

Focus: Students will apply manipulative and locomotor skills in combination in a variety of physically active environments. Students will identify basic biomechanical principles related to movement, evaluate movement skills and identify effective strategies in physical activity. Students will work to enhance personal fitness by applying health-enhancing fitness knowledge through goal setting and fitness monitoring. Students will demonstrate cooperative skills, leadership skills and analyze the impact of individual behavior on the group while participating in physical activity. Students will continue to strengthen their knowledge of the effect of exercise on the brain and begin to share it with others.				
Manipulatives	Understanding: Students will execute a combination of motor patterns and skills needed to participate in physical activities and become competent movers.	District, IL PE, SHAPE, IL SEL	Pacing	Key Vocabulary
5.PE.1	Students who demonstrate understanding will be able to:			
5.PE.1.2	Throw overhand demonstrating 3 of the 5 critical elements and reasonable accuracy within dynamic environments	S1.E13.5A, IL19A.2a		
5.PE.1.3	Catch a ball using a mature pattern in a non dynamic environment.	S1.E16.5A, IL19A.2b		
5.PE.1.4	Catch an object while moving in small-sided practice tasks	S1.E16.5B, S1.E16.5C, IL19A.2a		
5.PE.1.5	Combine hand dribbling with other skills during practice tasks.	S1.E17.5, IL19A.2a		
5.PE.1.6	Combine foot dribbling with other skills in practice tasks.	S1.E18.5, IL19A.2a		
5.PE.1.7	Pass and receive with the foot using a mature pattern as both partners travel.	S1.E19.5A, IL19A.2a		
5.PE.1.8	Demonstrate mature patterns in kicking and punting in small-sided practice task environments.	S1.E21.5, IL19A.2a		
5.PE.1.9	Volley a ball using a 2-hand overhead pattern, sending it upward to a target.	S1.E23.5, IL19A.2b		
5.PE.1.10	Strike an 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, IL19A.2b, IL19A.2a		
5.PE.1.11	Combine striking with a long implement with receiving and traveling skills in a small-sided game.	SE.E25.5B, IL19A.2a		
5.PE.1.12	Combine manipulative skills and traveling for execution to a target.	S1.E26.5, IL19A.2a		
5.PE.1.13	Create a jump rope routine with a partner, using either a short or long rope.	S1.E27.5, IL19A.2a		
Locomotor	Understanding: Students will apply and demonstrate a mature pattern of locomotor skills in a sequence and in combination with manipulative skills in a dynamic environment	District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.2	Students who demonstrate understanding will be able to:			
5.PE.2.1	Demonstrate mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance.	S1.E1.5A, IL19A.2a, IL19A.2b		
5.PE.2.2	Combine locomotor and manipulative skills in a variety of small-sided practice tasks and games environments.	S1.E1.5B, IL19A.2a, IL19A.2b		
5.PE.2.3	Combine traveling with manipulative skills for execution to a target in a dynamic environment.	S1.E1.5C, IL19A.2a, IL19A.2b		
5.PE.2.4	Use appropriate pacing for a variety of running distances.	S1.E2.5, IL19A.2a, IL19A.2b		
5.PE.2.5	Combine jumping and landing patterns with locomotor and manipulative skills in dance, educational gymnastics and small-sided practice tasks and games environments.	S1.E3.5, IL19A.2b, IL19A.2a		
5.PE.2.6	Combine locomotor skills in cultural as well as creative dances with correct rhythm and pattern.	S1.E5.5, 19A.2b, 19A.2a		
Balance and Weight Transfer	Understanding: Students will be able to demonstrate combinations of movement related to balance and stability. Students will be able to identify concepts of balance and stability.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.3	Students who demonstrate understanding will be able to:			
5.PE.3.1	Combine balance and transferring weight in a gymnastics sequence or dance with a partner.	S1.E7.5, IL19A.2a, IL19A.2b		

