Maryland Physical Education

Grade 6

Motor Skills and Movement Patterns S1.G6

Dance & Rhythms

1 Demonstrates correct rhythm and pattern for one dance form. S1.G6.1

Throwing

2 Throws with a mature pattern for distance or power appropriate to the practice task. S1.G6.2

Catching

3 Catches a variety of objects from different trajectories with a mature pattern in varying practice tasks. S1.G6.3

Passing & Receiving

4a Passes and receives with hands while changing direction and speed with competency. S1.G6.4A

4b Throws, while stationary, a leading pass to a moving receiver. S1.G6.4B

Offensive Skill

5a Performs pivots, fakes, and jab steps designed to create open space during practice tasks. S1.G6.5A

5b Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes. S1.G6.5B

Dribbling/Ball Control

6a Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks. S1.G6.6A

6b Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks. S1.G6.6B

Shooting on a Goal

7 Shoots on goal with power in a dynamic environment as appropriate to the activity. S1.G6.7

Defensive Skills

8 Maintains defensive-ready position with weight on balls of feet, arms extended, and eyes on midsection of the offensive player. S1.G6.8

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Serving

9 Performs an underhand serve with control for net and wall games. S1.G6.9

Striking

10 Strikes with a mature overhand pattern in a non-dynamic environment for net or wall games. S1.G6.10

Forehand & Backhand

11 Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games. S1.G6.11

Weight Transfer

12 Transfers weight with correct timing for a striking pattern. S1.G6.12

Volley

13 Forehand volleys with a mature pattern and control using a short-handled implement. S1.G6.13

Two-hand volley

14 Two-hand volleys with control in a variety of practice tasks. S1.G6.14

Target Games/Propel an Object

15 Demonstrates an ability to propel an object for a modified target game. S1.G6.15

Striking with a Long-Handled Implement

16 Strikes a pitched ball with an implement with force in a variety of practice tasks. S1.G6.16

Catching with a Short or Long-Handled Implement

17 Catches, with a mature pattern, from different trajectories, using a variety of objects in varying practice tasks while using an implement. S1.G6.17

Outdoor Pursuits

18 Demonstrates correct technique for basic skills in one self-selected outdoor activity. S1.G6.18

Individual Performance Activities

19 Demonstrates correct technique for basic skills in one self-selected individual performance activity. S1.G6.19

Concepts and Strategies S2.G6

Creating Space - Movement

1 Creates open space in combination with movement concepts. S2.G6.1

reating Space - Offensive Tactics

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2 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.G6.2

Reducing Space - Changing Size and Shape

3 Reduces open space on defense by making the body larger and reducing passing angles. S2.G6.3

Reducing Space - Using Denial

4 Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass. S2.G6.4

Transitions

5 Transitions from offense to defense or defense to offense by recovering quickly. S2.G6.5

Creating Space - Through Variation

6 Creates open space in net or wall games with a short-handled implement by varying force and direction. S2.G6.6

Using Tactics & Shots

7 Reduces offensive options for opponents by returning to midcourt position. S2.G6.7

Shot Selection

8 Selects appropriate shot based on location of the object in relation to the target. S2.G6.8

Offensive Strategies

9 Identifies open spaces and attempts to strike object into that space. S2.G6.9

Reducing Space

10 Identifies the correct defensive play based on the situation. S2.G6.10

Movement Concepts

11a Varies application of force during dance or gymnastic activities. S2.G6.11A

11b Makes appropriate decisions based on the weather, level of difficulty due to conditions, or ability to ensure the safety of self and others. S2.G6.11B

Health-Enhancing Level of Physical Activity and Fitness S3.G6

Physical Activity Knowledge

1 Identifies three influences on physical activity. S3.G6.1

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Engages in Physical Activity

2 Participates in a variety of moderate-tovigorous physical activities (cardio-kick, step aerobics, aerobic dance, recreational team sports, outdoor pursuits, or dance activities). S3.G6.2

Fitness Knowledge

3a Identifies the components of skillrelated fitness. S3.G6.3A

3b Sets and monitors a self-selected physical activity goal based on current fitness level. S3.G6.3B

3c Employs correct techniques and methods of stretching. S3.G6.3C

Responsible Personal and Social Behavior S4.G6

Personal Responsibility

1a Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. S4.G6.1A

1b Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors. S4.G6.1B

Accepting Feedback

2 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. S4.G6.2

Working with Others

3a Accepts differences among classmates in physical development, maturation, and skill level by providing encouragement and positive feedback. S4.G6.3A

3b Cooperates with a small group of classmates. S4.G6.3B

Rules and Etiquette

4 Identifies the rules and etiquette for activities. S4.G6.4

Recognizes the Value of Physical Activity S5.G6

Health

1a Describes how being physically active leads to a healthy body. S5.G6.1A

1b Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. S5.G6.1B

Challenge

2a Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback, and/or modifying the tasks. S5.G6.2A

2b Recognizes that skills will develop over time with appropriate practice. S5.G6.2B

Self-Expression and Enjoyment

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3a Describes how moving competently in a physical activity setting creates enjoyment. S5.G6.3A

3b Identifies how self-expression and physical activity are related. S5.G6.3B