

# Grade 6 Physical Education

**Demonstrate competency in a variety of motor skills and movement patterns.**

**MP. Combinations of Movement Patterns and Skills** 6.1.MP

- MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities. 6.1.MP1
  - MP2. Demonstrate simple and combined motor skills in a variety of games and activities. 6.1.MP2
  - MP3. Perform a wide variety of locomotor movements in combination, using different pathways and directions, while moving around others and/or equipment. 6.1.MP3
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**MS. Manipulative Skills** 6.1.MS

- MS1. Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues. 6.1.MS1
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**Apply knowledge of concepts, principles, strategies and tactics to movement and performance.**

**MC. Combinations of Movement Concepts** 6.2.MC

- MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities. 6.2.MC1
  - MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in games and activities. 6.2.MC2
  - MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences. 6.2.MC3
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**Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

**PA. Physical Activity Knowledge and Engagement** 6.3.PA

- PA1. Describe how being physically active leads to better health. 6.3.PA1
  - PA2. Participate in a variety of physical activities. 6.3.PA2
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**PF. Physical Fitness Knowledge** 6.3.PF

- PF1. Identify the components of skill-related fitness. 6.3.PF1
  - PF2. Identify each of the components of the FITT principle for different types of physical activity. 6.3.PF2
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**N. Nutrition** 6.3.N

- N1. Identify food from each of the basic food groups and select appropriate servings and proportions for his/her age and physical activity levels. 6.3.N1

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**SM. Stress Management** 6.3.SM

SM1. Recognize physical activity as a positive way of dealing with stress. 6.3.SM1

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**Demonstrate responsible personal and social behavior that exhibits respect for self and others.**

**SW. Social Interactions/Working with Others** 6.3.SW

SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. 6.3.SW1

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**RE. Rules and Etiquette** 6.4.RE

RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities. 6.4.RE1

RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict 6.4.RE2

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**SA. Safety** 6.3.SA

SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities. 6.4.SA1

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**Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.**

**HE. Health** 6.5.HE

HE1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle. 6.5.HE1

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**C. Challenge** 6.5.C

C1. Explain that physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging. 6.5.C1

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**SE. Self-Expression and Enjoyment** 6.5.SE

SE1. Identify and use appropriate strategies to self-reinforce positive fitness behaviors. 6.5.SE1

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**SI. Social Interaction** 6.5.SI

SI1. Use personal and social behaviors that show respect to self and others in physical activity settings. 6.5.SI1

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**A. Advocacy** 6.5.A

A1. State a health-enhancing position about being physically active, supported with accurate information, to improve the health of others. 6.5.A1