



St. Mel's Catholic School

Physical Education Guidelines

Grade Five

Fifth graders continue to manipulate a variety of objects according to more specific goals.

At this level accuracy and speed become important with more focus on targets. Now eyehand, eye-foot, and other forms of coordination begin to come together. They take pride in individual achievements and celebrate their successes. Fifth grade students are continually trying to improve their motor skills. At this stage the concept of fairness is emphasized. Students may change rules in order to achieve fairness for all involved. Also at this stage cooperative learning parallels other academic subjects, thus we see groups expand to include five or more students.

Movement Skills and Movement Knowledge

At this level specific body types are more efficient in certain movements, skills, and activities as body size and strength increase steadily. Students become more proficient in

basic skills, such as running, jumping, and throwing. They manipulate objects through space and accuracy and with the added element of speed. Students learn as they practice

for skill and accuracy that the desired expectation determines the type of practice needed

to achieve that goal.

- Jump for height, using proper takeoff and landing form.
- Jump for distance, using proper takeoff and landing form.
- Enter, jump, and leave a long rope turned by others.

Manipulative Skills

- Throw a flying disc accurately at a target and to a partner, using the backhand movement.
- Throw and catch an object underhand and overhand while avoiding an opponent.
- Punt a ball, dropped from the hands, at a target.
- Stop a kicked ball by trapping it with the foot while moving.
- Strike a dropped ball, with a racket or paddle, toward a target by using the forehand movement pattern.
- Hit a softly tossed ball backhanded with a paddle or racket.
- Strike a tossed ball, with different implements, from a side orientation.
- Serve a light weighted ball over a low net, using underhand movement pattern.
- Dribbling a ball (by hand or foot) while preventing another person from stealing the ball.
- Dribble a ball and kick it toward a goal while being guarded.
- Pass a ball back and forth with a partner, using a chest pass and bounce pass.



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- Volley a tossed ball to an intended location.

Health and Performance

- Increase the number of curl-ups.
- Increase the number of push-ups.
- Assess physical fitness using a scientifically based health-related fitness assessment.
- Identify the heart rate intensity (target heart-rate range) that is necessary to increase aerobic capacity.
- Explain the importance of healthy food choices to enhance performance in physical activity.

Self Image

At this level students learn to establish goals and select the practice techniques appropriate to the most immediate goals. In game-like activities they use more than two skills to achieve objectives in the game. Experiencing individual satisfaction increases at this stage as a motivational factor for future participation in a variety of activities.

- Act in a safe and healthy manner when confronted with negative peer pressure during physical activity.
- Distinguish between acts of physical courage and physically reckless acts and explain the key characteristics of each.
- Contribute ideas and listen to the ideas of others in cooperative problem solving activities.
- Acknowledge orally the contributions and strengths of others.

Social Development

At this stage students thrive in small group activity and interact in cooperative play in groups of three to five. They assume increasingly complex roles in cooperative activities;

begin to develop an awareness of individual differences related to gender, cultural heritage, ethnicity, and physical ability; and appreciate the positive aspects of diversity.

- Accommodate individual differences in other's physical abilities in small-group activities.
- Appreciate physical games and activities reflecting diverse heritages.
- Demonstrate fairness in games and activities.
- Demonstrate the similarities and differences in physical education in different regions of the United States.