

5th Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can hit a target using a mature overhand throw.</p>	<p>___ I can locate and calculate my resting heart rate as well as my exercise heart rate.</p>	<p>___ I can demonstrate safe practices while participating in physical activities.</p>	<p>___ I can participate, compete and cooperate in team activities.</p>
<p>___ I can run the mile for time.</p>	<p>___ I can calculate my target heart rate by using the THR formula.</p>	<p>___ I can demonstrate appropriate team and individual sport behavior.</p>	<p>___ I can honestly report results of my work.</p>
<p>___ I can strike an object using mature form in my up swing and down swing (hockey sticks, tennis rackets, golf clubs, etc.)</p>	<p>___ I can list and identify the components of health-related fitness.</p>	<p>___ I can accept the teacher's decision regarding personal rule infraction without displaying negative reactions towards others.</p>	<p>___ I can identify the skill of compromise, help to resolve conflict and problems during games or activities.</p>
<p>___ I can manipulate an object to move it or change directions while still in motion (basketball, football, soccer, etc.)</p>	<p>___ I can list and identify the components of skill-related fitness.</p>		
<p>___ I can demonstrate knowledge of motor skills, basic strategies and rules in a variety of games.</p>	<p>___ I can list and explain rules, regulations, procedures and proper etiquette for game/activity play.</p>		