



Physical Education Grade 5					
Active Living					
OUTCOMES		1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
5.1 Health-Related Fitness 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 Time), and incorporates	Understand the FITT principle	<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.
	Engage in daily moderate to vigorous movement activity	<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 	<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 	<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 	<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



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daily moderate to vigorous movement activity.		respiration rate for much less than nine minutes.	respiration rate for approaching nine minutes on a consistent basis.	respiration rate for almost nine minutes on a consistent basis.	respiration rate for nine minutes and more on a consistent basis.
	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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5.3 Complex Skills 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.	<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.



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