
Coal City Unit District #1
Fifth Grade
Physical Education Curriculum

PE.5:1 Students demonstrate the skills necessary for racket sports. (IL 19A, 19B, 19C, 20A, 21A)

- PE.5:1-1 Identify and verbally name the boundary lines when asked and during play.
- PE.5:1-2 Explain and apply the use of basic rally scoring in game play.
- PE.5:1-3 Demonstrate control while using a combination of locomotor skills during game play.
- PE.5:1-4 Demonstrate manipulative skills using a variety of changes in effort, flow, space, time, weight transfer, balance, and application of force during game play.
- PE.5:1-5 Adhere to safety procedures during game play.
- PE.5:1-6 Demonstrate the ability to follow game rules how to settle disagreements concerning rule discrepancies.

PE.5:2 Students demonstrate the skills of basketball. (IL 19A, 19B, 19C, 20A, 20B, 20C)

- PE.5:2-1 Demonstrate proper foot and hand positioning in shooting a basketball.
- PE.5:2-2 Execute dribbling with both right and left hand.

PE.5:3 Students demonstrate the skills of cup stacking. (IL 19A, 21A, 19B, 19C)

- PE.5:3-1 Demonstrate proper cycle in cup stacking.
- PE.5:3-2 Execute 1-10-1 (up and down) in cup stacking.

PE.5:4 Students demonstrate the skills necessary for the game of volleyball. (IL 19A, 20A, 19B, 19C, 21A, 21B)

- PE.5:4-1 Demonstrate proper setting form to self in volleyball.
- PE.5:4-2 Identify boundary lines in volleyball.

PE.5:5 Students will demonstrate the skills of maintaining a health-enhancing level of physical fitness. (IL 19A, 19B, 19C, 20A, 20B, 20C, 21A)

- PE.5:5-1 Demonstrate an understanding of the benefits to different physical fitness tests.
- PE.5:5-2 Set personal goals to specific fitness tests.
- PE.5:5-3 Participate willingly in physical fitness related activities.
- PE.5:5-4 Demonstrate competency when using fitness equipment.
- PE.5:5-5 Show safe procedures during physical activities.
- PE.5:5-6 Continue to show improvement in skill related physical fitness.
- PE.5:5-7 Record heart rate before and after physical activities.
- PE.5:5-8 Explain how to calculate target heart rate.
- PE.5:5-9 Identify activities appropriate for warm-up and cool down.

PE.5:6 Students will demonstrate movement and cooperation skills while performing tasks that involve team building or problem solving skills. (IL19A, 19B, 19C, 21A, 21B)

- PE.5:6-1 Participate willingly in activities during team building or problem solving activities.
- PE.5:6-2 Accept responsibility for their own actions in group physical activities.
- PE.5:6-3 Work cooperatively with a partner or small group to reach a shared goal during physical activity.
- PE.5:6-4 Show self-management skills when participating in team building or problem solving activities.
- PE.5:6-5 Apply offensive and defensive strategies in various activities, games, or sports.