

	5 th Grade Skill Assessments	Michigan State Standards	Date Introduced	Date Completed
1	Leap: 5th Grade: **I can use correct form while running 75 feet (or length of activity area) at moderate speed and leaping over 4 evenly spaced hurdles, taking off from the non-dominant foot and leading with the dominant leg, 2 consecutive times	(MMC.1,2,5,8,9,10) (MMS.2)(KMS.2) (MOP.1,2)(KFB.1) (KMC.15)(APE.1) (BRP.2)(MRA.1)		
2	Aerobic Fitness: 5th Grade: **I can demonstrate maintaining a timed 1-mile run/walk at less than or equal to the performance standards. Boys: 10:30 Girls: 12:00 (minutes)	(MMC.10)(MMS.6)(KMS.5) (KRA.1) (APA.1)(BRP.2)		
3	5th Grade Foot Dribble **I can dribble a ball 75 feet (or length of activity area), and maintain control while running at moderate to fast speeds and passing the ball to a partner, 2 consecutive times.	(MMC.4,9)(MOP.1,3)(MMS.4)(KMC.15)(KMS.4)(APE.1) (BFB.1)(KFB.1)(MTG.1)(MIG.1)(KTG.1)(KIG.1)(BRP.2)		
4	5th Grade: Hand Dribble: **I can dribble a ball 90 ft. while being able to Stop, Start, and Change Directions.	(MMC.7,9)(MOP.1,3)(MIG.1)(KMC.14)(KMS.4)(APE.1)(BRP.2)(KIG.1)		
5	5th Grade: Catch Fly Balls: **I can catch a ball of various sizes while moving into position to catch from and throw to a target, partner or teammate, 3 consecutive times.	(MMC.7,9)(MMS.3)(MOP.1,3)(MTG.1)(MIG.1)(KMC.15)(KMS.3)(KTG.1)(KIG.1)(APE.1)(BRP.2)		
6	5th Grade: Catch Rolling Balls: **I can catch a variety of rolling balls rolled at moderate speed from 40 feet, in combination with moving into position, catching and throwing to a target, partner or teammate, 3 consecutive times.	(MMC.5,9)(MMS.4)(MOP.1,3) (MIG.1)(KIG.1)(MSG.1)(KSG.1) (KMC.14)(KMS.4)(APE.1)(BRP.2)		
7	Underhand Throw: 5th Grade **I can demonstrate all elements of form when throwing underhand in the context of fielding rolling, bouncing and or fly balls traveling a distance of at least 15 feet, turning 90 degrees and hitting a four-foot target, centered 3 feet above the ground, from 25 feet, 3 consecutive times.	(MMC.1,5,7,9,10)(MMS.3)(MOP.1,3)(MTG.1)(MIG.1)(KMC.14)(KTG.1)(KIG.1)(APE.1)(BRP.2)		
8	5th Grade: Hop: **I can hop in time to music of slow, moderate and fast tempos, 8 consecutive times on either leg, changing directions to the right and left, 2 consecutive times.)	(MMC.1,2,4,6,8,9,11)(MMS.2)(KMS.2) (MOP.1,2)(KMC.12)(APE.1)(BRP.2)		
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)		

13	5th Grade: Instep Kick **I can use correct form when kicking a ball that is rolling towards me from various angles and at a moderate rate of speed, so it travels 40 feet and hits a target 15 feet wide by 8 feet high, 3 consecutive times.	(MMC.5,9)(MMS.4)(MOP.1,3)(MTG.1)(MSG.1)(KMC.14)(KMS.4)(KTG.1)(KSG.1)(APE.1)(BRP.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)		
15	5th Grade: Run: **I can demonstrate all elements of form when running in combination with leaping.	(MMC.2,6,8)(MMS.2)(KMS.2)(MOP.1,2)		
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)		
18	5th Grade: Arm/Shoulder Strength: **I can demonstrate an appropriate level of upper arm strength and endurance while doing the Flexed-Arm Hang) Girls: 8 Boys: 12	(MMC.10)(MMS.1)(KMS.1)(KHR.3)(KAN.3)(AHR.3)(AAN.2)		
19	5th Grade: Vertical Jump: **I can us a quick walk forward and taking off from 2 feet, at least the standard height. Girls: 9 inches Boys: 9 ½ inches	(MMC.1,2,5,8,9)(MMS.1)(KMS.1,2)(MOP.1,2)(KMC.1,2)(APE.1)(BRP.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)		
21	5th Grade: Beneficial Effects of Physical Activity: **Predict possible outcomes on physical and psychological well-being, given scenarios describing frequency and duration of participation in selected activities. (Type of activity, Times/week, and amount of time.)	(KPA.1)(KAN.1,2,3)(KRP.1)(KSB.1)(KID.1)(KFE.1)(APA.1)(AAN.1,4)(BRP.1)(BFE.1)		
22	5th Grade: Respect **I can demonstrate respect for others most of the time (70-89% of the time) when learning, practicing and participating in physical activity.	(KFB.01)(KID.03)(BFB.01)		
23	5th Grade: Batting: **I can hit a soft ball thrown in the strike zone from a distance of 30 ft, and an arc of 4-7 ft., 3 consecutive times.	(MMC.2,8)(MOP.1,3)(KMC.2,8)(APE.1)(BRP.2)		
24	5th Grade: Overhand Throw **I can field a rolling, bouncing, and/or fly ball traveling at least 30 ft, turn 90 degrees and overhand throw the ball hitting a target from 40 ft.	(MMC.1,5,7,9)(KTG.1)(KIG.1)(APE.1)(BRP.2)(KMS.3)(MMS.3)(KMC.15)(MOP.1,3)(MTG.1)(MIG.1)(BRP.2)		
25	5th Grade: Forehand Strike: **I can strike a self-dropped ball so it travels 35 ft. over a net and lands in-bounds, 3 consecutive times.	(MMC.5,7,9)(MMS.4)(MOP.1,3,4)(MTG.1)(MNG.1)(APE.1)(BRP.2)(KMC.15)(KMS.4)(KTG.1)		
26	4th and 5th Grade Horizontal Jump: ** I can perform the running long jump correctly. (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)		

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 _____

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