



Learning Targets for Physical Education Grade 5

School District of Marshfield

Even and Odd Years- Some sport related targets are taught on an alternating year basis.

A. Social Skill Learning Targets

- A.5.1 Listens and follows directions**
- A.5.2 Is willing to participate in activities**
- A.5.3 Safely interacts with peers and displays safe and appropriate use of equipment**
- A.5.4 Works cooperatively and displays good sportsmanship**
- A.5.5 Wears proper gym shoes**
- A.5.6 Respectful behavior toward others and of others' abilities**

B. Heart Related Fitness Targets

- B.5.1 Jogs at a constant pace for 5 minutes 80% of attempts, both grades**
- B.5.2 Exercises with a heart rate monitor with average heart rate in target zone for 90% of recorded days**
- B.5.3 Exercises with pedometer, recording a minimum of 1500 steps/30, minute class 90% of recorded days**

C. Sport Related Targets

- C.5.1 Throwing – Overhand throws awhile stepping with opposite foot during a game situation**
- C.5.2 Flag football – Demonstrates receiving techniques and catches the ball**
- C.5.3 Volleyball – Serves underhand/overhand over the net within boundaries 3 out of 5 attempts**
- C.5.4 Softball – Fields a hit ball and overhand throws to a target with opposition**
- C.5.5 Dance – Practices dance etiquette (acceptance, respectfulness, and participation).**
- C.5.6 Dance – Performs the grape vine step (left and right) to the beat of the music**
- C.5.7 Juggling – Demonstrates 3-item cascade in five sequences with scarves**
- C.5.8 Adventure and climbing-uses correct procedures, commands and cooperation while assisting in an Australian Backup Belay**

C.5.9 Basketball – Shoots a basketball using correct technique (BEEF: balance, eyes, elbow, follow-through) at a ten-foot hoop at a distance of at least 5 feet

C.5.10 Tumbling – Performs a routine including four tumbling skills which includes stunts, balances, and/or jumps.

C.5.11 Jump Rope – Performs four stunts, four repetitions each without interruption

C.5.12 Soccer – Dribbles a soccer ball with control and makes leading pass to a partner

C.5.13 Track – Performs a running long jump, taking off one foot, landing on two feet, bending knees

D. FitnessGram testing is done as well with each student

D.5.1 Height

D.5.2 Weight

D.5.3 Sit and reach

D.5.4 Curl-up

D.5.5 Push-up (optional)

D.5.6 Pacer Test (running)

D.5.7 Shoulder Stretch (optional)

D.5.8 Trunk Lift (optional)