



Physical Education Standards GRADE: 5

Strand: MOVEMENT COMPETENCY	
Standard 1: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	
BENCHMARK CODE	BENCHMARK
PE.5.M.1.1	Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands. <div style="text-align: center; font-weight: bold; font-size: small;">Related Access Point(s)</div> PE.5.M.1.In.a Demonstrate locomotor skills while applying appropriate movement concepts in a variety of settings, such as sequences, dances and games. PE.5.M.1.Su.a Use locomotor skills while applying selected movement concepts in a variety of settings, such as sequences, dances and games. PE.5.M.1.Pa.a Perform locomotor skills exhibiting selected movement concepts in a variety of settings, such as sequences, dances and games.
PE.5.M.1.10	Perform a variety of dances accurately. <div style="text-align: center; font-weight: bold; font-size: small;">Related Access Point(s)</div> PE.5.M.1.In.j Perform a variety of dances, such as square, contra, step or social, accurately. PE.5.M.1.Su.j Perform a variety of dances, such as square, contra, step or social. PE.5.M.1.Pa.j Perform a guided movement associated with a variety of dances.
PE.5.M.1.11	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and four different movement elements with correct technique and smooth transitions. <div style="text-align: center; font-weight: bold; font-size: small;">Related Access Point(s)</div> PE.5.M.1.In.k Perform a basic gymnastics sequence with a clear beginning; two movement elements, such as balances, rolling actions, changes in speed/direction or skills requiring weight on hands and an ending with correct technique and smooth transitions. PE.5.M.1.Su.k Perform a basic gymnastics sequence with a clear beginning; one movement element, such as balances, rolling actions, changes in speed/direction or skills requiring weight on hands and an ending with correct technique. PE.5.M.1.Pa.k Perform a basic gymnastics sequence with a beginning, more than one rolling action and an ending.
PE.5.M.1.2	Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique. <div style="text-align: center; font-weight: bold; font-size: small;">Related Access Point(s)</div>

	PE.5.M.1.In.b Approach and strike a moving object with body parts so that the object travels in the intended direction.
	PE.5.M.1.Su.b Approach and strike a moving object with body parts so that the object travels.
	PE.5.M.1.Pa.b Strike a moving object from a stationary position using body parts.
PE.5.M.1.3	Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.
	Related Access Point(s)
	PE.5.M.1.In.c Strike an object more than once with a partner using a paddle/racquet.
	PE.5.M.1.Su.c Strike a modified object more than once to a partner using a paddle/racket.
	PE.5.M.1.Pa.c Strike a modified object to a partner using a modified paddle/racket.
PE.5.M.1.4	Strike moving and/or stationary objects with long-handled implements so the objects travel in the intended direction at the desired height using correct technique.
	Related Access Point(s)
	PE.5.M.1.In.d Strike both moving and stationary objects with long-handled implements so the objects travel in the intended direction.
	PE.5.M.1.Pa.d Strike both moving and stationary modified objects with a modified, long-handled implement so the objects travel.
	PE.5.M.1.Su.d Strike both moving and stationary objects with long-handled implements so the objects travel.
PE.5.M.1.5	Apply dribbling skills in modified games, focusing on offensive strategies.
	Related Access Point(s)
	PE.5.M.1.In.e Use dribbling skills in modified games.
	PE.5.M.1.Su.e Perform dribbling skills in various activities.
	PE.5.M.1.Pa.e Throw or kick a ball to a stationary partner.
PE.5.M.1.6	Demonstrate proficiency in one or more swim strokes.
	Related Access Point(s)
	PE.5.M.1.In.f Demonstrate more than one swim stroke, such as front crawl, backstroke, breaststroke, sidestroke or butterfly.
	PE.5.M.1.Su.f Perform a swim stroke.
	PE.5.M.1.Pa.f Perform a modified swim stroke.
PE.5.M.1.7	Catch a variety of objects while traveling and being defended.
	Related Access Point(s)
	PE.5.M.1.In.g Catch a variety of objects while traveling.
	PE.5.M.1.Su.g Catch a variety of modified objects while traveling.
	PE.5.M.1.Pa.g Move to trap modified objects tossed by a stationary partner.
PE.5.M.1.8	Throw a leading pass overhead to a moving partner using a variety of objects.
	Related Access Point(s)
	PE.5.M.1.In.h Throw a pass overhead to a moving partner using a variety of objects.
	PE.5.M.1.Su.h Throw a pass to a moving partner.

