Connecticut Physical Education

Grade 6

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Dance and Rhythms

S1.M1 Dance and Rhythms S1.M1

S1.M1.6 Demonstrates correct rhythm and pattern for one of the following dance forms: folk, social, creative, line or world dance. S1.M1.6

Games and Sports: Invasion and Field Games

S1.M2 Throwing S1.M2

S1.M2.6 Demonstrates the ability to throw with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = second base to first base). S1.M2.6

S1.M3 Catching S1.M3

S1.M3.6 Demonstrates the ability to catch with a mature pattern from a variety of trajectories using different objects in varying practice tasks. S1.M3.6

Games and Sport: Invasion Games

S1.M4 Passing and Receiving S1.M4

S1.M4.6a Demonstrates the ability to throw a leading pass to a moving receiver, while stationary. S1.M4.6A

S1.M4.6b Demonstrates the ability to throw, while moving, a leading pass to a moving receiver. S1.M4.6B

S1.M4.6c Demonstrates the ability to pass and receive with hands in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as basketball, flag football, speedball, or team handball. S1.M4.6C

S1.M4.6d Demonstrates the ability to throw a lead pass to a moving partner off a dribble or pass. S1.M4.6D

S1.M5 Offensive Skills S1.M5

S1.M5.6a Demonstrates the ability to perform pivots, fakes and jab steps designed to create open space during practice tasks. S1.M5.6A

S1.M5.6b Demonstrates the following offensive skills without defensive pressure: pivot, give and go, and fakes. S1.M5.6B

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S1.M6 Dribbling/Ball Control S1.M6

S1.M6.6a Demonstrates the ability to dribble with dominant hand using a change of speed and direction in a variety of practice tasks. S1.M6.6A

S1.M6.6b Demonstrates the ability to dribble with dominant and nondominant hands using a change of speed and direction in a variety of practice tasks. S1.M6.6B

S1.M7 Shooting on Goal S1.M7

S1.M7.6 Demonstrates the ability to shoot on goal with power in a dynamic environment as appropriate to the activity. S1.M7.6

S1.M8 Defensive Skills S1.M8

S1.M8.6 Demonstrates the ability to maintain a defensive-ready position, with weight on balls of feet, arms extended and eyes on midsection of the offensive player. S1.M8.6

Games and Sports: Net/Wall Games

S1.M9 Serving S1.M9

S1.M9.6 Demonstrates a legal underhand serve with control for net and wall games such as badminton, volleyball or pickleball. S1.M9.6

S1.M10 Striking S1.M10

S1.M10.6 Demonstrates the ability to strike with a mature overhand pattern in a nondynamic environment for net/ wall games such as volleyball, handball, badminton, or tennis. S1.M10.6

S1.M11 Weight Transfer S1.M11

S1.M11.6 Demonstrates the ability to transfer weight with correct timing for the striking pattern. S1.M11.6

S1.M12 Forehand and Backhand S1.M12

S1.M12.6 Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. S1.M12.6

S1.M13 Volleying S1.M13

S1.M13.6a Demonstrates the two-hand volleys with control in a variety of practice tasks. S1.M13.6A

S1.M13.6b Demonstrates the ability to forehand volley with a mature form and control using a short-handled implement. S1.M13.6B

Games and Sports: Target Games

S1.M14 Throwing Underhand S1.M14

S1.M14.6 Demonstrates a mature underhand pattern for a modified target game such as bowling, bocce, or horseshoes. S1.M14.6

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S1.M15 Striking S1.M15

S1.M15.6 Demonstrates the ability to strike a stationary object with an implement, for accuracy with activities such as croquet, shuffleboard, and golf. S1.M15.6

Games and Sports: Fielding/Striking Games

S1.M16 Striking S1.M16

S1.M16.6 Demonstrates the ability to strike a pitched ball with an implement with force in a variety of practice tasks. S1.M16.6

S1.M17 Catching S1.M17

S1.M17.6 Demonstrates the ability to catch, with a mature pattern, from different trajectories using a variety of objects in a varying practice task. S1.M17.6

Outdoor Activities

S1.M18 Outdoor Activities S1.M18

S1.M18.6 Demonstrates correct technique for basic skills in one selected outdoor activity. S1.M18.6

Individual Performance Activities

S1.M19 Individual Performance Activities S1.M19

S1.M19.6 Demonstrates correct technique for basic skills in one selected individual-performance activity. S1.M19.6

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Games and Sports: Invasion Games

S2.M1 Creating Space with Movement, Offensive Tactics, using Width and Length S2.M1

S2.M1.6a Creates open space by using locomotor movements (e.g., walking, running, jumping, and landing) in combination with movement (e.g., varying pathways; change of speed, direction, or pace). S2.M1.6A

S2.M1.6b Executes at least one of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots, and fakes; give and go. S2.M1.6B

S2.M1.6c Creates open space by using the width and length of the field/court on offense. S2.M1.6C

S2.M2 Reducing Space by Changing Size and Shape and Using Denial S2.M2

S2.M2.6a Reduces open space on defense by making the body larger and reducing passing angles. S2.M2.6A

S2.M2.6b Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass. S2.M2.6B

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S2.M3 Transitions S2.M3

S2.M3.6 Transitions from offense to defense or defense to offense by recovering quickly. S2.M3.6

Games and Sports: Net/Wall Games

S2.M4 Creating Space through Variation S2.M4

S2.M4.6 Creates open space in net/wall games with a short-handled implement by varying force and direction. S2.M4.6

S2.M5 Using Tactics and Shots S2.M5

S2.M5.6 Reduces offensive options for opponents by returning to home position. S2.M5.6

