

Standard Code	Standards
EL5-PE-FM-DG.01.00.0	Apply fundamental and specialized skills in game situations (with increased proficiency)
EL5-PE-FM-MC.01.00.0	Connect the importance of posture and body position with performance of various skills (i.e. swing a bat, rope jumping).
EL5-PE-FM-MC.02.00.0	Demonstrate manipulative skills with increased force and accuracy. Higher control of direction and distance.
EL5-PE-FM-MS.01.00.0	Demonstrate sport specific manipulative skills in games and modify sports activity.
EL5-PE-PF-BS.01.00.0	Identify the major function of these four systems: circulatory, respiratory, muscular, skeletal
EL5-PE-PF-FP.01.00.0	Explain the effects and aerobic and anaerobic activities (i.e. heavy breathing).
EL5-PE-PF-HRSR.01.00.0	Recognize and perform the components of skill related fitness (i.e. balance, agility, coordination).
EL5-PE-PF-W.01.00.0	Analyze food choices and relationship between activity and fitness
EL5-PE-PSB-PSR.01.00.0	Apply self control in physical activity setting.
EL5-PE-PSB-PSR.02.00.0	Differentiate appropriate and inappropriate behaviors associated with sport (i.e. competition, sportsmanship, diversity).
EL5-PE-RD-ER.01.00.0	Recognize and move to a tempo or beat with various intensities or rhythmic patterns.
EL5-PE-RD-RA.01.00.0	Demonstrate simple rhythmic routines using fundamental movement skills in partner and small group situations.
EL5-PE-SS-IDTS.01.00.0	Ability to demonstrate and follow sport specific sports rules. (i.e. cooperate with team mates, apply team rules to games).
EL5-PE-SS-ST.01.00.0	Critique and provide feedback for specific skills for partner (i.e. follow through-rotate hips).