

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**

- 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.E](#)
- f. Performs a forearm pass with a mature pattern. [PE.6.1.3.F](#)

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](#)

- 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

- 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
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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
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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
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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