

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Fifth Grade
 Section/Heading: 5A

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understand the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> 1. Play safely and by the rules. 2. Display good sportsmanship and Christian values. 4. Improve and refine physical skills. 4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life style. 5. Understand the physical challenges faced by people with disabilities. 6. Continue to follow rules and procedures with little reinforcement. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Fifth Grade
 Section/Heading: 5A.2

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understand the social and personal responsibility associated with participation in group physical activities.

Performance Indicators		
1. Demonstrate knowledge and skills which better enable and/or improve participation in group and team sports (more advanced rules for game play and basic strategy). 2. Demonstrate the knowledge and skills needed to participate in individual and dual sports and recreational activities (tumbling positions, skills and balancing techniques).		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Fifth Grade
 Section/Heading: 5B.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Use movement concepts and principles in the development of motor skills.

Performance Indicators		
<ol style="list-style-type: none"> 1. Perform locomotor skills alone, with a partner or in a group. 2. Demonstrate eye-hand and eye-foot coordination (overhand and underhand throwing, non-dominant and dominant throwing, kicking and dribbling, catching in stationary and moving positions). 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Fifth Grade
 Section/Heading: 5C.1

Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Use a variety of basic and advanced movement forms.

Performance Indicators		
1. Improve movement through rhythms and more specific dance styles.		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Fifth Grade
 Section/Heading: 5D.1

Strand: Monitoring and Maintaining Physical Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Monitoring and Maintaining Physical Health	Understand how to monitor and maintain a health-enhancing level of physical fitness.

Performance Indicators		
1. Demonstrate increased muscular strength, endurance, aerobic and anaerobic conditioning, flexibility and agility through fitness and recreational activities (age appropriate standardized fitness tests and to develop a long-term plan that will further enhance their quality of life).		
Suggested Activities	Assessment	Resources