	PE.5.M.1.Pa.h Toss modified objects to a recipient (partner).
PE.5.M.1.9	Perform a self-designed sequence, with or without manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth transitions.
	Related Access Point(s)
	PE.5.M.1.In.i Perform a self-designed sequence with or without manipulatives, such as tinkling poles, lummi sticks or jump ropes, demonstrating clear shapes, purposeful movements and smooth transitions.
	PE.5.M.1.Su.i Perform a self-designed sequence with or without manipulatives, such as tinkling poles, lummi sticks, or jump ropes, demonstrating clear shapes and purposeful movements.
	PE.5.M.1.Pa.i Perform a movement sequence with or without manipulatives, demonstrating purposeful movements.

Strand: COGNITIVE ABILITIES

Standard 2: Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.

BENCHMARK CODE	BENCHMARK
PE.5.C.2.1	Apply purposeful movement to a variety of movement settings to include designing and performing movement routines.
	Related Access Point(s)
	PE.5.C.2.In.a Identify and demonstrate purposeful movements, such as timing, flow, sequencing, transfer of weight and rhythm in a variety of movement settings including performing movement routines.
	PE.5.C.2.Su.a Recognize and use purposeful movements, such as timing, flow, sequencing, transfer of weight and rhythm in a variety of movement settings including performing movement routines.
	PE.5.C.2.Pa.a Recognize and use sequence and rhythm in purposeful movement in a variety of movement settings, including performing guided- movement routines.
PE.5.C.2.2	Design or modify a game incorporating skills, rules and strategies.
	Related Access Point(s)
	PE.5.C.2.In.b Combine skills and rules into a new game.
	PE.5.C.2.Su.b Identify skills and rules of a new game.
	PE.5.C.2.Pa.b Recognize the rules in a game or activity.
PE.5.C.2.3	Apply feedback gathered from the use of technology to assess and enhance performance.
	Related Access Point(s)
	PE.5.C.2.In.c Identify and use feedback gathered from the use of technology to assess and enhance performance, such as pedometers, heart-rate monitors and videos.
	PE.5.C.2.Su.c Recognize and use feedback gathered from the use of technology to enhance performance, such as pedometers, heart-rate monitors and videos.
	PE.5.C.2.Pa.c Recognize and use feedback gathered from the use of a selected technology to enhance performance, such as pedometers, heart-rate monitors or videos.

PE.5.C.2.4	Identify the different types of basic water- rescue techniques, using various types of items.
	Related Access Point(s)
	PE.5.C.2.In.d Identify the different basic water- rescue techniques, such as reach, throw, row or don't go.
	PE.5.C.2.Su.d Recognize the different basic water- rescue techniques, such as reach, throw, row or don't go.
	PE.5.C.2.Pa.d Recognize items used in water rescue, such as pole, towel or flotation device.
PE.5.C.2.5	Detect, analyze and correct errors in personal movement patterns.
	Related Access Point(s)
	PE.5.C.2.In.e Identify and correct errors in personal movement patterns.
	PE.5.C.2.Su.e Recognize and correct errors in personal movement patterns.
	PE.5.C.2.Pa.e Recognize and correct an error in selected personal-movement patterns.
PE.5.C.2.6	Compare and contrast skills/sports that use similar movement patterns and concepts.
	Related Access Point(s)
	PE.5.C.2.In.f Identify skills and sports that use similar patterns or concepts.
	PE.5.C.2.Su.f Identify skills that use similar patterns or concepts.
	PE.5.C.2.Pa.f Recognize skills that use similar patterns or concepts.
PE.5.C.2.7	Identify basic practice and conditioning principles that enhance performance.
	Related Access Point(s)
	PE.5.C.2.In.g Identify basic practice principles that enhance performance.
	PE.5.C.2.Su.g Recognize basic practice principles that enhance performance.
	PE.5.C.2.Pa.g Recognize a basic practice principle that enhances performance.
PE.5.C.2.8	Categorize basic offensive and defensive tactics for modified invasion and net activities.
	Related Access Point(s)
	PE.5.C.2.In.h Identify basic offensive and defensive tactics for modified invasion and net activities.
	PE.5.C.2.Su.h Recognize basic offensive and defensive tactics for modified invasion and net activities.
	PE.5.C.2.Pa.h Recognize basic offensive or defensive tactics.

Strand: LIFETIME FITNESS

Standard 3: Participate regularly in physical activity.

