

Fifth Grade Alignment
The Fifth Grade Report Card
The Scope and Sequence:
Skills are “Introduced, Practice/Progression, Towards Excellence, & Maintenance” In Fifth Grade
The Fifth Grade Standards: *In Italics*

Report Card:

Demonstrates appropriate locomotor skills
Demonstrates appropriate object control skills
Demonstrates appropriate Fitness activities
Listens, follows directions, works safely, independently, and cooperatively

Scope and Sequence/Curriculum

Movement Skills

Traveling in general space
Traveling in personal space
Run-Maintenance
Gallop-Maintenance
Slide-Maintenance
Jump-Towards excellence
Hop-Maintenance
Skip-Maintenance
Leap-TGMD Assessment & Common Core Assessment/TE
Bend-stretch
Push-pull
Twist-Turn
Swing-Sway
Know the ready position for starting and stopping
Traveling at different speeds
Traveling in different directions
Traveling in different pathways: Straight and Curved
Performing skills with varying force-**Towards excellence**
Performing locomotor and non-locomotor sequences
Traveling with a partner matching pathways, changing speeds and direction-**Towards excellence**
Traveling in games and sports-**Towards excellence**
Chasing, Fleeing, and Dodging-
Traveling to flee
Traveling to dodge stationary obstacles
Dodging with quick changes of direction
Dodging a thrown object by traveling

Dodging a thrown object without traveling-**Maintenance**
Dodging and faking moves to avoid a chaser-**Maintenance**
Using a team strategy for chasing, fleeing, and dodging-**Towards excellence**
Dodging while manipulating an object-**Maintenance**
Dodging and chasing as part of a large game
Model selected locomotor and non-locomotor movements
*Perform two or more locomotor and/or non-locomotor skills in combination or sequence
with control and fluid transition*
*Create combinations of locomotor and non-locomotor movement and manipulative skills
in selected activities*

Throwing and Catching

Rolling a ball
Catching a rolling ball
Throwing at a large target
Throwing to small targets
Throwing for distance
Catching from a skilled thrower
Tossing to self and catching
Bouncing a ball to self and catching
Throwing and catching at various levels-**Maintenance**
Throwing a ball at the wall and catching it off the rebound
Catching with a scoop
Tossing underhand
Overarm throw-**TGMD Assessment- Towards excellence**
Throwing and catching with a partner
Throwing and catching while moving-**Maintenance**
Throw and catch in low organized games
Batting stance and grip
Moving to catch a ball
Utilizing throwing and catching in lead up games
Utilizing throwing and catching in various sports
Football starting game, putting ball in play, fumbles, downed ball, first down, blocking,
rushing, offsides, pass interference, playing field, and touchdowns
Football quarterbacks, receivers, centers
Football Halfbacks, Blockers, Pass defenders-**Introduced**
Football man to man, pass patterns, ball carrying
Football centering and hand-offs
Football Defensive formations, zone to zone, offensive formations--**Introduced**
Football stances, kicking, punting, blocking-**Introduced**

Kicking

- Kicking a stationary ball
- Approaching a stationary ball and kicking-**TGMD Assessment**
- Kicking a rolling ball from a stationary position
- Kicking a rolling ball from a moving position-**Towards excellence**
- Dribbling
 - Starting and stopping while dribbling
 - Traveling in various pathways while dribbling
 - Dribbling around stationary objects
- Passing to a stationary partner-**Towards excellence**
 - Passing to a moving partner
 - Passing for distance
 - Kicking for distance
- Traveling and shooting for a goal-**Towards excellence**
 - Utilizing kicking and punting in lead up games
 - Utilizing kicking and punting skills in regulation sports
- Know the ready position, action, and follow through of kicking and punting skills
 - Soccer end line, goal line, side line, center line, and scoring
 - Soccer direct kicks, indirect kicks, Penalty kicks
 - Soccer offense and defense and tackling
 - Soccer throw ins
- Soccer goalies, fullbacks, goal kicks, offsides, heading-**Introduced**

High Jump/ Jump rope

- Horizontal jump-**Maintenance**
- Vertical jump-**Maintenance**
- Jumping over low obstacles: Hoops or hurdles
 - Jumping to form a body shape during flight
 - Perform jumping sequences
 - Jumping on and off equipment
 - Jumping over a turned rope
- Jumping over a self turned rope-**Towards excellence**
 - Jumping to catch
 - Jumping to throw-**Maintenance**
- Jumping off equipment, landing, and rolling
 - Vaulting jumps over a small vaulting box
 - Hurdling Jumps

