

Northwestern School Corporation
Physical Education Curriculum
Course Outline
5th Grade

Movement Forms

Students will:

- Demonstrate ability to integrate locomotor, non-locomotor, and stability movements in more complex skills.
- Demonstrate ability to manipulate objects in order to participate in games.
- Demonstrate ability to perform complex rhythm skills.

Movement Concepts and Motor Skills

Students will:

- Identify ways that movement concepts can be used to refine movement skills.
- Describe and demonstrate essential elements of mature movement patterns.

Physically Active Lifestyle

Students will:

- Participate in health enhancing physical activity.
- Recognize the positive emotional effects of participation in leisure time physical activity.

Health-enhancing Levels of Physical Fitness

Students will:

- Achieve a reasonable level in all components of health-related fitness.
- Demonstrate age appropriate muscular strength and muscular endurance.
- Demonstrate age appropriate cardiovascular endurance.
- Demonstrate age appropriate flexibility.
- Demonstrate age appropriate body composition.

Responsible Personal and Social Behaviors

Students will:

- Exhibit independence and ability to succeed in groups.
- Perform activities safely and follows class rules of conduct.
- Distinguish between compliance and noncompliance with game rules and fair play.

Understanding and Respect for Differences Among People in Physical Activity

Settings

Students will:

- Demonstrate positive attitude toward self and others through physical activity.
- Enjoy participation alone and with others.
- Choose playmates without regard to personal differences.
- Resolve conflict in socially accepted ways.

Physical Activity Provides the Opportunity For Enjoyment, Challenge, Self-Expression, and Social Interaction

Students will:

- Exhibit positive feelings about participation in physical activity.
- Engage in the challenge of new activities.
- Engage in and enjoys independent and interactive physical activity.
- Use physical activity as a means of self-expression.