

PE Power Standards

GRADE 5

 **Corvallis School District 509j**

Expressive and Efficient Movement: Demonstrate knowledge of a variety of motor skills.
<ul style="list-style-type: none">PE.05.EE.02 Demonstrate the use of throw, catch, and volley with a partner.
Expressive and Efficient Movement: Understand and apply movement concepts.
<ul style="list-style-type: none">PE.05.EE.03 Through feedback and practice, demonstrate improvement in performance of a new motor skill: (e.g., jump bands, circus arts, juggling)
Expressive and Efficient Movement: Understand rules and strategies for a variety of physical activities.
<ul style="list-style-type: none">PE.05.EE.04 Use basic offensive and defensive roles in a game or sport.
Fitness for Lifetime: Demonstrate knowledge of a physically active lifestyle.
<ul style="list-style-type: none">
Fitness for Lifetime: Understand the meaning of physical fitness and how personal fitness can be improved and maintained using a health-related fitness assessment as one tool for measuring.
<ul style="list-style-type: none">PE.05.FL.02 Identify and assess the health-related components of fitness.
Self-Management and Social Behavior: Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.
<ul style="list-style-type: none">PE.05.SM.01 Demonstrate safe, fair and respectful participation in a variety of physical activities.