

**Grade 5 – HEALTH AND PHYSICAL EDUCATION  
Skills Based Report Card**

Health Skills and Expectations	Standards	Students will be able to....
<p><b>Understands the short and long term effects of alcohol, drugs and tobacco use.</b></p>	<p><b>2.3.B.6 Drugs and Medicines:</b> All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle. - There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.</p>	<ul style="list-style-type: none"> <li>● Understand diseases related to alcohol and drug use.</li> <li>● Understand the terms addiction and dependency.</li> <li>● Practice good decision making skills.</li> <li>● Understand legal aspects of drugs and alcohol.</li> </ul>
<p><b>Determines factors that influence food choices and eating patterns.</b></p>	<p><b>2.1.B.6 Wellness:</b> All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. - Eating patterns are influenced by a variety of factors.</p>	<ul style="list-style-type: none"> <li>● Understand how to plan a healthy breakfast, lunch and dinner.</li> <li>● Understand good fats versus bad fats.</li> <li>● Differentiate between healthy and unhealthy drinks.</li> </ul>
<p><b>Understands the physical, social and emotional changes that occur during puberty.</b></p>	<p><b>2.4.B.6 Human Relationships and Sexuality:</b> All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle. - Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same rates.</p>	<ul style="list-style-type: none"> <li>● Understand growth patterns of males and females.</li> <li>● Understand strategies to maintain proper hygiene.</li> <li>● Understand body changes that occur during puberty.</li> <li>● Recognize the social and emotional changes that occur during puberty.</li> </ul>
<p><b>Physical Education Skills and Expectations</b></p>		
<p><b>Demonstrates the use of offensive, defensive and cooperative strategies during individual, dual and team sports activities</b></p>	<p><b>2.5.B.6 Motor Skill Development:</b> All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle. - There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p>	<ul style="list-style-type: none"> <li>● Provide strategies for success in team sport activities.</li> <li>● Execute strategies properly.</li> <li>● Show an ability to modify strategies for improvement.</li> </ul>

<p><b>Applies rules and procedures that support safety, sportsmanship and competition</b></p>	<p><b>2.5.C.6</b>  <b>Motor Skill Development:</b> All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle. - Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p>	<ul style="list-style-type: none"> <li>● Understand sportsmanship in both a player and observer role.</li> <li>● Recognize behaviors that lead to poor sportsmanship.</li> <li>● Relate rules to different games.</li> </ul>
<p><b>Demonstrates an understanding of how to perform and achieve fitness goals</b></p>	<p><b>2.6.A.6</b>  Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.</p>	<ul style="list-style-type: none"> <li>● Analyze the social, emotional, and health benefits of selected physical experiences.</li> <li>● Determine to what extent various activities improve skill-related fitness versus health-related fitness.</li> </ul>