Nebraska Physical Education

Grade 6

Adopted 2016

Physical Activity Skills and Movement Patterns PE.6.1

1. **Performs a variety of dance and rhythmic skills and activities with competency.** PE.6.1.1
   a. Moves to a beat or rhythm in a dance (e.g., line, folk, social, creative, world). PE.6.1.1.A
   b. Moves to a beat in a rhythmic activity (e.g., jump rope, cup stack, dance-fitness program, plyometric exercises). PE.6.1.1.B

2. **Performs a variety of invasion and field game skills and activities with competency.** PE.6.1.2
   a. Throws with a mature pattern for distance, force, and speed in a variety of practice tasks (e.g., softball, basketball, football, disc golf). PE.6.1.2.A
   b. Catches a variety of objects with a mature pattern (e.g., softball, basketball, football, Frisbee). PE.6.1.2.B
   c. Passes an object with hands in combination with locomotor patterns and change of direction. PE.6.1.2.C
   d. Receives object with hands in combination with locomotor patterns and change of direction. PE.6.1.2.D
   e. Performs pivots, fakes, and jab steps correctly without defensive pressure (e.g., basketball, soccer, lacrosse, flag football). PE.6.1.2.E
   f. Dribbles with dominant hand using a change of speed and direction without defensive pressure in a variety of practice tasks (e.g., basketball). PE.6.1.2.F
   g. Foot-dribbles with control, changing speed and directions, in a variety of practice tasks (e.g., soccer). PE.6.1.2.G
   h. Dribbles with an implement with control, changing speed and directions in a variety of practice tasks (e.g., floor hockey, broomball). PE.6.1.2.H
   i. Shoots with a mature pattern appropriate to the activity (e.g., basketball, team handball, soccer). PE.6.1.2.I
   j. Maintains defensive ready position appropriate to the activity (e.g., basketball, volleyball, soccer, softball, flag football, wrestling). PE.6.1.2.J

3. **Performs a variety of net and wall game skills and activities with competency.** PE.6.1.3
   a. Performs a legal underhand serve. PE.6.1.3.A

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b. Strikes with a mature overhand pattern in non-dynamic environment (e.g., volleyball, handball, badminton, tennis). PE.6.1.3.B

c. Strikes with mature pattern using the forehand and backhand strokes with a short-handled implement. PE.6.1.3.C

d. Strikes using a forehand volley with mature pattern and control using an implement. PE.6.1.3.D

e. Performs overhead two-hand volley with control.PE.6.1.3.f Performs a forearm pass with a mature pattern. PE.6.1.3.E

4. **Performs a variety of target game skills and activities with competency.** PE.6.1.4

a. Throws underhand with a mature pattern in activity specific tasks (e.g., soccer, softball, bowling, bocce, horseshoes). PE.6.1.4.A

b. Strikes, with an implement, a stationary object (e.g., croquet, golf, shuffleboard). PE.6.1.4.B

5. **Performs a variety of fielding/striking game skills and activities with competency.** PE.6.1.5

a. Strikes a pitched ball with an implement with a mature pattern. PE.6.1.5.A

b. Catches with hands using a mature pattern, from different trajectories, using a variety of balls in varying practice tasks. PE.6.1.5.B

6. **Performs a variety of outdoor pursuits and individual performance activities with competency.** PE.6.1.6

a. Demonstrates correct technique for basic skills in one self-selected outdoor activity (e.g., fishing, archery, wall climbing, geocaching, bicycling). PE.6.1.6.A

b. Demonstrates correct technique for basic skills in one self-selected activity (e.g., wrestling, track and field, skating, tumbling). PE.6.1.6.B

Movement Concepts, Strategies, and Tactics PE.6.2

1. **Applies knowledge of movement concepts, strategies, and tactics in individual performance activities, dance and rhythms.** PE.6.2.1

a. Varies application of force during dance or rhythmic activities. PE.6.2.1.A

2. **Applies knowledge of movement concepts, strategies, and tactics in invasion games.** PE.6.2.2

a. Creates space through locomotor movements appropriate to the activity. PE.6.2.2.A

b. Responds with appropriate locomotor movements while transitioning between offense and defense. PE.6.2.2.B

3. **Applies knowledge of movement concepts, strategies, and tactics in net/wall games.** PE.6.2.3

a. Creates space when hitting with a short-handled implement by varying force and direction. PE.6.2.3.A

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b. Reduces offensive options for opponents by returning to midcourt position. PE.6.2.3.B

4. **Applies knowledge of movement concepts, strategies, and tactics in target games.** PE.6.2.4

   a. Selects appropriate shot and/or implement based on location of the object in relation to the target. PE.6.2.4.A

