Colorado Physical Education

Grade 6

Movement Competence and Understanding 6.1

1 **Demonstrate beginning skills for a variety of activities, games, and sports.** 6.1.1

- a Volley an object repeatedly with a partner. 6.1.1.A
- b Strike a ball continually against a wall and with a partner, using a paddle for the forehand stroke and backhand stroke. 6.1.1.B
- c Strike an object consistently, using a body part and an implement so that the object travels in the intended direction at the desired height. 6.1.1.C
- d Dribble and pass a ball to a partner while being guarded. 6.1.1.D
- e Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns. 6.1.1.E
- f Combine relationships, levels, speed, direction, and pathways in complex individual and group physical activities. 6.1.1.F
- g Combine motor skills to play a lead-up or modified game. 6.1.1.G

2 **Participate in activities that require problem-solving, cooperation, and team-building.** 6.1.2

- a Participate in initiative and cooperative activities. 6.1.2.A
- b Cooperate with a small group of classmates during activities, game play or team-building activities. 6.1.2.B

3 **Demonstrate beginning strategies for a variety of activities, games, or sports.** 6.1.3

- a Use basic understanding of the knowledge of strategies in activity settings such as moving to open space to receive a pass or intercept an object. 6.1.3.A
- b Analyze and correct errors in movement patterns, and provide and use feedback from a peer or instruction technology. 6.1.3.B
- c Develop a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy, and teach the game to another person. 6.1.3.C

Physical and Personal Wellness 6.2

1 **Understand and apply basic principles of training to improving physical fitness.** 6.2.1

- a Correctly differentiate the body's response to physical activities of various exercise intensities. 6.2.1.A

Skip to main content

b Record and analyze food consumption for one day, and make a plan to replace foods with healthier choices. 6.2.1.B

c Explain why dehydration impairs temperature regulation and physical and mental performance. 6.2.1.C

d Determine an appropriate cardiovascular training zone. 6.2.1.D

e Perform flexibility exercises that will stretch particular muscles area for given physical activities. 6.2.1.E

f Identify, select, and participate in activities designed to improve selfdiagnosed areas for improvement in health-related fitness components. 6.2.1.F

g Engage in moderate to vigorous physical activity at the target heart rate for a minimum of 60 minutes per day. 6.2.1.G

h Accurately identify activities that are aerobic and anaerobic. 6.2.1.H

i Determine the intensity of personal physical activity using the concept of perceived exertion. 6.2.1.I

2 **Recognize how health-related and skill-related fitness components contribute to a health-enhancing lifestyle that embraces physical fitness.** 6.2.2

a Monitor the intensity of one's heart rate during physical activity 6.2.2.A

b Identify target heart rate. 6.2.2.B

c Explain how the six skill-related fitness components (agility, balance, eye-hand coordination, power, speed, reaction time) affect ability to enhance participation in activities. 6.2.2.C

d Distinguish between health-related and skill-related fitness. 6.2.2.D

e Identify activities that utilize enhanced skill-related components of fitness. 6.2.2.E

f Compare results of fitness testing with research-based standards for self-improvement. 6.2.2.F

3 **Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness.** 6.2.3

a Set age-appropriate fitness goals. 6.2.3.A

b Strive to attain fitness goals through participation in physical activity of individual choosing 6.2.3.B

c Identify where individuals can engage in regular physical activity to meet their personal fitness goals. 6.2.3.C

Social Emotional Wellness 6.3

1 **Recognize diverse skill performance in self and in others and how diversity affects activities, games, and sport participation.** 6.3.1

a Evaluate individual responsibility in group efforts. 6.3.1.A

b Accept differences among classmates in physical development, maturation and varying skill levels. 6.3.1.B

Skip to main content

c Participate in activities that address diversity with individuals of various skill levels. 6.3.1.C

d Exhibit responsible social behavior by cooperating with classmates, demonstrating inclusive behaviors. 6.3.1.D

e Acknowledge and accommodate individual differences in others' physical abilities in small-group activities. 6.3.1.E

2 **Choose to participate cooperatively and productively in group and individual physical activities.** 6.3.2

a Help others with physical activity challenges. 6.3.2.A

b Contribute ideas and listen to the ideas of others in cooperative problem solving activities. 6.3.2.B

c Officiate an activity, game, or sport. 6.3.2.C

d Demonstrate conflict resolution behavior in socially appropriate ways. 6.3.2.D

e Demonstrate cooperation skills by establishing rules and guidelines for resolving conflicts. 6.3.2.E

f Problem-solve with a small group of classmates during adventure activities, game play or team-building activities. 6.3.2.F

Prevention and Risk Management 6.4

1 **Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury.** 6.4.1

a Identify proper safety equipment for various physical activities. 6.4.1.A

b Describe and demonstrate the correct form to push, pull, and lift heavy objects. 6.4.1.B

c Identify appropriate footwear and sport-related gear/clothing for safe participation in various activities. 6.4.1.C

d Create a list or poster that describes safety rules while participating in physical activities, with or without the help of an instructor. 6.4.1.D

e List the benefits and risks of following and not following safety rules associated with physical activity. 6.4.1.E

f Use physical activity and fitness equipment appropriately and safely, with the teacher's guidance. 6.4.1.F