

# Grade 6

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 6.1

## 1 Individual-Performance Activities 6.1.1

- A Demonstrates correct technique for basic skills in one selected individual performance activity. 6.1.1.A

## 2 Outdoor Pursuits 6.1.2

- A Demonstrates correct technique for basic skills in one selected outdoor activity. 6.1.2.A

## 3 Dance and Rhythm 6.1.3

- A Demonstrates correct rhythm and pattern for one of the following activities: dance, including folk, social, creative, line, and world; jump bands; and cardio drumming. 6.1.3.A

## 4 Throwing 6.1.4

- A Demonstrates a mature underhand or overhand motion pattern for accuracy. 6.1.4.A

## 5 Catching 6.1.5

- A Demonstrates a mature catching pattern from a variety of trajectories using different objects during practice. 6.1.5.A

## 6 Passing and Receiving 6.1.6

- A Demonstrates passing and receiving with hands, feet, or implement with competency while moving, changing direction, and speed. 6.1.6.A
- B Demonstrates a lead pass with competency, while stationary, to a moving receiver. 6.1.6.B

## 7 Dribbling 6.1.7

- A Demonstrates dribbling skills with dominant hand, foot, or implement with control while moving, changing direction, and speed. 6.1.7.A

## 8 Striking 6.1.8

- A Demonstrates striking with competency. 6.1.8.A
- B Demonstrates striking a stationary or moving object with competency using an implement with force in a variety of practices (such as golf, hockey). 6.1.8.B

## 9 Forehand and Backhand 6.1.9

- A Demonstrates correct forehand and backhand strokes with competency while transferring weight with correct timing. 6.1.9.A

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**10 Shooting** 6.1.10

- A Demonstrates shooting on goal with competency during a closed environment practice. 6.1.10.A

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**11 Serving** 6.1.11

- A Demonstrates a correct underhand or overhand serve with competency, control, and weight transfer. 6.1.11.A

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**12 Volleying** 6.1.12

- A Demonstrates a controlled forehand volley with mature form. 6.1.12.A

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**13 Offensive Skills** 6.1.13

- A Demonstrates movement without the ball or object (such as pivot, give and go, and fakes). 6.1.13.A
- B Demonstrates movement with the ball or object (such as dribbling) without defensive pressure to create open space. 6.1.13.B

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**14 Defensive Skills** 6.1.14

- A Demonstrates the ready position in defense by weight on balls of feet, arms extended, and eyes on the midsection of the offensive player. 6.1.14.A

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The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 6.2

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**1 Target Games** 6.2.1

- A Developmentally appropriate outcomes first appear in grade seven. 6.2.1.A

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**2 Movement and Rhythm** 6.2.2

- A Varies the application of force when performing movement activities. 6.2.2.A

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**3 Outdoor Pursuits** 6.2.3

- A Identifies appropriate decisions to ensure safety of self or others. 6.2.3.A

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**4 Offensive Tactics** 6.2.4

- A Demonstrates at least one way to create open space (such as moving to open space without a ball or object; using a variety of passes, pivots, and fakes; using the give and go maneuver; using the width and length of the field/court). (invasion games) 6.2.4.A
- B Identifies open spaces and attempts to strike objects into the space. (field and strike games) 6.2.4.B

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**5 Defensive Tactics** 6.2.5

- A Demonstrates at least one way to reduce open space (such as changing body position; by not allowing the catch (denial); allowing the catch, but not the return pass). (invasion games) 6.2.5.A

- B Identifies the correct defensive play based on the situation (such as number of outs). (field and strike games) 6.2.5.B

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**6 Transitions, Invasion Games** 6.2.6

- A Demonstrates the transitions from offense to defense and defense to offense by recovering quickly. 6.2.6.A

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**7 Creating Space, Net and Wall Games** 6.2.7

- A Developmentally appropriate outcomes first appear in grade seven. 6.2.7.A

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**8 Tactics and Shots, Net and Wall Games** 6.2.8

- A Developmentally appropriate outcomes first appear in grade seven. 6.2.8.A

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

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**1 Physical Activity Benefits** 6.3.1

- A Describes how being physically active leads to a healthy body. 6.3.1.A

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**2 Engagement in Physical Activity** 6.3.2

- A Participates in self-selected physical activity outside of physical education class. 6.3.2.A

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**3 Components of Fitness** 6.3.3

- A Identifies the skill-related fitness components. 6.3.3.A

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**4 Health-Related Fitness** 6.3.4

- A Differentiates between aerobic and anaerobic physical activity. 6.3.4.A
- B Demonstrates correct techniques and methods of stretching. 6.3.4.B
- C Uses pacing in cardiorespiratory endurance activities. 6.3.4.C

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**5 FITT Principle** 6.3.5

- A Describes each component of the FITT principle (frequency, intensity, time, type) for cardiorespiratory endurance. 6.3.5.A

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**6 Phases of Exercise** 6.3.6

- A Describes the role of warm-ups and cool-downs before and after physical activity. 6.3.6.A

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**7 Engagement in Fitness Activities** 6.3.7

- A Participates in a variety of cardiorespiratory endurance activities. 6.3.7.A

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**8 Body Systems** 6.3.8

- A Identifies major muscles used in selected physical activities. 6.3.8.A

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**9 Nutrition** 6.3.9

- A Compares and contrasts caloric expenditure for a variety of physical activities. 6.3.9.A

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**10 Goal-Setting** 6.3.10

- A Uses a SMART (specific, measurable, attainable, realistic, and timely) goal to improve or maintain one area of health-related fitness based on a fitness assessment. 6.3.10.A

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**11 Physical Activity and Nutrition Log** 6.3.11

- A Maintains and reflects on an activity log to create goals pertaining to a personal physical activity. 6.3.11.A

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**The physically literate individual exhibits responsible personal and social behavior that respects self and others.** 6.4

**1 Personal Responsibility** 6.4.1

- A Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for the facilities, and exhibiting safe behaviors. 6.4.1.A

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**2 Rules and Etiquette** 6.4.2

- A Identifies rules and etiquette for physical activities, games, dance, and rhythmic activities. 6.4.2.A

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**3 Receiving and Providing Feedback** 6.4.3

- A Demonstrates responsibility by providing and accepting corrective feedback to improve performance. 6.4.3.A

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**4 Working with Others** 6.4.4

- A Cooperates with a small group of classmates during physical activities. 6.4.4.A

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**5 Safety** 6.4.5

- A Uses physical activity and fitness equipment appropriately and safely with teacher guidance. 6.4.5.A

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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression, and/or social interaction.** 6.5

**1 Health** 6.5.1

- A Applies strategies for overcoming individual challenges in a physical activity setting (such as extending effort, asking for help or feedback, or modifying the tasks). 6.5.1.A

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**2 Challenge** 6.5.2

- A Applies strategies for overcoming individual challenges in a physical activity setting (such as extending effort, asking for help or feedback, or modifying the tasks). 6.5.2.A

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**3 Self-Expression and Enjoyment** 6.5.3

- A Describes how moving competently in a physical activity setting creates enjoyment. 6.5.3.A

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#### **4 Social Interaction** 6.5.4

- A** Demonstrates respect for self and others by following the rules and encouraging others in various physical activities and games. 6.5.4.A