5.PE.3.2	Identify biomechanical principles of movement related to weight transfer, balance, absorption, and application of force.		IL. 19B.2a		
5.PE.3.3	Demonstrate movement where balance is established, lost and gained		IL. 19b.2b		
5.PE.3.4	Transfer weight in gymnastics and dance environments.		S1.E8.5, IL.19A.2a		
Cooperative	Understanding: Students will analyze and recognize cooperative behaviors with others in group settings.		District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.4	Students who demonstrate understanding will be able to:				
5.PE.4.1	Give corrective feedback respectfully to peers.		S4.E3.5, IL.21B.2a, SEL2A.2b, SEL3A.2b		
5.PE.4.2	Accept, recognize and actively involve others with both higher and lower skill abilities into physical activities and group projects.		S4.E4.5, IL21a.2a, IL21b.2a, SEL2C.2b, SEL3A.2a		
5.PE.4.3	Analyze the impact of individual behaviors on group physical activity.		IL21A.2a, SEL2C.2b, SEL2D.2a		
5.PE.4.4	Demonstrate how to settle disagreements during physical activity.		IL21A.2a, IL21b.2a, SEL2D.2b		
Fitness	Understanding: Students will be able to demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.		District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.5	Students who demonstrate understanding will be able to:				
5.PE.5.1	Identify activities that will positively impact overall fitness level.		IL20C.2b, IL20a.2a		
5.PE.5.2	Actively engages in all the activities of physical education including health-related and skill related activities to improve in those areas.		S3.E2.5, IL20A.2b		
5.PE.5.3	Participate in moderate to vigorous levels of physical activity on a daily basis.		IL20A.2b, IL19A.2b		
5.PE.5.4	Differentiate between skill-related and health-related fitness.		S3.E3.5, IL20c.2b		
5.PE.5.5	Select activities that help achieve the target heart rate zone for a specific amount of time		IL20B.2a		
5.PE.5.6	Report exertion levels during a variety of activities/games		IL20B.2a		
5.PE.5.7	Set and monitor health-related fitness goals		IL20C.2a		
5.PE.5.8	Analyze results of fitness assessments identifying strengths and areas for growth		S3.E5.5a, IL20B.3b		
5.PE.5.9	Identify activities appropriate for warm up and cool down for various physical activities		S3.E4.5, IL20A		
Personal Responsibility	Understanding: Students will exhibit responsible personal and social behavior that respects self and others.		District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.6	Students who demonstrate understanding will be able to:				
5.PE.6.1	Engage in physical activity with responsible behavior		S4.E1.5 IL21A.2a, S4.E2.5a, S4.E6.5, SEL3A.2a		
5.PE.6.2	Exhibit respect for self with appropriate behavior while engaging in physical activity.		S4.E2.5b, IL19C.2a, IL21A.2a, SEL3A.2a		
5.PE.6.3	Critique the etiquette involved in rules of various games activities.		S4.E5.5, 19C.2a		
5.PE.6.4	Apply safety principles with age appropriate physical activities.		IL19C.2a, IL21A.2b, SEL3A.3b		
Analyze Various Movement Concepts	Understanding: Students will investigate key components of movement skills and analyze movement concepts to determine what a competent mover looks like.		District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.7	Students who demonstrate understanding will be able to:				

5.PE.7.1	Explain movement in terms of effort, flow, space and time.		IL.19B.2a		
5.PE.7.2	Identify the key components of a variety of locomotor, non-locomotor and manipulative skills		IL.19B.2b		
5.PE.7.3	Demonstrate manipulative skills using a variety of changes in effort, flow, space, time, weight transfer, balance, absorption, and application of force.		IL.19B.2b		
5.PE.7.4	Identify offensive, defensive and cooperative strategies		IL.19C.2b		
Neuroscience/ Health Enhancing Concepts	Understanding: Students will be able to explain the benefits of exercise in relationship to the brain.		District/IL Standard/SHAPE	Pacing	Key Vocabulary
5.PE.8	Students who demonstrate understanding will be able to:				
5.PE.8.1	Describe functions of the basic parts of the brain.		IL.23.D.2a		
5.PE.8.2	Explain how exercise affects the brain.		IL23A.2f, IL.23.D.2a		
5.PE.8.3	Tell others how the brain benefits from being fit and exercising		IL19B.2b, IL23D.3a		