

## Curriculum

<b>Content Area:</b>	<b>Physical Education</b>	<b>Grade Level:</b>	<b>5</b>
<b>MLR Content Standard:</b>	<b>A. Physical Fitness: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.</b>		
<b>MLR Performance Indicators</b>	<b>Students will be able to:</b>	<b>Instruction Level*</b>	<b>Common Assessment</b>
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A 1	Participate in and distinguish among a variety of health-related fitness goals	R, E	<i>Fitnessgram</i>
A 2	Define the components of skill-related fitness and health-related fitness and identify activities which contribute to the development of each component	I	
A 3	Establish personal physical activity goals and participate regularly in health-enhancing activities to accomplish these goals	I, E	<i>personal fitness EFL</i>
A 4	Assess physiological indicators of exercise during and after physical activity ( e.g., pulse rate, sweating)	R	
A 5	Demonstrate appropriate stretching and warm-up exercises that enhance the learning and performance of activities	R	
A 6	Identify and apply rules and procedures designed for safe participation	R	

\*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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<b>MLR Content Standard:</b>	<b>B. Motor Skills: Students will develop motor skills and apply these to enhance their movement and physical performance</b>		
<b>MLR Performance Indicators</b>	<b>Students will be able to:</b>	<b>Instruction Level*</b>	<b>Common Assessment</b>
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
B 1	Demonstrate the correct use of skills in simplified versions of a variety of physical activities	I	
B 2	Describe and apply principles of practice and conditioning that enhance performance	R	
B 3	Recognize general characteristics of movement that can be applied to specific settings	I	
B 4	Use offensive and defensive strategies in simple games and non-complex settings	R	
B 5	Differentiate among the characteristics of highly skilled performances in different movement forms	I	
B 6	Explain and apply more advanced knowledge of sport/activities	I	
B 7	Create a safe environment for skill practice	R	

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<b>MLR Content Standard:</b>	<b>C. Personal and social interactions: The student will demonstrate responsible personal and social behaviors in physical activity settings</b>		
<b>MLR Performance Indicators</b>	<b>Students will be able to:</b>	<b>Instruction Level*</b>	<b>Common Assessment</b>
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
C 1	Participate safely and cooperatively with others to achieve group goals in competitive and cooperative physical activities	R	
C 2	Recognize the influence of peer pressure on individuals during physical activities	I	
C 3	Solve problems which occur in physical activities by analyzing causes and potential solutions	I	
C 4	Identify behaviors that are supportive and inclusive in physical activity	I	
C 5	Demonstrate appropriate etiquette, ways of interacting, care of equipment, and safety in the setting of an activity	R	
C 6	Apply a decision-making process to the safety of themselves and others in activity settings	I, E	<i>Bike Safety</i>

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