06	explain the importance of teaming skills.	
<b>Standard 4:</b>	Physical Fitness (PE.S.4)	
(PE.S.4)	Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.5.4.01	perform at the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.	
PE.5.4.02	demonstrate knowledge of the five fitness components (cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility).	
PE.5.4.03	define the components of the F.I.T.T. principle of exercise (i.e. frequency, intensity, time, and type).	
PE.5.4.04	participate in warm-up and cool-down procedures before and after vigorous activities.	
<b>Standard 5:</b>	Responsible Personal and Social Behavior (PE.S.5)	
(PE.S.5)	Students will Identify and apply responsible, personal and social behaviors in physical activity settings.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.5.5.01	participate appropriately with those having different skills and abilities (e.g., share, play fairly).	#63 Tree Factory p.273
PE.5.5.02	respond appropriately in competitive settings regardless of the outcome (e.g., sportsmanship).	
PE.5.5.03	work independently and on task.	
PE.5.5.04	work cooperatively and productively with a partner or small group.	
PE.5.5.05	identify and demonstrate safety procedures for a variety of activities.	