

5th Grade PE Power Standards

1. I will participate in FitnessGram testing in the fall and spring semesters.
2. I will learn different types of cardio and strengthening activities.
3. I will understand how to rotate in a volleyball game.
4. I will be able to demonstrate dribbling a soccer ball with outside and inside of foot.
5. I can perform a chest pass and a bounce pass with a basketball.
6. I can demonstrate a rhythmic routine using a variety of tumbling skills to a 4X4 beat.
7. I can use appropriate pacing for a variety of running distances.
8. I can combine locomotor and manipulative skills in a variety of small-sided educational games.
9. I can throw overhand using a maturing pattern with different sizes and types of balls.