

National Standards Based Report Card - 5th Grade

Performance Indicators		Quarter			
		1	2	3	4
Standard 1: Demonstrate competence in a variety of motor skills and movement patterns.					
S1.E1 Hopping, galloping, running, sliding, skipping, leaping	Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance. (S1.E1.5a) Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments. (S1.E1.5b) Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey, and basketball). (S1.E1.5c)				
S1.E2 Jogging, running	Uses appropriate pacing for a variety of running distances. (S1.E2.5)				
S1.E3 Jumping and Landing, horizontal	Combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics and small-sided practice tasks in game environments. (S1.E3.5)				
S1.E4 Jumping and Landing, vertical	Refer to S1.E3.5				
S1.E5 Dance	Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. (S1.E5.5)				
S1.E6 Combinations	Applies skill.				
S1.E7 Balance	Combines balance and transferring weight in a gymnastics sequence or dance with a partner. (S1.E7.5)				
S1.E8 Weight Transfer	Transfers weight in gymnastics and dance environments. (S1.E8.5)				
S1.E9 Weight Transfer, rolling	Applies skill.				
S1.E10 Curling and stretching; twisting and bending	Performs curling, twisting, and stretching actions with correct application in dance, gymnastics and small-sided practice tasks in game environments. (S1.E10.5)				
S1.E11 Combinations	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. (S1.E11.5)				
S1.E12 Balance and Weight transfers	Combines actions, balances, and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus. (S1.E12.5)				
S1.E13 Throwing underhand	Throws underhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of objects. (S1.E13.5a) Throws underhand to a large target with accuracy. (S1.E13.5b)				
S1.E14 Throwing overhand	Throws overhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of balls. (S1.E14.5a) Throws overhand to large target with accuracy. (S1.E14.5b)				
S1.E15 Passing with hands	Throws with accuracy, both partners moving. (S1.E15.5a) Throws with reasonable accuracy in dynamic, small-sided practice tasks. (S1.E15.5b)				
S1.E16 Catching	Catches a batted ball above the head, at chest, or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills). (S1.E16.5a) Catches with accuracy, both partners moving. (S1.E16.5b) Catches with reasonable accuracy in dynamic, small-sided practice tasks. (S1.E16.5c)				
S1.E17 Dribbling/ball control with hands	Combines hand dribbling with other skills during 1v1 practice tasks. (S1.E17.5)				
S1.E18 Dribbling/ball control with feet	Combines foot dribbling with other skills in 1v1 practice tasks. (S1.E18.5)				
S1.E19 Passing and receiving with feet	Passes with the feet using a mature pattern as both partners travel. (S1.E19.5a) Receives a pass with the feet using a mature pattern as both partners travel. (S1.E19.5b)				
S1.E20 Dribbling in combination	Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. (S1.E20.5)				
S1.E21 Kicking	Demonstrates mature patterns of kicking and punting in small-sided practice task environments. (S1.E21.5)				
S1.E22 Volleying underhand	Applies skill.				
S1.E23 Volleying overhead	Volleys a ball using a two-hand pattern, sending it upward to a target. (S1.E23.5)				
S1.E24 Striking, short implement	Strikes and object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment. (S1.E24.5)				
S1.E25 Striking, long implement	Strikes a pitched ball with a bat using a mature pattern. (S1.E25.5a) Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (S1.E25.5b)				
S1.E26 In combination with locomotor	Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, and basketball). (S1.E26.5)				
S1.E27 Jumping rope	Creates a jump rope routine with a partner using either a short or long rope. (S1.E27.5)				
Standard 2 - Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.					
S2.E1 Space	Combines spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance, and games environments. (S2.E1.5)				
S2.E2 Pathways, shapes, levels	Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics, and dance with self-direction. (S2.E2.5)				
S2.E3 Speed, direction, force	Applies movement concepts to strategy in game situations. (S2.E3.5a) Applies the concepts of direction and force to strike an object with a long-handled implement. (S2.E3.5b) Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance, and gymnastics. (S2.E3.5c)				
S2.E4 Alignment and muscular tension	Applies skill.				
S2.E5 Strategies and tactics	Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. (S2.E5.5a) Applies basic offensive and defensive strategies and tactics in net/wall small sided practice tasks. (S2.E5.5b) Recognizes the type of throw, volley, striking action needed for different games and sports situations. (S2.E5.5c)				
Standard 3 - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.					
S3.E1 Physical Activity Knowledge	Charts and analyzes physical activity outside physical education class for fitness benefits of activities. (S3.E1.5)				
S3.E2 Engages in Physical Activity	Actively engages in all the activities of physical education. (S3.E2.5)				
S3.E3 Fitness Knowledge	Differentiates between skill-related and health-related fitness. (S3.E3.5)				

S3.E4 Fitness Knowledge	Identifies the need for warm-up and cool-down relative to various physical activities. (S3.E4.5)				
S3.E5 Assessment and Program Planning	Analyzes results of fitness assessment (pre- and post-), comparing results with fitness components for good health. (S3.E5.5a) Designs a fitness plan to address ways to use physical activity to enhance fitness. (S3.E5.5b)				
S3.E6 Nutrition	Analyzes the impact of food choices relative to physical activity, youth sports, and personal health. (S3.E6.5)				
Standard 4 - Exhibits responsible personal and social behavior that respects self and others.					
S4.E1 Personal Responsibility	Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). (S4.E1.5)				
S4.E2 Personal Responsibility	Participates with responsible personal behavior in a variety of physical activity contexts, environments, and facilities. (S4.E2.5a) Exhibits respect for self with appropriate behavior while engaging in physical activity. (S4.E2.5b)				
S4.E3 Accepting Feedback	Gives corrective feedback respectfully to peers. (S4.E3.5)				
S4.E4 Working with Others	Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects. (S4.E4.5)				
S4.E5 Rules and Etiquette	Critiques the etiquette involved in rules of various game activities. (S4.E5.5)				
S4.E6 Safety	Applies safety principles with age-appropriate physical activities. (S4.E6.5)				
Standard 5 - Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					
S5.E1 Health	Compares the health benefits of participating in selected physical activities. (S5.E1.5)				
S5.E2 Challenge	Expresses (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity. (S5.E2.5)				
S5.E3 Self- Expression and Enjoyment	Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. (S5.E3.5)				
S5.E4 Social interaction	Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport). (S5.E4.5)				

Rating Scale for Achievement Standards

- 4 EXCEEDS expectation of grade-level indicator
- 3 MEETS expectation of grade-level indicator
- 2 PROGRESSING toward expectation of grade-level indicator
- 1 LIMITED PROGRESS toward expectation of grade-level indicator
- Not assessed as this time