

Queen of Angels Catholic School
Physical Education Grade 5 Curriculum

Student Name _____

Big Ideas are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.
- A “D” indicates a skill is Developing

Demonstrate an awareness of the body and its capabilities by performing combination of nonlocomotor, locomotor and manipulative skills with control in game situations.	
<ul style="list-style-type: none"> • Manipulative movements (rolling, kicking a ball, throwing(underhanded, over handed, sidearm), bouncing, catching a ball, striking a ball using a short or long handle implement, or no implement.)using a mature movement pattern while performing locomotor movements(in a small group) 	
<ul style="list-style-type: none"> • Jumping rope for at least 3 to 5 consecutive turns of a short rope and long rope without error or touching the rope. 	
<ul style="list-style-type: none"> • Perform a fitness test item measuring cardio respiratory fitness according to the President’s Challenge Physical Fitness Program 	
<ul style="list-style-type: none"> • Perform a fitness test item measuring flexibility according to the President’s Challenge Physical Fitness Program 	
<ul style="list-style-type: none"> • Perform a fitness test item measuring strength according to the President’s Challenge Physical Fitness Program 	