

Physical Education

Fifth Grade

Requirements: California P.E. standards for grades 1-6 require a minimum of 200 minutes each 10 days of Physical Education. This includes physical activity, understanding games and rules, personal hygiene, nutritious food choice and healthy living choices.

Background:

Children at this age are continuously trying to improve their motor skills, types of coordination, and ability to understand the fairness of rules. Additionally, they are aware of and are ready to celebrate their successes and understand as well as learn from their failures. They are becoming more aware of the changes happening to their bodies and aware of their place in their world. They begin to develop an awareness of individual differences related to gender, cultural heritage, ethnicity and physical abilities; and appreciate the positive aspects of diversity.

Movement:

Fifth graders should be given the opportunity to focus on both speed and accuracy, with a focus on targets, in skills that require both large and small movements. Students should be given the opportunity to throw balls of different sizes, catching objects from differing distances, etc. fifth graders should understand that rules are vital to gamesmanship and demonstrate a sense of fairness and respect towards the game, other players, and officials.

Objectives: Students will be able to:

- Manipulate objects with accuracy and speed.
- Be involved in game-like activities, with emphasis on one or more skills.
- Distinguish between compliance and noncompliance with game rules.
- Use fundamental strategies (i.e., offensive and defensive) in simple games.
- Recognize that simple body types are more effective in certain movement skills and activities.
- Participate in physical activities at least three times weekly.
- Begin to appreciate individual differences within small group competitions and cooperations.
- View the practice and perfection of performances such as folk dance in a positive manner.
- Recognize changes in their bodies such as height and weight.
- Learn to use equipment safely, carefully and responsibly.
- Develop responsibility for expected behaviors in a group setting.
- Understand that the body has needs such as oxygen and food to be used as fuel.
- Learn that the body has many systems.
- Understand that nutrition and exercise is essential to physical strength and energy.
- Recognize that food personal hygiene helps maintain health and should be practiced consistently. (hand washing, etc.).
- Understand that regular exercise and good nutritious food choices are vital to health.
- Understand that sleep helps bodies and brains to function well.