Alabama Physical Education

Grade 6

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.6.1

A 1.1 Locomotor: _Dance and rhythms_ PE19.6.1.A

1 Recognize and identify correct rhythmic activities and sequences of steps for various dance forms. PE19.6.1.1

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, break the dance steps/ movements down into small parts, review/practice, peer assistance and modeling PE19.6.1.1.APE

B 1.2 Manipulative: _Throwing_ PE19.6.1.B

2 Throw using the proper form for distance or power appropriate to the practice task. PE19.6.1.2

APE ___APE accommodation suggestions:___ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers. PE19.6.1.2.APE

C 1.3 Manipulative: _Catching_ PE19.6.1.C

3 Catch using the proper form from a variety of trajectories using various objects and tasks. PE19.6.1.3

APE ___APE accommodation suggestions:___ Decrease distance ball is tossed, rolled or bounced; provide students the opportunity to catch an object using a bucket or a basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies). PE19.6.1.3.APE

D 1.4 Manipulative: _Passing and receiving_ PE19.6.1.D

4 Pass and receive in a stationary position, using hands and feet with proficiency. PE19.6.1.4

APE ___APE accommodation suggestions:___ Use a larger ball or slightly deflated ball. PE19.6.1.4.APE

E 1.5 Manipulative: _Offensive skills_ PE19.6.1.E

5 Utilize a variety of offensive skills to create open space during practice tasks without defensive pressure. PE19.6.1.5

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.6.1.5.APE

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.6 Manipulative: _Dribbling and ball control_ PE19.6.1.F

6 Dribble with dominant and non-dominant hand, foot, or implement while changing speed and/or direction in a variety of tasks. PE19.6.1.6

APE ___APE accommodation suggestions:___ Use a larger ball or slightly deflated ball. PE19.6.1.6.APE

G 1.7 Manipulative: _Shooting on goal_ PE19.6.1.G

7 Shoot on a goal with accuracy and power in a stationary environment as appropriate to the activity. PE19.6.1.7

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.6.1.7.APE

H 1.8 Manipulative Skills: _Defensive skills_ PE19.6.1.H

8 Demonstrate defensive readiness and movement in all directions while maintaining correct position. PE19.6.1.8

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.6.1.8.APE

I 1.9 Manipulative Skills: _Serving_ PE19.6.1.I

9 Perform a serve using correct technique with control for net and wall games. PE19.6.1.9

APE ___APE accommodation suggestions:___ Use larger ball, smaller or shorter net, bigger target. Hand over hand assistance and modeling. PE19.6.1.9.APE

J 1.10 Manipulative Skills: _Striking_ PE19.6.1.J

10 Strike with proper form in a stationary environment for a variety of games. PE19.6.1.10

APE ___APE accommodation suggestions:___ Use longer or shorter implements for student success in controlling the implement. PE19.6.1.10.APE

K 1.11 Manipulative Skills: _Volley_ PE19.6.1.K

11 Forehand-volley with a mature form and control using a short- or long-handled implement. PE19.6.1.11

APE ___APE accommodation suggestions:___ Use a balloon or beach ball. PE19.6.1.11.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, an
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A 2.1 Movement Concepts: _Rules_ PE19.6.2.A

1 Demonstrate a basic knowledge of the rules and regulations for a variety of games and activities. PE19.6.2.1

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.6.2.1.APE

.2 Movement Concepts: _Sporting behavior_ PE19.6.2.B

2 Identify appropriate sporting behavior and etiquette related to a variety of games and activities. PE19.6.2.2

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.6.2.2.APE

C 2.3 Movement Concepts: _Safety_ PE19.6.2.C

3 Identify appropriate safety behaviors related to a variety of games and activities. PE19.6.2.3

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.6.2.3.APE

D 2.4 Movement Concepts: _Creating space_ PE19.6.2.D

4 Identify offensive and defensive tactics to create or reduce open space in a variety of activities. PE19.6.2.4

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.6.2.4.APE

E 2.5 Movement Concepts: _Transitions_ PE19.6.2.E

5 Demonstrate a quick recovery when transitioning from offense to defense or defense to offense. PE19.6.2.5

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.6.2.5.APE

F 2.6 Movement Concepts: _Offensive strategies_ PE19.6.2.F

6 Identify the skills or strategies necessary to score. PE19.6.2.6

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.6.2.6.APE

G 2.7 Movement Concepts: _Defensive strategies_ PE19.6.2.G

7 Identify the skills or strategies necessary to prevent the opponent from scoring. PE19.6.2.7

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.6.2.7.APE

H 2.8 Movement Concepts: _Speed, direction, force_ PE19.6.2.H

8 Vary application of movement concepts during physical activity. PE19.6.2.8

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.6.2.8.APE

An Ph Fit... .1 Physical Activity and Fitness: _Physical activity knowledge_ PE19.6.3.A