BENCHMARK CODE	BENCHMARK
PE.5.L.3.1	Identify a moderate physical activity.
	Related Access Point(s)
	PE.5.L.3.Pa.a Recognize a modified physical activity.
	PE.5.L.3.Su.a Recognize a moderate modified physical activity.
	PE.5.L.3.In.a Recognize a moderate physical activity.

PE.5.L.3.2	Identify a vigorous physical activity.
	Related Access Point(s)
	PE.5.L.3.In.b Recognize a vigorous physical activity.
	PE.5.L.3.Su.b Recognize a physical activity.
	PE.5.L.3.Pa.b Explore physical activities.
PE.5.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	Related Access Point(s)
	PE.5.L.3.Pa.c Recognize an opportunity for involvement in a selected modified physical activity during the school day.
	PE.5.L.3.Su.c Recognize opportunities for involvement in modified physical activities during the school day.
	PE.5.L.3.In.c Recognize opportunities for involvement in selected physical activities during the school day.
PE.5.L.3.4	Identify opportunities for involvement in physical activities after the school day.
	Related Access Point(s)
	PE.5.L.3.In.d Recognize selected opportunities for involvement in physical activities after the school day.
	PE.5.L.3.Su.d Recognize an opportunity for involvement in physical activities after the school day.
	PE.5.L.3.Pa.d Associate involvement in physical activities with experiences after the school day.
PE.5.L.3.5	Formulate a plan to increase the amount of time spent in physical activity.
	Related Access Point(s)
	PE.5.L.3.In.e Create a plan to increase the amount of time spent in physical activity.
	PE.5.L.3.Su.e Select a plan to increase the amount of time spent in physical activity.
	PE.5.L.3.Pa.e Recognize a plan to increase the amount of time spent in physical activity.
PE.5.L.3.6	Discuss lifestyle behaviors that can be made to increase physical activity.
	Related Access Point(s)
	PE.5.L.3.Pa.f Recognize an activity, such as taking stairs, cycling or walking that can be made to increase the level of physical activity.
	PE.5.L.3.Su.f Identify a lifestyle change, such as taking stairs, cycling or walking that can be made to increase the level of physical activity.
	PE.5.L.3.In.f Name lifestyle changes, such as taking stairs, cycling and walking that can be made to increase the level of physical activity.
PE.5.L.3.7	Use technology to enhance regular participation in physical activities.
	Related Access Point(s)
	PE.5.L.3.In.g Use technology to identify selected opportunities for participation in physical activities.
	PE.5.L.3.Su.g Use selected technology to recognize selected opportunities for participation in physical activities.
	PE.5.L.3.Pa.g Use a technology to recognize a selected opportunity for participation in physical activities.
PE.5.L.3.8	Discuss the importance of being visible, being predictable and communicating when cycling.

	Related Access Point(s)
	PE.5.L.3.Pa.h Recognize the importance of being visible when cycling.
	PE.5.L.3.Su.h Recognize the importance of being visible and communicating when cycling.
	PE.5.L.3.In.h Identify the importance of being visible and communicating when cycling.

Standard 4: Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.

BENCHMARK CODE	BENCHMARK
PE.5.L.4.1	Differentiate between muscular strength and muscular endurance.
	Related Access Point(s)
	PE.5.L.4.In.a Identify muscular strength and muscular endurance.
	PE.5.L.4.Su.a Recognize muscular strength and muscular endurance.
	PE.5.L.4.Pa.a Recognize muscular strength or muscular endurance.
PE.5.L.4.2	Identify activities that develop and maintain each component of physical fitness.
	Related Access Point(s)
	PE.5.L.4.In.b Recognize activities that develop and maintain selected components of physical fitness.
	PE.5.L.4.Su.b Recognize activities that develop and maintain a component of physical fitness.
	PE.5.L.4.Pa.b Associate a guided activity as a development of a component of physical fitness.
PE.5.L.4.3	Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.
	Related Access Point(s)
	PE.5.L.4.In.c Recognize the increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.
	PE.5.L.4.Su.c Recognize that increase heart rate intensity affects cardiorespiratory endurance.
	PE.5.L.4.Pa.c Associate increase heart rate intensity with physical fitness.
PE.5.L.4.4	Analyze one's own physical fitness assessment results and develop strategies to enhance performance.
	Related Access Point(s)
	PE.5.L.4.In.d Examine personal physical fitness assessment results and use strategies to enhance performance.
	PE.5.L.4.Su.d Identify personal physical fitness assessment results and use strategies to enhance performance.
	PE.5.L.4.Pa.d Recognize a personal physical fitness assessment result and use a guided strategy to enhance performance.
PE.5.L.4.5	Select proper stretching exercises to increase flexibility and reduce the chance of injury.
	Related Access Point(s)
	PE.5.L.4.In.e Identify selected stretching exercises to increase flexibility and reduce the chance of injury.
	PE.5.L.4.Su.e Recognize stretching exercises to perform prior to physical activity.

