Tennessee Physical Education

Grade 6

Adopted 2016

Motor Skills

1. **Invasion Games/Throwing** MS.1
   6. Using a mature overhand pattern, throws at targets of varying distance. MS.1.6
2. **Invasion Games/Catching** MS.2
   6. Using a mature pattern, catches at different levels and extensions . MS.2.6
3. **Invasion/Receiving** MS.3
   6. Passes/receives with hands/feet/implement while traveling (partner activity). MS.3.6
4. **Invasion Games/Passing and Receiving** MS.4
   6. Passes and receives utilizing various pathways (partner activity). MS.4.6
5. **Invasion Games/Offensive Skills** MS.5
   6. Performs offensive skills (pivots, fakes, change of direction, and give and go) to create open space without defensive pressure. MS.5.6
6. **Invasion Games/Sports-Ball Control** MS.6
   6. Demonstrates a dominant side (hand or foot) dribble while changing directions. MS.6.6
7. **Invasion Games/Sports-Ball Control** MS.7
   6. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement. MS.7.6
8. **Invasion Games/Sports-Shooting on Goal** MS.8
   6. Shoots on goal with appropriate force and accuracy. MS.8.6
9. **Invasion Games/Sports-Defensive Skills** MS.9
   6. Demonstrates defensive ready position, with weight on balls of feet, arms extended, palms up and eyes on abdomen. MS.9.6
10. **Games/Sports-Serving (Net/Wall)** MS.10
    6. Performs a serve (underhand/overhand) with control for net/wall games. MS.10.6

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Games/Sports-Striking (Net/Wall) MS.11

6. Strikes with an overhand pattern with appropriate distance and force during various practice tasks. MS.11.6

12. **Games/Sports-Forehand/Backhand** MS.12

    6. Demonstrates proper technique using a short or long handled implement to complete a forehand and backhand stroke. MS.12.6

13. **Net/wall Games/Sports-Volley** MS.13

    6. Executes a forearm volley using a mature pattern. MS.13.6

14. **Game/Sports-Target (Striking)** MS.14

    6. Strikes a stationary object with an implement for accuracy (e.g., Croquet, shuffle board, golf). MS.14.6

15. **Games/Sports-Field(Strike)** MS.15

    6. Strikes a pitched ball with an implement. MS.15.6

16. **Games/Sports-Field (Fielding)** MS.16

    6. Catch (field) an object using a mature pattern. MS.16.6

17. **Fitness (types of activities)** MS.17

    6. Participates in a variety of aerobic fitness activities (step aerobics, jump rope, cardio kick boxing, aerobic dance). MS.17.6

18. **Fitness (intensity)** MS.18

    6. Participates in moderate to vigorous aerobic physical activity. MS.18.6

19. **Fitness (flexibility)** MS.19

    6. Uses correct techniques for static stretching to improve flexibility. MS.19.6

20. **Rhythms & Dance** MS.20

    6. Demonstrates proper sequence of a dance with at least 32 counts. MS.20.6

21. **Rhythms & Dance** MS.21

    6. Moves in time to the beat of music of different tempos. MS.21.6

22. **Educational Gymnastics** MS.22

    6. Demonstrates a prescribed educational gymnastics routine with at least 3 elements. MS.22.6

23. **Aquatics** MS.23

    6. Demonstrates basic water adjustment skill (submerge, hold breath, and exhale while submerged). MS.23.6

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Outdoor Pursuits MS.24

6. Demonstrates correct technique for basic skills in 1 selected outdoor activity (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.6

Cognitive Concepts

1. **Peer Assessment (demonstrates higher level learning, offers feedback to peers)** CC.1
   6. Recites the critical elements. CC.1.6
2. **Peer Assessment (demonstrates higher level learning, offers feedback to peers)** CC.2
   6. Uses a teacher generated checklist to evaluate a peer's performance of a skill. CC.2.6
3. **Games/Sports- Creating Space** CC.3
   6. Creates open space. CC.3.6
4. **Games/Sports- Reducing Space** CC.4
   6. Identifies correct defensive position based on situation. CC.4.6
5. **Games/Sports-Denial** CC.5
   6. When appropriate, denies the pass or catch. CC.5.6
6. **Games/Sports-Transition** CC.6
   6. Successfully transitions quickly from offense to defense or defense to offense. CC.6.6
7. **Games/Sports-Tactics/Shots** CC.7
   6. Identifies appropriate position for anticipated shot. CC.7.6
8. **Games/Sports-Shot Selection** CC.8
   6. Identifies the appropriate club or shot needed based on the opponent's position or angle/distance of target. CC.8.6
9. **Games/Sports-Offensive Strategies** CC.9
   6. Explains intended location of the shot (shot on goal) CC.9.6
10. **Outdoor Pursuits-Movement Concepts** CC.10
    6. Identifies and makes appropriate decision based on skill level and conditions. CC.10.6

Fitness And Physical Activiy (FPA)

1. **Physical Activity Knowledge** FPA.1
   6. Lists the benefits of daily physical activity. FPA.1.6
2. **Fitness Knowledge** FPA.2

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6. Identifies the 6 skill related fitness components (agility, balance, coordination, power, reaction time and speed). FPA.2.6

3. Fitness Knowledge FPA.3

6. Defines resting heart rate and calculate target heart rate zone. FPA.3.6

4. Fitness Knowledge FPA.4

6. Identifies the FITT Principle (Frequency, Intensity, Type, Time). FPA.4.6

5. Fitness Knowledge FPA.5

6. Identifies upper and lower body muscle groups. FPA.5.6

6. Assessment & Planning FPA.6

6. Completes a 2 week activity log and compare results to a formal fitness test. FPA.6.6

Personal & Social Responsibility (PSR)

1. Personal and Social Responsibility PSR.1

6. Exhibits personal responsibility by using appropriate etiquette, respect for facilities and equipment and safe behaviors. PSR.1.6

2. Rules & Etiquette PSR.2

6. Identifies the rules and etiquette in physical activities. PSR.2.6

3. Rules & Etiquette PSR.3

6. Describes rules and guidelines for resolving conflict in physical activity. PSR.3.6

4. Cooperation PSR.4

6. Willingly includes others of a diverse population. PSR.4.6

Values Physical Activity (VPA)

1. Appreciation VPA.1

6. Communicates ideas and feelings towards physical activity. VPA.1.6

2. Challenge VPA.2

6. Recognizes individual challenges and performs positive coping strategies. VPA.2.6