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literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.6.3

1 Identify positive influences of and the barriers to participating in physical activity. PE19.6.3.1

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.1.APE

B 3.2 Physical Activity and Fitness: _In classroom setting_ PE19.6.3.B

2 Participate in a variety of moderate to vigorous activities. PE19.6.3.2

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.2.APE

C 3.3 Physical Activity and Fitness: _In non-school settings_ PE19.6.3.C

3 Identify a variety of activities to perform outside of class. PE19.6.3.3

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.3.APE

D 3.4 Physical Activity and Fitness: _Incorporating technology_ PE19.6.3.D

4 Identify available technology to enhance physical activity. PE19.6.3.4

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.4.APE

E 3.5 Physical Activity and Fitness: _Fitness knowledge_ PE19.6.3.E

5 Identify the components of health-related and skill-related fitness. PE19.6.3.5

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.5.APE

F 3.6 Physical Activity and Fitness: _Fitness knowledge_ PE19.6.3.F

6 Set and monitor an individual goal for health-related fitness based on current fitness level. PE19.6.3.6

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.6.APE

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3.7 Physical Activity and Fitness: _Engagement in physical activity_ PE19.6.3.G

7 Explain the role of warm-ups and cool-downs before and after physical activity and show correct techniques and methods of stretching. PE19.6.3.7

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.7.APE

H 3.8 Physical Activity and Fitness: _Fitness knowledge_ PE19.6.3.H

8 Recall each component of the FITT formula (frequency, intensity, time, type) for physical fitness. PE19.6.3.8

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.8.APE

I 3.9 Physical Activity and Fitness: _Fitness knowledge_ PE19.6.3.I

9 Define resting heart rate and describe its relationship to moderate and vigorous activity. PE19.6.3.9

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.9.APE

J 3.10 Physical Activity and Fitness: _Fitness knowledge_ PE19.6.3.J

10 Identify and locate major muscles used in selected physical activities. PE19.6.3.10

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.10.APE

K 3.11 Physical Activity and Fitness: _Assessment and program planning_ PE19.6.3.K

11 Identify a variety of ways to track fitness and nutrition. PE19.6.3.11

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.6.3.11.APE

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits

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A 4.1 Personal and Social Behavior: _Personal responsibility_ PE19.6.4.A

1 Display personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. PE19.6.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting; peer assistance to model proper personal and social behaviors PE19.6.4.1.APE

respects self and others._ PE19.6.4

B **4.2 Personal and Social Behavior: _Personal responsibility_** PE19.6.4.B

2 Identify and use appropriate strategies to self-evaluate positive behaviors. PE19.6.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.6.4.2.APE

C **4.3 Personal and Social Behavior: _Accepting feedback_** PE19.6.4.C

3 Develop personal responsibility by accepting feedback to improve performance. PE19.6.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.6.4.3.APE

D **4.4 Personal and Social Behavior: _Working with others_** PE19.6.4.D

4 Accept differences among classmates by providing encouragement and positive feedback. PE19.6.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.6.4.4.APE

E **4.5 Personal and Social Behavior: _Working with others_** PE19.6.4.E

5 Cooperate with a small group of classmates during a variety of physical activities. PE19.6.4.5

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.6.4.5.APE

F **4.6 Personal and Social Behavior: _Rules and etiquette_** PE19.6.4.F

6 Identify the rules and etiquette for a variety of physical activities, fitness exercises, and games. PE19.6.4.6

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.6.4.6.APE

G **4.7 Personal and Social Behavior: _Safety_** PE19.6.4.G

7 Use equipment appropriately and safely, using teacher guidelines. PE19.6.4.7

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.6.4.7.APE

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.1 Values Physical Activity: _Health_ PE19.6.5.A

individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.6.5

1 Describe how being physically active leads to stress reduction, social interaction, and an overall healthy body. PE19.6.5.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.6.5.1.APE

B 5.2 Values Physical Activity: _Challenge_ PE19.6.5.B

2 Acknowledge individual challenges in order to handle them in a positive way. PE19.6.5.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.6.5.2.APE

C 5.3 Values Physical Activity: _Self-expression & enjoyment_ PE19.6.5.C

3 Describe how moving proficiently in a physical activity setting creates enjoyment. PE19.6.5.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.6.5.3.APE

D 5.4 Values Physical Activity: _Social interaction_ PE19.6.5.D

4 Identify strategies for respecting self and others through activities and games. PE19.6.5.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.6.5.4.APE