Louisiana Physical Education

Grade 6

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Specialized Skills and Movement Patterns

1. Demonstrate simple movement patterns in dance, gymnastics or fitness 1.6-1.1
2. Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of movement forms in controlled settings 1.6-1.2
3. Perform simple dance sequences 1.6-1.3

Games and Sports: Invasion Games Passing

1. Demonstrates a mature passing pattern using hand, foot, or implement for accuracy during practice tasks 1.6-2.1

Games and Sports: Invasion Games Receiving

1. Receives with a mature pattern using hand, foot, or implement in practice tasks 1.6-3.1

Games and Sports: Invasion Games Offensive Skills

1. Demonstrates understanding of basic offensive tactics related to off-the ball movements while participating in game-like settings 1.6-4.1
2. Identify and perform offensive strategies while playing a modified version of a game or sport in small group activities 1.6-4.2

Games and Sports: Invasion Games Dribbling/Ball Control with Hands

1. Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks 1.6-5.1

Games and Sports: Invasion Games Dribbling/Ball Control with Feet

1. Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks 1.6-6.1

Games and Sports: Invasion Games Shooting on Goal

1. Shoots on goal with power in a dynamic environment as appropriate to the activity 1.6-7.1

Games and Sports: Invasion Games Defensive Skills

1. Demonstrates the skill cues for the defensive ready position (weight on balls of feet, arms extended, and eyes on midsection of the offensive player) 1.6-8.1

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Games and Sports: Net/Wall Games Serving

1. Performs a legal underhand serve with control for net/wall games 1.6-9.1

Games and Sports: Net/Wall Games Striking

1. Strikes with a mature overarm pattern in a net/wall game during practice tasks 1.6-10.1

Games and Sports: Net/Wall Games Forehand and Backhand

1. Demonstrates the mature form of forehand and backhand strokes with a short-handled implement in net games in practice task 1.6-11.1

Games and Sports: Net/Wall Games Weight Transfer

1. Transfers weight with correct timing for the striking pattern 1.6-12.1

Games and Sports: Net/Wall Games Volley

1. Volleys with mature form and control using a body part or a short-handled implement during practice task 1.6-13.1

Games and Sports: Target Games Underhand Pattern

1. Demonstrates a mature underhand pattern for modified target games 1.6-14.1

Games and Sports: Target Games Striking

1. Strikes, with an implement, a stationary object for accuracy in activities 1.6-15.1

Games and Sports: Fielding/Striking Games Striking

1. Strikes a pitched ball with an implement with force in a variety of practice tasks 1.6-16.1

Games and Sports: Fielding/Striking Games Catching

1. Catches, with mature pattern, from different trajectories using a variety of objects in varying practice tasks 1.6-17.1

Individual or Group Lifetime Activities

1. Demonstrates correct technique for basic skills in at least one self-selected individual or group lifetime activity. 1.6-18.1

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

Games and Sports: Invasion Games Offensive Tactics

1. Demonstrates creating open space moving to open space without the ball and/or using a variety of passes, pivots, and fakes 2.6-1.1

Games and Sports: Invasion Games Defensive Tactics

1. Demonstrates reducing open space on defense by crashing the passer to reduce passing angles 2.6-2.1

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ames and Sports: Net/Wall Games Creating Space

. Demonstrates creating open space by moving opponent more than one step in either direction 2.6-3.

Games and Sports: Net/Wall Games Tactics and Shots

1. Demonstrates the ability to return to a home or center position to reduce offensive options for opponents 2.6-4.1

Games and Sports: Fielding/Striking Games Offensive Tactics

1. Identifies open spaces. Demonstrates the ability to strike an object into an open space 2.6-5.1

Games and Sports: Fielding/Striking Games Defensive Tactics

1. Identifies a defensive play based on a game situation/scenario 2.6-6.1

Games and Sports: Target Games Shot Selection

1. Identifies an appropriate shot or club based on location of the target or the score of the game 2.6-7.1

Individual Performance Movement Concepts

1. Demonstrates a varied application of force during individual performance activities 2.6-8.1

Individual or Group Lifetime Activities Decision Making

1. Makes appropriate decisions based on weather, level of difficulty due to conditions, or ability to ensure safety of self and others 2.6-9.1

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

Benefits of Physical Activity

1. Describes how being physically active leads to positive physical health benefits 3.6-1.1

Evaluates Physical Activity

1. Collects and reflects on personal physical activity assessment data 3.6-2.1

Health and Skill Related Fitness

1. Identifies the components of health-related (cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition) and skill-related fitness (balance, coordination, reaction time, agility, power, speed) 3.6-3.1

Principles of Training

1. Identifies the principles of training (specificity, overload, and progression) 3.6-4.1

FITT Principle

- Identifies each of the components of the FITT Principle (frequency, intensity, time and type) 3.6-5.1

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Phases of Exercise

1. Describes the role of a warm-up and cool-down regimens used for participation in physical activity 3.6-6.1

Heart Rate

1. Describes the differences between active and resting heart rate 3.6-7.1

Body Systems

1. Identifies major muscle groups used in selected physical activities. Identifies the role of major body systems (respiratory, muscular, and skeletal) 3.6-8.1

Technology

1. Identifies and/or uses technology to monitor fitness 3.6-9.1

Assessment and Program Planning

1. Develops SMART (specific, measurable, attainable, realistic and timely) goals for improving or maintaining all areas of health- related fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition) based on fitness assessment results 3.6-10.1

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

Personal Responsibility

1. Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors 4.6-1.1

Personal Responsibility

1. Identifies and uses appropriate strategies to self- reinforce positive fitness behaviors, such as positive self- talk 4.6-2.1

Providing and Receiving Feedback

1. Demonstrates self-responsibility by modifying performance utilizing specific corrective feedback to improve execution 4.6-3.1

Working with Others Conflict Resolution

1. Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback 4.6-4.1

Working with Others Cooperation and Accepting Others

1. Cooperates with others of different genders, cultures, ethnicities, abilities, and skill levels in physical activity settings 4.6-5.1

Rules and Etiquette

1. Demonstrates basic rules and etiquette during individual and group physical activities (dance, individual, team & lifetime) 4.6-6.1

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Safety

1. Uses physical activity and fitness equipment appropriately and safely, and follows safety protocols with the teacher's guidance 4.6-7.1

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

Challenge

1. Identifies a specific activity that is played because he or she finds it challenging 5.6-1.1

Self-Expression /Enjoyment

1. Describes how physical activity provides the opportunity for enjoyment and self-expression, and identifies strategies that can be used to increase enjoyment and/or self- expression 5.6-2.1

Social Interaction

1. Identifies a specific physical activity that a student participates in because of the opportunity for social interaction 5.6-3.1