

## Physical Education: Grade 5

### Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

### Motor Skills & Movement Patterns

- Creates and performs simple gymnastic sequences
- Identifies common phases of a movement pattern
- Uses simple cues to improve personal performance
- Provides feedback to others in selected specialized skills
- Distinguishes between sufficient and insufficient practice

### Physical Activity & Fitness

- Participates regularly in moderate-to-vigorous activities
- Sets personal health-related fitness goals
- Engages in activities directly related to personal goals for strength, endurance, and aerobic capacity development
- Explains the benefits of and demonstrates proper warm-up and cool-down
- Explains the importance of flexibility/range of motion in relation to injury prevention
- Demonstrates diaphragmatic breathing and progressive muscular relaxation
- Identifies fitness-related activities available in the community
- Monitors hydration during moderate–vigorous physical activity