

Identifier	Poplar - Grade 5 - Physical Education	Introduced	Completed
5 PE 1	LEARNING AND DEVELOPMENT OF MOTOR SKILLS		
5 PE 1.1	Utilize vocabulary to differentiate between more complex game-like strategies (i.e., offense, defense).		
5 PE 1.2	Identify and apply the intermediate elements (i.e., force and accuracy) of movement forms.		
5 PE 1.3	Apply simple strategies to game-like situations.		
5 PE 1.4	Identify the characteristics of highly skilled performance in a few movement forms.		
5 PE 1.5	Explain the physiological factors (i.e., heredity) affecting individual differences in physical fitness levels.		
5 PE 2	MOVEMENT FORMS		
5 PE 2.1	Utilize locomotor and nonlocomotor movements in physical activities.		
5 PE 2.2	Execute a combination of skills in a new and dynamic environment.		
5 PE 2.3	Create and perform sequence, alone or with a group, that combines weight transfer and balance movements.		
5 PE 3	MOVEMENT AS COMMUNICATION		
5 PE 3.1	Create, within a group, movement sequences which clearly demonstrate the use of shapes, levels, and pathways.		
5 PE 3.2	Clearly demonstrate a range of qualities of movement (i.e., bound/free, percussive/sustained)		
5 PE 3.3	Observe and identify the action (i.e., skip, gallop) and movement elements (i.e., direction, level) of brief movement sequences.		
5 PE 3.4	Create and perform an identifiable beginning, middle, and end of a movement sequence both with and without rhythmic accompaniment.		
5 PE 3.5	Apply partner skills while creating a movement sequence.		
5 PE 3.6	Create a movement phrase, accurately repeat it and then vary it, making changes in the time, space, and/or qualities of movement.		
5 PE 3.7	Recognize the elements of movement (i.e., shape, level, and pathways) found in dance, sports, and everyday actions.		
5 PE 3.8	Create a movement sequence to express an idea/concept.		
5 PE 3.9	Discuss interpretations and reactions to a movement sequence.		
5 PE 3.10	Create and perform various movements to a steady beat with or without a prop (i.e., tinkling poles) within a group.		
5 PE 3.11	Move to a musical beat and respond to changes in tempo (i.e., use a hand drum, recorder, segments of music of various tempos).		
5 PE 3.12	Perform more technically complex folk and/or social dances and identify the cultural and historical contexts.		
5 PE 4	INDIVIDUAL FITNESS		
5 PE 4.1	Create personal goals related to fitness assessment.		
5 PE 4.2	Maintain a continuous aerobic activity (at a target heart rate) for a specified time.		
5 PE 4.3	Identify the health-related components of fitness in various activities.		
5 PE 4.4	Utilize proper warm-up, conditioning, and cool-down techniques.		
5 PE 5	SOCIAL INTERACTION		
5 PE 5.1	Make proper decisions about applying rules, procedures, and etiquette.		
5 PE 5.2	Demonstrate positive responses to challenges, successes, and failures in physical activity.		
5 PE 5.3	Manage conflict positively and demonstrate teamwork and sportsmanship while interacting with others regardless of differences.		
5 PE 5.4	Identify similarities and differences in games, sports, and dance from other cultures.		