

Power Standards and Benchmarks Fourth/Fifth Grade

Physical Education Standard:

Fourth Grade/Fifth Grade

Power Benchmark 1: Students will identify and model a health-enhancing level of physical fitness

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Participates regularly in vigorous physical activity	Cardio-Respiratory Muscle Cramps Exertion BMI Body Types Body Composition	Physical fitness assessment, fitness activities Weight/height measurements, Body mass index calculation	Pedometers, pull-up bars, sit-and-reach benches, stop watches, heart rate monitors, shuttle run blocks, scale, stadiometer, BMI calculator
b. Identifies mental and emotional benefits that result from participation in physical activities	Self-image Endorphins	Goal setting activities, self assessment	Journals, goal sheets Graphs, charts
c. Applies the knowledge of heart rate to participation in physical activity		Calculates target heart rate zone, Participates in activities at target heart rate zone.	Heart rate monitors, calculators,

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Power Benchmark 2: Students will demonstrate movement forms at appropriate developmental level

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Refines manipulative skills	Release Follow-through	Punt a football, dribble soccer/basketball, Place kick a football, Drop kick a soccer ball, Throw-in a soccer ball, Center a football, Shoot a basketball, Passing a soccer/basketball/football/volleyball, Serve a volleyball/tennis ball, Setting a volleyball, Hand-off football/baton, Juggling scarves, Swing a bat/racquet, Pitch a ball	Balls, scarves, bats, racquet, beanbags, baton, batting tees
b. Refines balancing activities with partners and small groups		Transfers weight from feet to hands at fast and slow speeds using large extension Performs variety of partner balances Builds a formation safely	Mats, pictures of partner and small group stunts and balance beam
c. Performs a variety of tumbling movements in sequence	Rotation Axis Sequence	Develops a routine combining locomotor, tumbling, and balancing skills demonstrating smooth transitions	Mats, balance beam

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Power Benchmark 3: Students will apply concepts and principles of movement to the learning and developing of physical skills.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Refines the skills of travel and changing directions while manipulating equipment	Offense Defense Guarding Shuffle	Manipulating equipment while avoiding obstacles (opponents, boundaries, equipment) Demonstrates a shuttle run	Balls, boundary markers, erasers/blocks

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Power Benchmark 4: Students will demonstrate cooperative skills in a physical setting.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Knows and applies rules and procedures in the gymnasium and outdoor physical education areas.		Procedures Life Skills Follows activity-specific rules with few reminders	Life Skills Resources
b. Interacts positively with students in class regardless of personal differences	Personal Strengths and Weaknesses	Works in diverse groups Applies personal strengths and weaknesses to game play situation Assesses own performance problems without blaming others	Life Skills Resources
c. Demonstrates cooperation with others in group tasks	Spatial Awareness	Works together to complete a common goal Accepts the leader's decision regarding group/team/partner arrangements without displaying negative reaction Understands the role and responsibility of player position on teams	Life Skills Resources

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