

Physical: Grade 6

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. Throw

- 6. Demonstrate mature pattern in a throw (underhand and overhand) for accuracy. **PE1.1.6**

2. Catch

- 6. Demonstrate a catch with mature pattern from a variety of trajectories using different objects. **PE1.2.6**

3. Pass and Receive

- 6. Demonstrate passing and receiving with hand, foot, or implement with competency while moving and changing direction and speed. **PE1.3.6**

4. Dribble

- 6. Demonstrate dribbling skills with preferred hand, foot, or implement with competency while moving and changing direction and speed. **PE1.4.6**

5. Strike

- 6. Demonstrate underhand and overhand striking with competency with and without an implement. **PE1.5.6**

6. Forehand and Backhand

- 6. Demonstrate forehand and backhand strikes with competency using weight transfer and correct timing with a short-handled implement. **PE1.6.6**

7. Shoot

- 6. Demonstrate shooting on goal or target with power and competency. **PE1.7.6**

8. Serve

- 6. Demonstrate an underhand serve with control, weight transfer, and competency. **PE1.8.6**

9. