

# HEALTHFUL LIVING – PHYSICAL EDUCATION

## NORTH CAROLINA STANDARD COURSE OF STUDY

### MOTOR SKILL DEVELOPMENT

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#### ***5.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.***

- PE.5.MS.1.1 Executive combinations of more complex locomotor skills and manipulative skills specific to individual, dual and team activities.
- PE.5.MS.1.2 Use increasingly complex skills with power and accuracy.
- PE.5.MS.1.3 Illustrate mature form in combining locomotor and manipulative skills for traditional and non traditional activities.
- PE.5.MS.1.4 Create movement sequences that are smooth and fluid and have several different rhythmic patterns.

### MOVEMENT CONCEPTS

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#### ***5.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.***

- PE.5.MC.2.1 Select scientific principles and/or concepts that have an effect on the quality of complex movement.
- PE.5.MC.2.2 Evaluate movement and game skills in order to provide feedback that will lead to improvement.
- PE.5.MC.2.3 Identify basic offensive and defensive strategies in modified game situations.
- PE.5.MC.2.4 Analyze the five components of health-related physical fitness in terms of their relationship to various activities.

### HEALTH-RELATED FITNESS

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#### ***5.HF3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.***

- PE.5.HF3.1 Understand how to achieve the gender and age related health-related physical fitness standard defined by an approved fitness assessment.
- PE.5.HF3.2 Implement strategies to achieve health-related physical fitness.
- PE.5.HF3.3 Select physical activities that develop/ maintain each of the five components of health-related fitness.

### PERSONAL/SOCIAL RESPONSIBILITY

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#### ***5.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.***

- PE.5.PR.4.1 Use self-control to work independently in developing responsibility and respect for self and others.
- PE.5.PR.4.2 Use cooperation and communication skills to achieve common goals.
- PE.5.PR.4.3 Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.