

# Year at a Glance

## PE – 5<sup>th</sup> Grade

Course # 5015070

### 2021-2022 School Year



#### Qualifications

As well as any certification requirements listed on the course description, the following qualifications may also be acceptable for the course:

**Any field when certification reflects a bachelor or higher degree.**

#### General Information

**Course Number:** 5015070

**Course Path:**

**Section:** [Grades PreK to 12 Education Courses](#) > **Grade Group:** [Grades PreK to 5 Education Courses](#) > **Subject:** [Physical Education](#) > **SubSubject:** [General](#) >

**Abbreviated Title:** PHYSICAL EDUCATION K

**Course Length:** Year (Y)

**Course Status:** Course Approved

**Grade Level(s):** K

<https://www.cpalms.org/PreviewCourse/Preview/4008>

PE.5.C.2.1 Apply purposeful movement to a variety of movement settings to include designing and performing movement routi...

PE.5.C.2.2 Design or modify a game incorporating skills, rules and strategies.

PE.5.C.2.3 Apply feedback gathered from the use of technology to assess and enhance performance.

PE.5.C.2.4 Identify the different types of basic water- rescue techniques, using various types of items.

PE.5.C.2.5 Detect, analyze and correct errors in personal movement patterns.

PE.5.C.2.6 Compare and contrast skills/sports that use similar movement patterns and concepts.

PE.5.C.2.7 Identify basic practice and conditioning principles that enhance performance.

PE.5.C.2.8 Categorize basic offensive and defensive tactics for modified invasion and net activities.

PE.5.L.3.1 Identify a moderate physical activity.

PE.5.L.3.2 Identify a vigorous physical activity.

PE.5.L.3.3 Identify opportunities for involvement in physical activities during the school day.

PE.5.L.3.4 Identify opportunities for involvement in physical activities after the school day.

PE.5.L.3.5 Formulate a plan to increase the amount of time spent in physical activity.

PE.5.L.3.6 Discuss lifestyle behaviors that can be made to increase physical activity.

PE.5.L.3.7 Use technology to enhance regular participation in physical activities.

PE.5.L.3.8 Discuss the importance of being visible, being predictable and communicating when cycling.

PE.5.L.4.1 Differentiate between muscular strength and muscular endurance.

PE.5.L.4.2 Identify activities that develop and maintain each component of physical fitness.

PE.5.L.4.3 Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.

PE.5.L.4.4 Analyze one's own physical fitness assessment results and develop strategies to enhance performance.

PE.5.L.4.5 Select proper stretching exercises to increase flexibility and reduce the chance of injury.

PE.5.L.4.6 Plan a menu for a balanced meal.

PE.5.L.4.7 Apply the principles of physical fitness to exercise.

PE.5.L.4.8 Evaluate progress toward short- and long-term fitness goals.

PE.5.L.4.9 Explain how technology can assist in the pursuit of physical fitness.

PE.5.M.1.1 Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as ...

PE.5.M.1.2 Approach and strike a moving object with body parts so that the object travels in the intended direction at th...

PE.5.M.1.3 Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a foreh...

PE.5.M.1.4 Strike moving and/or stationary objects with long-handled implements so the objects travel in the intended dir...

PE.5.M.1.5 Apply dribbling skills in modified games, focusing on offensive strategies.

PE.5.M.1.6 Demonstrate proficiency in one or more swim strokes.

PE.5.M.1.7 Catch a variety of objects while traveling and being defended.

PE.5.M.1.8 Throw a leading pass overhand to a moving partner using a variety of objects.

PE.5.M.1.9 Perform a self-designed sequence, with or without manipulatives, while demonstrating balance, coordination, cl...

PE.5.M.1.10 Perform a variety of dances accurately.

PE.5.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and four differe...

PE.5.R.5.1 Describe a benefit of working productively with a partner to improve performance.

PE.5.R.5.2 Describe ways to utilize equipment safely during physical activities.

PE.5.R.5.3 Describe the influence of individual differences on participation in physical activities.

PE.5.R.6.1 Describe how participation in physical activity is a source of self-expression and meaning.

PE.5.R.6.2 Explain the benefits of physical activity.

PE.5.R.6.3 Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.

HE.5.B.5.4 Select a healthy option when making decisions for yourself and/or others.

HE.5.C.1.3 Explain ways a safe, healthy home and school environment promote personal health.

HE.5.C.1.6 Recognize how appropriate health care can promote personal health.

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

LAFS.K12.L.3.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, ana...

MAFS.5.G.2.3 Understand that attributes belonging to a category of two-dimensional figures also belong to all subcategories...