

Grade 5 Physical Education and Wellness Learning Outcomes for Reporting – Tracking Document

*Learning Outcomes for the reporting document are parent friendly versions of the Learning Outcomes found in the curricular documents.

PS Code	Physical Education and Wellness Parent Friendly Learning Outcomes with HPSPs	S1	S2
5LO.PEW.01	Examine the effect of motivation on physical activity <i>5LO.1 Active Living</i> <ul style="list-style-type: none"> • Describe internal and external factors that influence motivation to be physically active. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.02	Analyze and apply strategies and tactics that support improved decision making in physical activities <i>5LO.2 Movement Skill Development</i> <ul style="list-style-type: none"> • Choreograph creative strategies and tactics. • Demonstrate decision making through the application of strategies and tactics. • Recognize how changes in rules influence the tactics being used. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.03	Adapt various movement patterns to enhance skill development <i>5LO.3 Movement Skill Development</i> <ul style="list-style-type: none"> • Perform movement patterns using various types of equipment, individually and with others. • Adapt movement patterns based on feedback. • Identify patterns and elements of movement that are visible in rhythmic and expressive activities. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.04	Demonstrate how collaboration influences physical activity <i>5LO.4 Movement Skill Development</i> <ul style="list-style-type: none"> • Practise collaboration during physical activity. 	<input type="checkbox"/>	<input type="checkbox"/>

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5LO.PEW.05	Relate life experiences to perseverance and well-being <i>5LO.5 Character Development</i> <ul style="list-style-type: none"> • Identify life experiences that have influenced thinking or behaviour. • Connect personal knowledge and skills to opportunities for volunteering in the community. • Connect perseverance to improvements in individual or community circumstances. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.06	Analyze responsibility and consider the impact on well-being <i>5LO.6 Safety</i> <ul style="list-style-type: none"> • Identify laws, rules, practices, and protocols that support safety and well-being in a variety of contexts. • Practise digital citizenship by being considerate of others. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.07	Evaluate aspects of nutrition and benefits to well-being <i>5LO.7 Healthy Eating</i> <ul style="list-style-type: none"> • Describe how nutrition can affect physical and mental health and well-being. • Research the effects of nutrition and hydration on body systems. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.08	Connect perspectives of self and others through communication and listening skills <i>5LO.8 Healthy Relationships</i> <ul style="list-style-type: none"> • Identify ways to reach shared understandings when perspectives or opinions within a group are different. • Demonstrate respectful communication skills when working with others on tasks or challenges. 	<input type="checkbox"/>	<input type="checkbox"/>
5LO.PEW.09	Demonstrate how planning can support financial goals <i>5LO.11 Financial Literacy</i> <ul style="list-style-type: none"> • Develop a simple budget for an activity or event. • Create a savings plan for short-term and long-term goals. 	<input type="checkbox"/>	<input type="checkbox"/>