Gymnastics

Animal walks

Jumping over, on and off equipment

Jumping off equipment, landing, and rolling

Jumping with a springboard

Performing step and spring take offs-**Towards excellence**

Balancing on different bases of support

Traveling and stopping in balanced positions

Traveling into and out of balances

Balancing in different body shapes and levels

Balancing on balance boards

Balancing objects on the body

Balancing with a partner-**Towards excellence**

Balancing while supporting the weight of a partner

Balancing symmetrically and non-symmetrically

Traveling on body parts

Transferring weight from feet to other body parts without traveling

Transferring weight from feet to other body parts while traveling-**Towards excellence**

Transferring weight onto a large apparatus

Rocking

Log roll

Egg roll

Forward roll-**Maintenance**

Backward roll--**Towards excellence**

Rolling from different positions

Rolling at different speeds

Rolling on equipment

Jumping for height, landing, and rolling

Traveling on low gymnastics equipment (balance beam)

Performing stationary balances on equipment

Performing a balancing sequence-**Towards excellence**

Performing inverted balanced-**Towards excellence**

Traveling on large apparatus (balance beam)-**Towards excellence**

Performing sequences combining stationary and traveling moves

Combining skills on mats

Performing sequences that combine stationary balances and traveling on mats

Transferring weight onto bars-**Towards excellence**

Transferring weight onto hands

Transferring weight onto hands followed by rolling

Transferring weight onto hands by stepping/cartwheel

Transferring weight onto hands and twisting

Round-off

Handstand

Backbend

High balance beam dismounts, locomotors, balances, and turns-**Towards excellence**

High balance beam mounts

Parallel bars mounts
Parallel bars dismounts
Parallel bars traveling moves
Parallel bars strength moves
Parallel bars swinging moves
Parallel bars inverted moves
Uneven bars mounts
Uneven bars dismounts
Uneven bars circling moves and swinging moves
Still rings, basic inverted body positions
Still rings support moves
Still rings dismounts
Vault catch mounts, squat, and front
Performing sequences that involve a mount, intermediary moves, dismount
Combining weight transfer and balances in sequences
Perform a sequence that combines weight transfer and balance movements

Volleying and Dribbling Striking Skills:

Striking balloons using various body parts and arm patterns
Striking a variety of balls to the floor
Striking a variety of balls to the wall-**Towards excellence**
Striking a variety of balls upward continuously-**Towards excellence**
Varying the force, body level, and body position while striking-**Towards excellence**
Dribbling while at different body levels
Dribbling downward while passing moving objects
Dribbling while in game or sport situations
Dribbling downward while moving around stationary objects-**Towards excellence**
Volleying with two hands overhead
Volleying with two hands underhand
Volleying over a net
Volleying non-continuously to a partner
Volleying continuously with a partner
Volleying to the wall
Serving underhand over a net
Serving side arm over a net
Serving over arm over a net
Spiking over a net
Identify the ready position, action, and follow through of striking and volleying skills-
Towards excellence
Utilizing volleying and dribbling skills in lead up games
Utilizing volleying and dribbling skills in various sports
Basketball playing court and violation
Basketball Traveling
Basketball three second lane

Basketball double dribble
Basketball technicals
Basketball free throws
Basketball two point shot
Point guard, guard, forward, center
Fouls
Pick, give and go
Man to man and Press
Basketball chest pass and bounce pass
Basketball baseball pass and overhead pass
Two hand set shot
One hand set shot
Basketball lay-up
Basketball jump shot
Pivot
Rebounding and blocking out
Basketball jump ball-**Introduced**
Volleyball playing court, rotation, and serving area
Volleyball three hits per side, ball landing on line is good, no carries, no touching net,
scoring
Volleyball offense and defense
Volleyball dink
Volleyball blocking and spike-**Introduced**

Striking with Implements (Hockey, Rackets, Batting):

