

AKS	Indicators of Achievement
<b>A - Fitness</b>	
participate in health-enhancing fitness activities (GPS) (5PE_A2009-1)	1a - count exercise heart rate and adjust activity levels to keep in the target heart zone 1b - demonstrate pacing skills to keep the heart rate in the target heart zone 1c - discuss why each health-related fitness component is important to health 1d - identify activities that increase fitness levels in cardiovascular endurance, muscular strength and endurance, and flexibility
demonstrate progress toward meeting health-related fitness standards as defined by research (GPS) (5PE_A2009-2)	2a - perform each test with the correct technique to assess current levels of health related fitness 2b - interpret health related fitness test results
<b>B - Motor Skills and Movement Patterns</b>	
design and perform sequences of locomotor and non-locomotor movements (GPS) (5PE_B2009-3)	3a - create a sequence such as skip, skip, skip, hop, hop, hop, leap, leap, jump 3b - create a sequence with at least 3 locomotor and 2 non-locomotor movements
create and demonstrate a sequence of balances utilizing counter balance and counter tensions (GPS) (5PE_B2009-4)	4a - create a sequence that incorporates counter balance and counter tension individually, with a partner, or in a small group
utilize throwing and catching in a small group game (GPS) (5PE_B2009-5)	5a - use throwing and catching skills in a self-designed or given small group game to keep ball away from opponents or reach a goal area
design and perform sequences involving rolling and other skills utilizing equipment or apparatus (GPS) (5PE_B2009-6)	
utilize striking, dribbling, and volleying skills in game-like situations (GPS) (5PE_B2009-7)	7a - create or use a game for an individual or small group using at least one volleying or striking skill 7b - create or use a game for an individual or small group using dribbling
utilize striking with implements in a game-like situation (GPS) (5PE_B2009-8)	8a - strike a ball rebounding from a wall with a paddle or lightweight racquet using the forehand stroke 10-30 times 8b - with a partner, hit a ball across a net using a paddle or lightweight racquet 5-10 times continuously
design and refine a repeatable routine with a partner or small group using various jumping skills with or without equipment (GPS) (5PE_B2009-9)	
<b>C - Movement Concepts and Principles</b>	
identify and use the concepts of spatial awareness as they relate to strategies in game-like situations (GPS) (5PE_C2009-10)	10a - purposefully use general space to create or deny space when developing game strategies (offense and defense)
create complex rhythmic and aerobic activities (GPS) (5PE_C2009-11)	11a - use a variety of relationships with a partner or group when designing, refining, and performing repeatable dance, gymnastics, or rope jumping

	<p>sequences behind, beside, mirroring, or matching</p> <p>11b - use a variety of relationships with others in order to play or design a small group game; include at least 3 of the following: near/far, over/under, above/below, in/out, on/off</p>
<b>D - Personal and Social Behavior</b>	
<p>demonstrate and identify specific safety practices, rules, procedures, and etiquette for activities (GPS) (5PE_D2009-12)</p>	<p>12a - demonstrate and identify proper activities that will enhance personal health</p> <p>12b - demonstrate and/or explain proper spectator etiquette</p> <p>12c - identify the purpose for rules in a game</p> <p>12d - demonstrate and/or explain how physical activities bring enjoyment</p>