Georgia Physical Education

Grade 6

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety of motor skills and movement patterns.** PE6.1
   a. Performs elements of movement combinations (shape, motion, space, energy, and flow) in multiple activity categories. (see chart for examples) PE6.1.A
   b. Performs specialized manipulative skills in an applied setting to include throwing, catching, striking, shooting, and passing, utilizing various body parts or implements with varying trajectories, speed, and direction. PE6.1.B
   c. Performs rhythm sequences which combine movements and skills. PE6.1.C
   d. Performs motor skills specific to multiple activity categories. PE6.1.D
   e. Performs motor skills and movement patterns with appropriate adjustment to dynamic movements such as balance, weight transfer, speed, and direction. PE6.1.E

Movement Concepts and Principles

2. **The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PE6.2
   a. Identifies concepts that apply to movement skills, such as creating open space by using various movements (run, jump, or pivot). PE6.2.A
   b. Identifies concepts that combine movements (run, jump, or pivot) and changes of speed, direction. PE6.2.B
   c. Describes basic strategies and motor skill techniques for offense and defense in small-sided game play. PE6.2.C
   d. Identifies steps to correctly demonstrate a rhythmic or systematic pattern. PE6.2.D
   e. Identifies and explains the components of skill-related fitness. PE6.2.E
   f. Identifies opportunities in school, home, and community to be physically active. PE6.2.F

Fitness

3. **The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE6.3
   a. Recognizes the difference between health-related fitness versus skill-related fitness. PE6.3.A
   b. Participates in a variety of cardiovascular activities in school and home settings which are considered Moderate to Vigorous Physical Activity (MVPA). PE6.3.B

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c. Explains and demonstrates the components of the FITT principle (Frequency, Intensity, Time, and Type) for each component of health-related fitness. PE6.3.C

d. Participates in the Georgia Fitness Assessment with teacher supervision. PE6.3.D

e. Identifies form breaks for each Georgia Fitness Assessment component. PE6.3.E

f. Performs fitness assessment protocols correctly. PE6.3.F

g. Determines if fitness scores are in the Healthy Fitness Zone (HFZ) for age and gender. PE6.3.G

h. Identifies health fitness components that are strong and those in need of improvement. PE6.3.H

i. Designs short and long-term personal fitness goals based on strengths and the areas for improvement as indicated by the Georgia Fitness Assessment. PE6.3.I

j. Identifies and explains considerations in exercise programs and related equipment. PE6.3.J

Personal and Social Behavior, Rules, Safety, and Etiquette

4. **The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE6.4

   a. Demonstrates responsibility by following rules, making appropriate decisions with proper etiquette, and exhibiting safety and respect for self and others. PE6.4.A

   b. Identifies and demonstrates safe practices with physical education equipment and facilities. PE6.4.B

   c. Participates independently and cooperatively in class activities. PE6.4.C

5. **The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE6.5

   a. Selects and participates in physical activities that foster social interaction and continued personal growth. PE6.5.A

   b. Explains disease risks which are reduced by participating in physical activity. PE6.5.B

   c. Explains the physical benefits of participating in physical activity. PE6.5.C

   d. Describes the social benefits of being physically active. PE6.5.D