

# Grade 5 Curriculum Goal Suggestions

## Strand A:

Apply skills that help them build relationships, develop empathy, and communicate with others as they participate in learning experiences in health and physical education, in order to support healthy relationships, a sense of belonging, and respect for diversity



**Game**  
The Bridge

## Explanation:

Teams line up in single rows and pass a ball down the line. If a player drops or misthrows the ball, it goes back to them to retry. Once the ball reaches the end, it's passed back to the start. First team to complete the full round without any misses wins.

**Page 48 in the Baseball 5 Toolkit**

## Strand C:

Send and receive objects using different body parts and equipment, adjusting for speed, while applying basic principles of movement (strike a beach ball with a hand paddle and follow through in the direction of the intended target; experiment with using different amounts of force to send at different speeds).

## Explanation:

Players take turns hitting a ball against a wall. If it hits without bouncing, it's a point. Each player gets one try, then passes the ball. Most points in the set time wins.



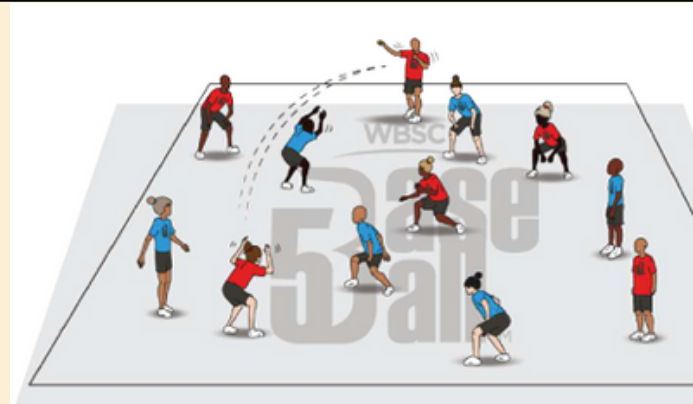
**Page 46 in the Baseball 5 Toolkit**

## Strand C:

Explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, and using different pathways

## Explanation:

Two teams pass the ball in a set area. Complete 5 passes without drops or interceptions to score. No running or contact allowed. First team to the target score wins.



**Page 52 in the Baseball 5 Toolkit**



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