

5th grade take home skills assessment sheet:

Students can work on the following skills at home. Students should log onto <http://kimlondo.weebly.com/skills-video.html> and click on the skill link. The students can practice the information stated on the link at home and then upload a video of themselves doing the skill. To upload the video, please click on the Video Skills Submission page for directions. Then attach the video link and fill in the information. I will watch the video and if the student has successfully completed the skill I will mark them down as completed.

Name _____ Grade _____ Teacher _____

9	4th and 5th Grade: Hip/Low Back Flexibility: Lying Back Stretch (Low Back) **I can demonstrate the Lying Back Stretch, holding the stretch for 30 seconds, 2 consecutive times.	(MMC.10) (MMS.1) (KMS.1)(KHR.4) (KAN.3)(AAN.3)		
10	5th Grade Ab/Low Back Strength: Abdominal Curl: **I can demonstrate an appropriate level of abdomen and low back strength and endurance. Females: 24 Males: 30	(MMC.10)(MMS.1) (KMS.1)(KHR.3) (AHR.3)(KAN.3)(AAN.2)		
11	5th Grade : Ab/Low Back Strength: Abdominal Rotation **I can demonstrate an appropriate level of abdomen and low back strength and endurance. Girls: 12 Boys: 15	(MMC.10)(MMS.1) (KMS.1)(KHR.3) (AHR.3)(KAN.3) (AAN.2)		
12	5th Grade: Ab/Low Back Strength: Sitting Up Exercise: **I can demonstrate an appropriate level of abdomen and low back strength and endurance. Girls: 24 Boys: 30	(MMC.10)(MMS.1)(KMS.1) (KHR.3)(AHR.3)(KAN.3) (AAN.2)		
14	5th Grade: Responsibility **I can demonstrate responsibility for others most of the time (70-89% of the time) when learning, practicing and participating in physical activity.	(KPS.01)(BPS.01)		
16	5th Grade: Arm/Shoulder Strength: **I can demonstrate an appropriate level of upper arm strength and endurance while doing the Modified Push-up (repetitions) Girls: 8 Boys: 15	(MMC.10)(MMS.1)(KMS.1) (KHR.3)(KAN.3)(AHR.3) (AAN.2)		
17	5th Grade: Arm/Shoulder Strength: **I can demonstrate an appropriate level of upper arm strength and endurance while doing the Regular Push-Up) Girls: 5 Boys: 10	(MMC.10)(MMS.1)(KMS.1) (KHR.3)(KAN.3)(AHR.3) (AAN.2)		
20	5th Grade: Lift and Carry Posture **I can lift a 10 pound box, carry it at least 30 feet in various pathways and directions and then lower it to the floor, 2 consecutive times.	(MMC.4,9)(MOP.1,3)(KMC.14) (APE.1)(BRP.2)		
26	4th and 5th Grade Horizontal Jump: ** I can perform the running long jump (running in combination with a horizontal jump from a one-foot take-off.) Girls: 51 inches Boys: 54 inches	(MMC.1,5,8,9)(MMS.1) (MOP.1,2)(KMC.12)(KMS.2) (APE.1)(BRP.2)		