Games and Sports: Target Games

S2.M6 Shot Selection S2.M6

S2.M6.6 Selects appropriate shot and/or club based on location of the object in relation to the target. S2.M6.6

Games and Sports: Fielding and Striking

S2.M7 Offensive Strategies S2.M7

S2.M7.6 Identifies open spaces and attempts to strike object into that space. S2.M7.6

S2.M8 Reducing Space S2.M8

S2.M8.6 Identifies the correct defensive play based on the situation (e.g., number of outs). S2.M8.6

Outdoor Activities

S2.M9 Movement Concepts S2.M9

S2.M9.6 Makes appropriate decisions based on the weather, level of difficulty due to conditions or ability to ensure the safety of self and others. S2.M9.6

Individual Performance Activities: Dance and Rhythms

S2.M10 Movement Concepts S2.M10

S2.M10.6 Varies application of force during dance or gymnastic activities. S2.M10.6

Students will demonstrate the knowledge and skills to achieve and maintain a he of fitn

Physical Activity Knowledge

S3.M1 Physical activity knowledge S3.M1

S3.M1.6 Describes how being physically active leads to a healthy body. S3.M1.6

articipates in Physical Activity

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S3.M2 Participates in Physical Activity S3.M2

- S3.M2.6a Participates in self-selected physical activity outside of physical education class. S3.M2.6A
- S3.M2.6b Participates in a variety of aerobic fitness activities such as cardio-kick, step aerobics and aerobic dance. S3.M2.6B
- S3.M2.6c Participates in a variety of aerobic-fitness activities using technology such as Dance, Dance Revolution or Wii Fit. S3.M2.6C
- S3.M2.6d Participates in a variety of lifetime recreational team sports, outdoor pursuits, or dance activities. S3.M2.6D
- S3.M2.6e Participates in moderate to vigorous aerobic physical activity including intermittent/continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day. S3.M2.6E

Fitness Knowledge

S3.M3 Fitness knowledge S3.M3

- S3.M3.6a Identifies the components of skill related fitness. S3.M3.6A
- S3.M3.6b Sets and monitors a self-selected physical activity goal for aerobic and/ or muscle and bone strengthening activity based on current fitness level. S3.M3.6B
- S3.M3.6c Employs correct techniques and methods of stretching. S3.M3.6C
- S3.M3.6d Differentiates between aerobic and anaerobic capacity, and between muscular strength and endurance. S3.M3.6D
- S3.M3.6e Identifies each of the components of the FITT formula: frequency, intensity, time, and type for different types of physical activity (aerobic, muscular fitness and flexibility). S3.M3.6E
- S3.M3.6f Describes the role of warm-ups and cool-downs before and after physical activity. S3.M3.6F
- S3.M3.6g Determines resting heart rate and describes its relationship to aerobic fitness and the Borg rating of perceived exertion (RPE) scale. S3.M3.6G
- S3.M3.6h Identifies major muscles used in selected physical activities. S3.M3.6H

Assessment and Program Planning

S3.M4 Assessment and Program Planning S3.M4

- S3.M4.6a Designs and implements a program of remediation for an area of weakness based on the results of health-related fitness assessment. S3.M4.6A
- S3.M4.6b Maintains a physical activity log for at least two weeks and reflects on activity levels as documented in the log. S3.M4.6B

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Nutrition

S3.M5 Nutrition S3.M5

S3.M5.6 Demonstrates the ability to identify foods within each of the basic food groups and selects appropriate servings and portions for his or her age and physical activity levels. S3.M5.6

Stress Management

S3.M6 Stress Management S3.M6

S3.M6.6 Identifies positive and negative results of stress and appropriate ways of dealing with each. S3.M6.6

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.M1 Personal Responsibility S4.M1

S4.M1.6a Demonstrates the ability to exhibit personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. S4.M1.6A

S4.M1.6b Demonstrates the ability to identify and use appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk. S4.M1.6B

Accepting Feedback

S4.M2 Accepting Feedback S4.M2

S4.M2.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. S4.M2.6

Working with Others

S4.M3 Rules and Etiquette S4.M3

S4.M3.6a Demonstrates the ability to accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback. S4.M3.6A

S4.M3.6b Demonstrates the ability to cooperate with a small group of classmates during adventure activities, game play or team-building activities. S4.M3.6B

Rules and Etiquette

S4.M4 Rules and Etiquette S4.M4

S4.M4.6 Demonstrates the ability to identify the rules and etiquette for physical activities, games, and dance activities. S4.M4.6

Safety

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S4.M5 Safety S4.M5

S4.M5.6 Demonstrates the ability to use equipment appropriately and safely, with the teacher's guidance. S4.M5.6

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.M1 Health S5.M1

S5.M1.6a Demonstrates the ability to describe how being physically active leads to a healthy body. S5.M1.6A

S5.M1.6b Demonstrates the ability to identify components of physical activity that provide opportunities for reducing stress and for social interaction. S5.M1.6B

Challenge

S5.M2 Challenge S5.M2

S5.M2.6 Demonstrates the ability to recognize individual challenges and how to cope in a positive way, such as extending effort, asking for help or feedback, and/or modifying the tasks. S5.M2.6

Self-Expression and Enjoyment

S5.M3 Self-Expression and Enjoyment S5.M3

S5.M3.6a Demonstrates the ability to describe how moving competently in a physical activity setting creates enjoyment. S5.M3.6A

S5.M3.6b Demonstrates the ability to identify how self-expression and physical activity are related. S5.M3.6B

Social Interaction

S5.M4 Social Interaction S5.M4

S5.M4.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity. S5.M4.6