



**Community Consolidated
School District 46**

565 Frederick Road, Grayslake, IL 60030

23-24 Fifth Grade Physical Education/Health Priority Standards

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Physical Education

| Trimester 1 | Trimester 2 | Trimester 3 |
|---|---|---|
| Demonstrate locomotor skills while manipulating objects. | Demonstrate locomotor skills while manipulating objects. | Demonstrate locomotor skills while manipulating objects. |
| Demonstrate non-locomotor skills while manipulating objects. | Demonstrate non-locomotor skills while manipulating objects. | Demonstrate non-locomotor skills while manipulating objects. |
| Participate in moderate to vigorous physical activity for an extended period of time. | Participate in moderate to vigorous physical activity for an extended period of time. | Participate in moderate to vigorous physical activity for an extended period of time. |
| Remain on task when participating in physical activity. | Remain on task when participating in physical activity. | Remain on task when participating in physical activity. |
| Work cooperatively with others. | Work cooperatively with others. | Work cooperatively with others. |

Health Education

For Health in Fifth Grade, all students will receive one session that covers all Health Education Priority Standards. During a students' assigned session, he/she may not attend Physical Education, but Health Class instead.

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| Describe the effects of substances on the body systems. | Recognize abusive behaviors and practice procedures for suspected abuse. |
| Identify positive communication skills to avoid, prevent, or resolve conflict. | Explain the basic principles of health promotion, illness prevention and safety. |
| Determine consequences of conflict among peers and parents. | Choose healthy foods and identify the major nutrients. |
| Explain how to build and maintain healthy relationships. | Identify the basic functions of the human body systems. |