



PHYSICAL EDUCATION

5

FOR FAMILIES

FIFTH GRADE

What to expect:

In fifth grade, children will use the concepts and principles they have learned about movement to improve their performance, fitness and game strategy.

They now have strong ability to combine locomotor and manipulative skills in small group games and dances and are able to use the FITT (frequency, intensity, time and type) principle to come up with a personal fitness plan. Students are continuing to develop responsibility as they participate in physical education activities in safe and respectful ways.

By the end of the school year, your child will:

- Throw and catch using correct patterns while moving in small-group activities such as 3 vs. 3 ultimate frisbee.
- Use basic offensive and defensive strategies in small-group games such as 3 vs. 3 soccer or when practicing tasks.
- Combine more than one locomotor skill (walk and side-slide, for example) to create and perform a dance on their own, with a partner or in a group.
- Know the components of health-related fitness (muscular strength, muscular endurance and cardiovascular endurance) and describe activities related to each component.

What to do at home:

- Do stretches, push-ups or curl-ups or go for a jog together.
- Go to a sporting event or a performance that includes dance or ballet.
- Look for opportunities for physical activity in your community.
- Encourage your child to participate in physical activities for enjoyment and self-expression.
- Dance together!
- Wear pedometers or step counters and challenge everyone in your family to get 10,000 steps a day.

YOU ARE YOUR child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support physical education learning at home. When schools and families work together as partners, it helps your child achieve academic success!



OKLAHOMA
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Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity helps student be successful in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between PE and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What chores around the house could be a workout for the whole family, like yard work or a [car wash workout](#)?
- What outdoor activities in the area could we try out as a family, like kite flying or a walk around the [farmers' market](#)?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What are three physical activities that you really enjoy? Why?
- What do you need to participate in those activities? Think about equipment and space.
- How can you change those activities so you can do them at home or at school?

Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge and learning. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect math with physical activity by having the whole family create and play a game together. Establish a scoring system to keep track of points for each player.
- Connect science with physical activity by planting a garden or taking a walk around the zoo.

Join the conversation!

@oksde