Balancing objects on paddles
Striking a balloon with a paddle
Striking a self tossed object or dropped ball
Striking a stationary ball on the floor-Hockey, Golf
Striking a ball upward continuously
Striking a ball downward continuously
Striking an object in the desired direction
Varying the force of the hit
Striking to hit a target-**Towards excellence**
Striking to send a ball over the net-**Towards excellence**
Striking a ball rebounding from the wall
Hitting cooperatively and continuously with a partner-**Towards excellence**
Striking overhead-**Towards excellence**
Striking side arm-**Towards excellence**
Striking a ball on the floor and traveling
Traveling, stopping and controlling the ball-Hockey
Traveling and striking to dodge stationary objects
Traveling and striking to hit a target
Passing to a partner using striking skills

Traveling, striking, and changing pathways with a partner-**Towards excellence**
Striking to dodge an opponent-**Towards excellence**
Passing and receiving on the move-**Towards excellence**
Identify the ready position, action, and follow through of the basic striking skills using implements-**Towards excellence**
Striking off a batting tee
Striking for distance
Striking for accuracy
Striking a pitched ball-**Towards excellence**
Softball playing field
Softball infield, outfield, and batting order
Softball no stealing bases
Softball infield fly rule and no bunting
Softball offense and defense
Softball fly balls, grounders
Softball Batting grip, stance, and rotation-**Towards excellence**
Softball base running
Softball first base out-**Introduced**
Hitting to open spaces-**Introduced**
Identify forehand and backhand sides of the body
Throwing a ball into the air and striking it
Playing official sports games using striking skills
Hockey playing field, high sticking, forwards, centers, defensive players, goalies, scoring, grip, carrying stick
Hockey shooting and wrist shots
Hockey slap shots-**Introduced**
Hockey offsides and checking-**Introduced**

Rhythms and Dance:

Moving to rhythmical movements
Traveling to rhythms creatively
Traveling even and uneven rhythms-**Towards excellence**
Performing movement sequences to various rhythms-**Towards excellence**
Recognize phrase/accent of musical accompaniment by changing movements-**Towards excellence**
Square dance-**Towards excellence**
Performing rhythmical sequences with a partner-**Towards excellence**
Folk Dance-**Towards excellence**
Aerobic dance-**Maintenance**
Parachute
Tinkling
Lummi sticks

Fitness

- Identify the immediate effects of exercise on the body-**Towards excellence**
- Identify the benefits of physical fitness-**Towards excellence**
- Explain how stretching improves flexibility-**Towards excellence**
- Identify the correct body alignment while sitting, standing, and walking-**Towards excellence**
- Know the movement principles involved in producing and absorbing force, maintaining stability, opposition, and follow-through-**Towards excellence**
- Sustain an aerobic activity for a specified amount of time-**Maintenance**
- Know activities which contribute to endurance, flexibility, and strength
- Demonstrate skills which improve and maintain the components of fitness
 - Identify the difference between static and dynamic stretching
 - Evaluate personal fitness
 - Identify the effects of exercise on functions of the body
 - Analyze effects of diet on performance
- Identify the physiological and anatomical characteristics which influence performance
- Identify the principles of fitness training: Overload, specificity, frequency, duration, intensity, aerobic, and anaerobic
 - Know the five components of fitness*
 - Understand how aerobic and non-aerobic activities impact their personal fitness*
 - Explain what happens to the body the harder one plays, runs, or does physical activity*
 - Select activities that help achieve the target heart rate zone for a specific amount of time*
 - Identify target heart rate, maximum heart rate, and resting heart rate*
 - Explain how to recognize target heart rate zone*
 - Explain fitness scores to parents and guardians*
- Participate in a progression of activities that will maintain or improve personal fitness levels*
- Identify the benefits of both aerobic and anaerobic activities on the body systems*

Spring Review

- Stations
 - Bowling-roll a ball
 - Hockey or Golf-Striking with stick/club
 - Hurdles outside
 - Kickball outside
 - Throwing and Catching outside with a scoop
 - Jump roping outside on black top
 - Scooters
 - Base running
 - Cooperative games
- Use vocabulary specific to activities, games, and sports*
- Decide when to use offensive and defensive strategies in games*

Cooperation and Safety

Wear appropriate clothing and footwear while performing activities

Perform with appropriate safety equipment in safe environments

Ability to safeguard self and others

Demonstrate proper behavior classroom procedures

Be responsible in personal and social behavior during physical activity

Define the components of good sportsmanship

Identify and define characteristics of an effective leader

Identify a variety of supportive roles within a cooperative group setting

Identify responsible decision-making choices

Recognize individual differences in performances within a group

Respect decisions made by others concerning rules, procedures, and processes during activities