

**The American International School of Lusaka  
Physical Education**

**Grade 5**

By the end of Grade 5 students will:

**Health and Related Activities**

- increase their knowledge of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- increase their understanding of various physical changes that occur to their bodies when exercising
- demonstrate safety when exercising

**Body Control and Spatial Awareness**

- increase their awareness and use of space, direction and levels in relation to others and their working environment
- increase their ability to travel in different ways, changing speed and direction with or without equipment
- increase their ability to handle different equipment using various body parts (manipulative skills)
- increase their ability to hold their body weight using various body parts as bases (balance and stability)

**Athletic Activities**

- practice the fitness skills of physical agility, flexibility, strength and coordination with greater control and confidence
- demonstrate a range of throwing, catching and striking techniques with greater control, accuracy and power
- combine simple and complex movement skills with or without equipment and with greater consistency during activities and game situations
- collect and record results, increasing their application and understanding of performance in athletic activities

**Rhythmic Movement**

- increase their ability to express a range of feelings and moods using imagination and original ideas
- increase their ability to respond through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- perform simple and complex movement sequences in order to increase rhythmic responses

**Adventure Challenge**

- participate in group activities to accomplish a common goal
- increase strategies and rules of play and apply them appropriately and fairly during game situations
- demonstrate teamwork and fair play during activities and game situations with greater consistency