5. **Applies knowledge of movement concepts, strategies, and tactics in fielding/striking games.** PE.6.2.5

   a. Identifies open spaces and attempts to strike object into that space. PE.6.2.5.A

   b. Identifies the correct defensive play based on the situation (e.g., number of outs). PE.6.2.5.B

6. **Applies knowledge of movement concepts, strategies, and tactics in outdoor pursuits.** PE.6.2.6

   a. Makes appropriate decisions based on the weather, level of difficulty due to conditions, or ability to ensure safety of self and others. PE.6.2.6.A

Health-Related Physical Activity and Fitness PE.6.3

1. **Demonstrates the knowledge and skill to achieve and maintain a health-enhancing level of physical activity.** PE.6.3.1

   a. Explains how being physically active leads to a healthy body. PE.6.3.1.A

   b. Describes the difference between aerobic and anaerobic capacity in order to participate, in a variety of activities with moderate to vigorous intensity, for a minimum of 60 minutes a day. PE.6.3.1.B

2. **Engages in physical activity.** PE.6.3.2

   a. Participates in a variety of body weight strength and endurance fitness activities. PE.6.3.2.A

   b. Participates in a variety of aerobic fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers). PE.6.3.2.B

   c. Participates in a variety of lifetime recreational team sports, outdoor pursuits, and/or dance activities. PE.6.3.2.C

3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.6.3.3

   a. Describes the components of skill-related fitness. PE.6.3.3.A

   b. Sets and monitors a self-selected fitness goal. PE.6.3.3.B

   c. Describes the role of warm-ups and cool-downs through dynamic movement. PE.6.3.3.C

   d. Employs correct techniques and methods of stretching. PE.6.3.3.D

   e. Identifies each of the components of the overload principles (Frequency, Intensity, Time, Type {FITT}) for different types of physical activity. PE.6.3.3.E

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f. Defines resting heart rate and describes its relationship to aerobic fitness and Borg Rating of Perceived Exertion (RPE) scale. PE.6.3.3.F

g. Performs multi-joint and single-joint resistance training movements. PE.6.3.3.G

h. Identifies the concepts of muscular strength exercises and the relationship between incorrect technique and injury. PE.6.3.3.H

i. Designs and implements a program of remediation for any areas of weakness based on the results of health-related fitness assessment. PE.6.3.3.I

j. Maintains a physical activity log for at least two weeks and reflects on activity levels as documented in the log. PE.6.3.3.J

4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.6.3.4

a. Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels. PE.6.3.4.A

5. **Communicates the importance of health-related fitness components and stress management with physical activity.** PE.6.3.5

a. Identifies positive and negative results of stress and appropriate ways of dealing with each. PE.6.3.5.A

Responsible Behavior PE.6.4

1. **Exhibits personal responsibility in physical activity settings.** PE.6.4.1

a. Exhibits personal responsibility through appropriate etiquette, respect for facilities and equipment, and safe behaviors. PE.6.4.1.A

2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.6.4.2

a. Implements positive corrective feedback to improve performance. PE.6.4.2.A

3. **Exhibits responsible social behavior when working with others.** PE.6.4.3

a. Accepts differences among classmates in physical development, maturation, and varying skill levels by providing positive encouragement. PE.6.4.3.A

b. Cooperates with a small group of classmates during adventure activities, game play, or team-building activities. PE.6.4.3.B

4. **Follows rules and demonstrates proper etiquette.** PE.6.4.4

a. Implements the rules and etiquette for physical activities, games, and dance activities. PE.6.4.4.A

5. **Participates safely in physical activities.** PE.6.4.5

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

b. Applies specific safety concerns associated with the activity with teacher guidance. PE.6.4.5.B

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Physical Activity Benefits PE.6.5

1. **Recognizes the benefits of physical activity for health.** PE.6.5.1
   a. Identifies different types of physical activities and describes how each positively impacts health. PE.6.5.1.A
   b. Explains how physical activity provides opportunities for reducing stress. PE.6.5.1.B

2. **Recognizes the benefits of physical activity for challenge.** PE.6.5.2
   a. Recognizes individual challenges in physical activity and copes in a positive way (e.g., extending effort, asking for help or feedback, modifying the tasks). PE.6.5.2.A

3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.6.5.3
   a. Associates physical activity with enjoyment. PE.6.5.3.A
   b. Describes how moving competently in a physical activity setting creates enjoyment. PE.6.5.3.B
   c. Identifies the relationship between self-expression and physical activity. PE.6.5.3.C

4. **Recognizes the benefits of physical activity for social interaction.** PE.6.5.4
   a. Respects self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity (e.g., sportsmanship). PE.6.5.4.A