



Shakopee Area Catholic School  
Physical Education Standards and Benchmarks  
Grade Level: 5

Students will demonstrate mature movement patterns.

- Students will demonstrate mature traveling skills like walking, running, galloping, hopping, skipping, sliding.
- Students will describe critical elements of correct movement patterns.

Students will perform basic rhythmic skills.

- Students will demonstrate basic line, circle, and reel formations.
- Students will move to a variety of musical rhythmns.
- Students will perform basic dances like 7 Jumps, Irish Stew, Les Saluts, Hustle, Electric Slide, Reel, Schottische etc.

Students will exhibit appropriate social behavior.

- Students will work cooperatively with others to achieve common goal.
- Students will demonstrate safety.
- Students will follow the rules.

Students will demonstrate spatial awareness.

- Students will show how to move about the gym without running into walls or other people.
- Students will show how to give others space when exercising and during activities.
- Students will apply concept of left/right, backwards/forwards in movement.

Students will perform with manipulative equipment.

- Students will practice throwing technique with different sizes and shapes of balls (softballs, footballs, playballs).
- Students will practice serving, passing, and setting skills with volley-lites.
- Students will demonstrate kicking skills with a moving/stationary ball (football, soccer ball, kickball).
- Students will demonstrate selection of proper sized jump rope and basic forward/backward bounce. Students will also perform skiers, side-swings, criss-cross, double under. Students will create and demonstrate short routine.
- Students will practice passing, stick-handling, and shooting with hockey sticks.
- Students will practice striking skills with softball bats and balls.

- Students will practice throwing and catching Frisbees.
- Students will demonstrate an understanding of movement concepts in individual performance

Students will demonstrate fitness activities.

- Students will perform jumping jacks, skiers, bells, pushups, sit ups.
- Students will perform basic stretches.
- Students will demonstrate short/medium distance jogging.
- Students will take part in presidential fitness challenge.
- Students will describe lifetime activities.
- Students will describe benefits of regular physical activity.