

Physical Education – grades 5 & 6
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

- 5-6.1 Uses mature form in object control skills (e.g. underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike, batting, punt, pass).
- 5-6.2 Executes basic sport-specific skills with more maturity.
- 5-6.3 Demonstrates more mature strategies useful in individual and team activities

Standard 2

- 5-6.4 Understands principles of practice and conditioning that improve performance.
- 5-6.5 Understands the reasons for using warm up and cool down techniques.
- 5-6.6 Uses information from peer and/or teacher review and self-assessment to improve performance during physical activities.

Standard 3

- 5-6.7 Knows how to modify activities to be more health enhancing (e.g. walk instead of ride, take the stairs instead of the elevator).
- 5-6.8 Understands activities that provide personal challenge (e.g. competitive activities).
- 5-6.9 Increases understanding of the short-term and long-term benefits of physical activity.
- 5-6.10 Increases understanding of why physical activity is important to people of all ages.

Standard 4

- 5-6.11 Knows how to monitor intensity level of exercise (e.g. heart rate, breathing rate, perceived exertion and recovery rate).
- 5-6.12 Participates in moderate to vigorous physical activities in class, gymnastic clubs, youth sports, recreation programs, etc.
- 5-6.13 Understands the role of exercise and other factors in weight control improved fitness, control of stress, etc.
- 5-6.14 Compares own health/fitness level with health related fitness standards for appropriate level of standardized fitness test.

Standard 5

- 5-6.15 Knows how to develop rules, procedures, and etiquette that are safe and effective for games and sports.
- 5-6.16 Understands the importance of safety, good sportsmanship, and following rules for the enjoyment of all participating in physical activities.
- 5-6.17 Practices good sportsmanship, respect for themselves and each other, patience, tolerance, cooperation and teamwork.