

PE Learning Targets: I can...

Fifth

PE5.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can volley a ball with a partner using correct techniques.				
I can use control while dribbling a soccer ball				
I can demonstrate striking skills with equipment				
I can demonstrate a jump rope routine, ball routine, or dance routine.				

PE5.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can explain the strategy of moving to get open in a game.				
I can create a jump rope, tumbling, or dance routine.				
I can create a new game that has skill related activities.				

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PE5.3: Participates regularly in physical activity.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can set reachable goals that relate to activities				
Compare pre-test and post-test assessment like in pace lap testing,				

PE5.4: Achieves and maintains a health-enhancing level of physical fitness.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can participate in fitness gram				
I can interpret scores of fitness testing to recognize if I am in the healthy fitness zone and if not, I can find ways to improve my score.				

PE5.5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can work with others in a group activity				
I can perform activities safely and follow class rules				
I can demonstrate team work while playing games.				

PE5.6: Values physical activity for health, enjoyment, challenge, self expression, and/or social–interaction.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can demonstrate enjoyment from physical activities.				
I can engage in new activities and games.				
I can express a feeling of accomplishment for meeting a personal goal				

