

***Grade Five Physical Education  
Record of Student Achievement***

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Outcome 5.2 Muscular Fitness	Criteria for Achieving the Outcome (based on the indicators)										Notes
	Identifies the benefits of flexibility or muscular endurance activities	Can explain the potential consequences of poor flexibility	Shows & explains safe flexibility and muscular endurance exercises	Analyzes the flexibility & muscular endurance benefits of exercises	Explains how flexibility & muscular endurance improves motor skills	Utilize various objects in flexibility & muscular endurance activities	Uses sport-related equipment to improve flexibility & muscular endurance	Collaboratively creates flexibility & muscular endurance plan for a specified activity			
Students											

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Outcome 5.3 Complex Skills	Criteria for Achieving the Outcome (based on the indicators)													Notes
	Identifies & applies movement concepts and cues for balance	Uses basic rhythm steps, positions & patterns in sequences	Can demonstrate/use two or more movement skills combined	Combines locomotor skills to practise sport-specific skills	Skips forward/backward varying pathway, direction & body moves	Demonstrates given visual cues of movement patterns	Shows effective body positioning & movement during jumps (flight)	Creates sequence of locomotor and non locomotor skills	Gets on and off lg. apparatus with shape in flight and landing control	Creates, represents & performs a rhythmical sequence related to a specific complex movement skill	Performs established modern, folk, cultural/multicultural dances			
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Outcome 5.6 Performance Refinement	Criteria for Achieving the Outcome (based on the indicators)													Notes
	Explains how competency links to enjoyment & want to participate	Self-analyzes performance & plans for improvement using feedback	Can develop criteria for peer assessment of a skill performance	Uses principles of practice to make class plan to improve a skill	Recognizes how a general skill can transfer to specific skills/activities	Uses correct vocab. to practise & support others with performance	Adjusts cues & movements when variations of a skill is needed	Teaches others using practice principles & appropriate language	Sends objects while applying movement concepts of accuracy, force, and follow through					
Students														

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Outcome 5.7 Skillful Play	Criteria for Achieving the Outcome (based on the indicators)												Notes
	Determines effective game tactics in cooperation with others	Executes combined movement skills in variety of games/activities	Designs and plays an invasion/territorial game	Distinguishes between effective & ineffective offense and defense	Can describe effective skill performance & tactical decisions	Describes & applies elements of good decisions in game play	Can explain that strategies of play transfer between games	Practises the skills specific to alternate environment activities	Can explain how skills transfer between alt. enviro. activities	Discusses & applies skills & strategies to increase efficiency			
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