

KASC ACADEMIC STANDARDS CHECKLIST

PHYSICAL EDUCATION

User's Name: _____



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

FIFTH GRADE

1. Demonstrate competency in a variety of motor skills and movement patterns.

5.1.L1	Explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels and using different pathways in game-like situations.	
5.1.NL1	Apply non-locomotor skills in various activities and game-like situations.	
5.1.BM1	Perform controlled transfers of weight in a variety of physical activities.	
5.1.BM2	Combine weight transfer with movement concepts to perform a skill in a game-like situation.	
5.1.MS1	Apply manipulative skills in game-like situations using various objects.	

2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

5.2.SP1	Apply spatial concepts and combination skills in game-like situations.	
5.2.SD1	Analyze movement situations and apply movement concepts in small-sided practice tasks and game-like situations.	
5.2.ST1	Apply basic offensive and defensive strategies and tactics in activities and game-like situations.	

3. Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

5.3.PA1	Identify factors that can either motivate or deter people from daily physical activity.	
5.3.PF1	Record and review physical activity minutes inside and outside of school to determine progress toward daily recommendation.	
5.3.PF2	Identify the benefits associated with developing and maintaining health-related fitness.	
5.3.N1	Analyze the impact of food choices relative to physical activity, sports and personal health.	

4. Demonstrate responsible personal and social behavior that exhibits respect for self and others.

5.4.SW1	Accept, recognize and actively involve others, with both higher and lower skill abilities, into physical activities and group projects.	
5.4.RE1	Recognize and follow the established rules, protocols and etiquette in physical education.	
5.4.SA1	Follow teacher directions for safe participation and proper use of equipment, independently and with others.	

5. Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

5.5.H1	Develop a personal implementation plan outlining physical activities and their health benefits.	
5.5.C1	Express the enjoyment and/or challenge of participating in a physical activity.	
5.5.SEE1	Analyze different physical activities for enjoyment and challenge identifying reasons for a positive or negative response.	
5.5.SI1	Describe the social benefits gained from participating in physical activity.	
5.5.A1	Create strategies on how to encourage others to make healthy physical activity choices.	