



Power Standards For Grade 5 Soccer Unit

Notes to Educator

- The benchmarks are all possible ways that a typical physical educator can assess a 5th grade student in a soccer unit.
 - The 7 benchmarks that are highlighted are the preferred for use
 - Some of the benchmarks can be assessed during the small area games, others can be covered utilizing specific skills in the Moti App.
 - Standard 5 provides some excellent opportunities for students to provide the instructor with feedback or information in a non-movement way (verbal feedback, word document, web-based, etc...). Suggested use of these benchmarks for students that have missed class time (illness, injury, school activity) or as a way to improve the unit.
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Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Focus Area 1: Locomotor

- ✓ Combine locomotor and manipulative skills in educational games, educational dance, and educational gymnastics.

Focus Area 2: Non-Locomotor

- ✓ No Standard that recommended assessing in this focus area

Focus Area 3: Manipulative

- ✓ Dribble with the feet in small-sided games.
- ✓ Pass and receive a ball with the feet in small-sided games.
- ✓ Dribble with hands or feet in combination with other skills while controlling the ball and the body in small-sided games.
- ✓ Kick a moving ball along the ground and in the air in small-sided games.
- ✓ Punt contacting the ball with shoelaces or top of the foot, sending it forward in practice tasks.

Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Focus Area 1: Movement concepts, principles and knowledge.

- ✓ Apply the space awareness concepts of directions, pathways, levels and extensions in small-sided games.
- ✓ Apply the relationship awareness concepts in small- sided games.
- ✓ Apply the effort awareness concepts of speed, force and flow in small-sided games.
- ✓ Apply offensive and defensive tactics in small- sided net and wall games.

Standard 3: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Focus Area 1: Physical Activity Knowledge

- ✓ No Standard that recommended assessing in this focus area.

Focus Area 2: Engages in Physical Activity

- ✓ Actively participates in small-sided games without teacher prompting.
(Use this benchmark to assess an effort grade for each student)

Standard 4: Exhibit responsible personal and social behavior that respects self and others.

Focus Area 1: Personal responsibility

- ✓ Engage in physical activity while demonstrating responsible interpersonal behavior. For example: peer to peer, student to teacher, student to referee.

Focus Area 2: Feedback

- ✓ Give and receive corrective feedback respectfully to and from peers.

Focus Area 3: Working with others

- ✓ Work cooperatively and respectfully with classmates of all skill levels in small or large group activities.

(Use this benchmark to assess a behavior grade for each student)

Focus Area 4: Rules and etiquette

- ✓ Follow rules and etiquette in small-sided games.

Focus Area 5: Safety

- ✓ Move safely in small-sided games.

Standard 5: Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Focus Area 1: Health

- ✓ Analyze participation in physical activity and describe the personal impact it has on mental-emotional health, physical health, social health, and cognitive health.

Focus Area 2: Challenge

- ✓ Analyze physical activities based on personal levels of challenge and identify ways to overcome challenges to enhance enjoyment, confidence, and willingness to participate.

Focus Area 3: Self-expression and enjoyment

- ✓ Analyze physical activities based on personal levels of enjoyment, and opportunities for social interaction and self-expression.