	PE.5.L.4.Pa.e Associate a stretching exercise with flexibility.
PE.5.L.4.6	Plan a menu for a balanced meal.
	Related Access Point(s)
	PE.5.L.4.In.f Identify food for a balanced meal.
	PE.5.L.4.Su.f Recognize food for a balanced meal.
	PE.5.L.4.Pa.f Recognize food in a balanced meal.
PE.5.L.4.7	Apply the principles of physical fitness to exercise.
	Related Access Point(s)
	PE.5.L.4.In.g Use principles of physical fitness, such as progression, overload and specificity.
	PE.5.L.4.Su.g Use selected principles of physical fitness, such as progression, overload or specificity.
	PE.5.L.4.Pa.g Use a selected principle of physical fitness, such as progression, overload or specificity.
PE.5.L.4.8	Evaluate progress toward short- and long-term fitness goals.
	Related Access Point(s)
	PE.5.L.4.In.h Examine progress in achieving short- and long-term fitness goals.
	PE.5.L.4.Su.h Identify progress in achieving short- and long-term fitness goals.
	PE.5.L.4.Pa.h Recognize progress in achieving fitness goals.
PE.5.L.4.9	Explain how technology can assist in the pursuit of physical fitness.
	Related Access Point(s)
	PE.5.L.4.In.i Describe how technology can assist in the pursuit of physical fitness.
	PE.5.L.4.Su.i Identify a way that technology can assist in the pursuit of physical fitness.
	PE.5.L.4.Pa.i Recognize ways that technology can assist in the pursuit of physical fitness.

Strand: RESPONSIBLE BEHAVIORS AND VALUES

Standard 5: Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.

BENCHMARK CODE	BENCHMARK
PE.5.R.5.1	Describe a benefit of working productively with a partner to improve performance.
	Related Access Point(s)
	PE.5.R.5.In.a Recognize benefit of working with a partner to improve performance.
	PE.5.R.5.Su.a Recognize a benefit of working with a partner.
	PE.5.R.5.Pa.a Work with a partner in a guided activity.
PE.5.R.5.2	Describe ways to utilize equipment safely during physical activities.
	Related Access Point(s)
	PE.5.R.5.In.b Demonstrate ways to utilize equipment safely during physical activities.
	PE.5.R.5.Su.b Identify a way to utilize equipment safely during a physical activity.

	PE.5.R.5.Pa.b Recognize a safe practice during a physical activity.
PE.5.R.5.3	Describe the influence of individual differences on participation in physical activities.
	Related Access Point(s)
	PE.5.R.5.In.c Recognize selected positive attributes that individuals of varying genders, ages, disabilities, races, cultures and skill levels bring to physical activities.
	PE.5.R.5.Su.c Recognize a positive attribute that individuals of varying genders, ages, disabilities, races, cultures and skill levels bring to physical activities.
	PE.5.R.5.Pa.c Recognize a positive attribute in another person in physical activities.

Standard 6: Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

BENCHMARK CODE	BENCHMARK
PE.5.R.6.1	Describe how participation in physical activity is a source of self-expression and meaning.
	Related Access Point(s)
	PE.5.R.6.Pa.a Recognize that participation in physical activity can be fun.
	PE.5.R.6.Su.a Recognize that participation in physical activity can be fun and pleasurable.
	PE.5.R.6.In.a Recognize that participation in physical activity can be challenging, pleasurable and fun.
PE.5.R.6.2	Explain the benefits of physical activity.
	Related Access Point(s)
	PE.5.R.6.Pa.b Recognize a benefit of physical activity.
	PE.5.R.6.Su.b Recognize benefits of physical activity.
	PE.5.R.6.In.b Identify benefits of physical activity.
PE.5.R.6.3	Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.
	Related Access Point(s)
	PE.5.R.6.Pa.c Select a way to celebrate one's own physical accomplishments while displaying sportsmanship.
	PE.5.R.6.Su.c Recognize a way to celebrate one's own physical accomplishments while displaying sportsmanship.
	PE.5.R.6.In.c Identify ways to celebrate one's own physical accomplishments while displaying sportsmanship.