

Physical Education Grade 5

Active Living

OUTCOMES		1 - Beginning The student is having difficulty demonstrating an understanding of the concept.	2 – Approaching The student is developing an understanding of the concept.	3 – Meeting The student consistently demonstrates an understanding of the concept or has achieved the concept.	4- Exemplary The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
<p>5.1 Health-Related Fitness</p> <p>I can create and implement, with guidance, as a class, a health-related fitness plan targeting the health-related fitness component of cardiovascular endurance that includes setting a personal goal for improvement, applies the F.I.T.T. principle (Frequency, Intensity, Type of activity, and</p>	<p>Understand the FITT principle</p>	<ul style="list-style-type: none"> • With extensive guidance, I can represent the key components of the FITT principle. 	<ul style="list-style-type: none"> • I can represent the key components of the FITT principle, and explain a few of them. 	<ul style="list-style-type: none"> • I can represent and explain the key components of the FITT principle and explain how they apply to personal fitness. 	<ul style="list-style-type: none"> • I can represent and explain in detail the key components of the FITT principle and demonstrate with examples how they apply to personal fitness.
	<p>Engage in daily moderate to vigorous movement activity</p>	<ul style="list-style-type: none"> • With extensive guidance, I can identify many health benefits (social, emotional, AND physical) of regular physical activity. • I need constant urging to fully engage in opportunities to enhance my own level of cardiovascular fitness. • I can sustain participation in moderate to vigorous movement activities that increase heart and respiration rate for less than nine minutes. 	<ul style="list-style-type: none"> • I can identify some health benefits (social, emotional, OR physical) of regular physical activity. • I fully engage in opportunities to enhance my own level of cardiovascular sometimes. • I can sustain participation in moderate to vigorous movement activities that increase heart and respiration rate for approaching nine minutes on a consistent basis. 	<ul style="list-style-type: none"> • I can identify many health benefits (social, emotional, AND physical) of regular physical activity. • I fully engage in opportunities to enhance my own level of cardiovascular fitness most of the time. • I can sustain participation in moderate to vigorous movement activities that increase heart and respiration rate for almost nine minutes on a consistent basis. 	<ul style="list-style-type: none"> • I can identify many health benefits (social, emotional, AND physical) of regular physical activity, and apply them to my life. • I always fully engage in opportunities to enhance my own level of cardiovascular fitness. • I can sustain participation in moderate to vigorous movement activities that increase heart and respiration rate for nine minutes and more on a consistent basis.

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Time), and incorporates daily moderate to vigorous movement activity.	Set a personal fitness goal	<ul style="list-style-type: none"> • With extensive guidance, I can set an obtainable personal goal. • With extensive guidance, I can track my progress and adapt the goal as needed. 	<ul style="list-style-type: none"> • With guidance, I can set a challenging AND obtainable personal goal. • With guidance, I can track my progress and adapt the goal as needed. 	<ul style="list-style-type: none"> • With minimal guidance, I can set a challenging and obtainable personal goal. • With minimal guidance, I can track my progress and adapt the goal as needed. 	<ul style="list-style-type: none"> • I can set a challenging and obtainable personal goal consistently and independently. • I can track my progress and adapt the goal as needed, consistently and independently.
	Contribute to the development and implementation of a class cardiovascular fitness plan	<ul style="list-style-type: none"> • I only contribute fully to the development and implementation of a class plan for cardiovascular fitness when I am urged to, and with extensive guidance. 	<ul style="list-style-type: none"> • I contribute fully to the development and implementation of a class plan for cardiovascular fitness, when I am asked. 	<ul style="list-style-type: none"> • I contribute fully to the development and implementation of a class plan for cardiovascular fitness. 	<ul style="list-style-type: none"> • I contribute fully to the development and implementation of a class plan for cardiovascular fitness, and encourage others to share their ideas.
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5.2 Muscular Fitness I can apply, with guidance, beneficial and safe strategies to improve flexibility and muscular endurance through participation in a variety of movement activities.	Movement activities	<ul style="list-style-type: none"> I require extensive guidance to engage, with or without equipment, in a variety of movement activities that promote muscular endurance and flexibility. 	<ul style="list-style-type: none"> With guidance, I can demonstrate limited engagement, with or without equipment, in a variety of movement activities that promote muscular endurance and flexibility. 	<ul style="list-style-type: none"> With minimal guidance, I can engage, with or without equipment, in a variety of movement activities that promote muscular endurance and flexibility. 	<ul style="list-style-type: none"> I can engage fully and independently, with or without equipment, in a variety of movement activities that promote muscular endurance and flexibility.
	Flexibility and muscular endurance	<ul style="list-style-type: none"> I require extensive guidance to create OR perform, within a small group, a flexibility routine and muscular endurance exercise plan. 	<ul style="list-style-type: none"> With guidance, I can create OR perform, within a small group, a flexibility routine and muscular endurance exercise plan. 	<ul style="list-style-type: none"> With minimal guidance, I can create AND perform, within a small group, a flexibility routine and muscular endurance exercise plan. 	<ul style="list-style-type: none"> I can create and perform, within a small group, a flexibility routine and muscular endurance exercise plan consistently and independently.
	Safety	<ul style="list-style-type: none"> I require extensive guidance to engage in effective and safe flexibility and muscular endurance exercises. 	<ul style="list-style-type: none"> With guidance, I can demonstrate limited engagement in effective and safe flexibility and muscular endurance exercises. 	<ul style="list-style-type: none"> I can demonstrate effective and safe flexibility and muscular endurance exercises. 	<ul style="list-style-type: none"> I can demonstrate a wide variety of effective and safe flexibility and muscular endurance exercises.
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<p>5.3 Complex Skills</p> <p>I can demonstrate a progression towards control in complex movement skills that combine locomotor skills with non-locomotor skills to be used in body management activities (including dance and educational gymnastics, and others such as track and field, aquatics, aerobics, skipping, pilates, yoga) and games.</p>	<ul style="list-style-type: none"> • I can demonstrate body shapes during flight. • I require extensive guidance to demonstrate basic rhythmic steps, positions and patterns in repeatable sequences. • With extensive guidance, I can create and perform a sequence of locomotor and non- locomotor skills that vary in direction, levels OR pathways, and includes a landing on hands. • With extensive guidance, I can create and perform, in a group, a sequence that meets many given criteria related to movement skills. 	<ul style="list-style-type: none"> • I can demonstrate body shapes during flight and sometimes land in control. • With guidance, I can demonstrate basic rhythmic steps, positions and patterns in repeatable sequences. • With guidance, I can create and perform a sequence of locomotor and non-locomotor skills that vary in direction, levels OR pathways, and includes a landing on hands. • With guidance, I can create and perform, in a group, a sequence that meets many given criteria related to movement skills. 	<ul style="list-style-type: none"> • I can demonstrate body shapes during flight and land in control most of the time. • I can demonstrate basic rhythmic steps, positions and patterns in repeatable sequences. • I can create and perform a sequence of locomotor and non- locomotor skills that vary in direction, levels AND pathways, and includes a landing on hands. • I can create and perform, in a group, a sequence that meets almost all given criteria related to movement skills. 	<ul style="list-style-type: none"> • I can demonstrate complex body shapes during flight and land in complete control. • I can demonstrate complex rhythmic steps, positions and patterns in repeatable and fluid sequences. • I can create and perform a complex sequence of locomotor and non-locomotor skills that vary in direction, levels and pathways, and includes a landing on hands. • I can consistently and Independently create and perform, in a group, a complex sequence that meets all given criteria related to movement skills.
Comments				