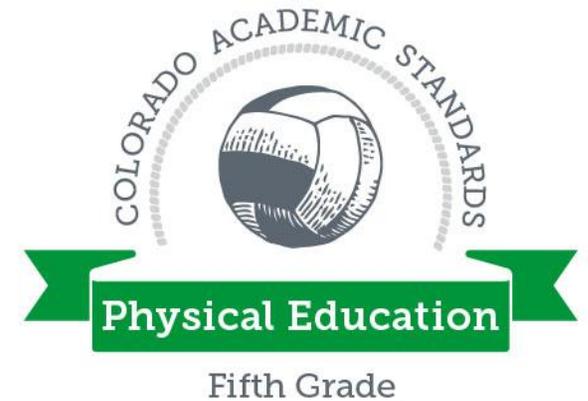


# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for Fifth Grade Physical Education. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Physical Education for Elementary Schools (k-5)

The Physical Education standards in the elementary years focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to demonstrate various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities.

## Where can I learn more?

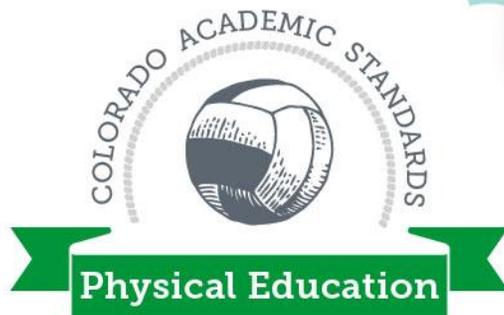
- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



**COLORADO**  
Department of Education

**Colorado**  
**PTA**  
everychild. onevoice.

At the end of  
Fifth Grade,  
students can...



Fifth Grade



**COLORADO**  
Department of Education

[www.cde.state.co.us](http://www.cde.state.co.us)

**Colorado**  
**PTA**  
everychild. onevoice.  
[www.copta.org](http://www.copta.org)

## Physical Education Learning Expectations for Fifth Grade

### Movement Competence and Understanding

Demonstrate mature form for all basic locomotor skills (walking, running) nonlocomotor skills (twisting, stretching) manipulative skills (catching, throwing, striking) and rhythmic skills (dancing, jumping rope); demonstrate an understanding of how to combine and apply movement to develop motor skills (walking, running, kicking).

### Physical and Personal Wellness

Apply basic principles of training to improving physical fitness; demonstrate understanding of skill-related components of fitness and how they relate to physical performance; connect fitness components (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) to body systems (circulatory, muscular, respiratory).

### Emotional and Social Wellness

Assess and take responsibility for personal behavior and stress management; participate cooperatively and productively in group and individual physical activities.

### Prevention and Risk Management

Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.

## Throughout the Fifth Grade, you may find students...

- Throwing and catching objects (basketballs, footballs, discs) with accuracy and force; dribbling a ball (by hand or foot) while preventing another person from stealing the ball.
- Demonstrating steps and patterns for square, folk, and contemporary dances; developing and refining a gymnastics or creative dance sequence.
- Combining skills to participate in a variety of physical activities; developing and describing three short-term and three long-term fitness goals.
- Accurately taking pulse rates at rest and during exercise; recording and analyzing food consumption and food choices.
- Performing flexibility exercises to stretch particular muscles area for a given physical activity; demonstrating appropriate warm-up procedures before participation in vigorous physical activity.
- Identifying safety rules for a specific activity and space.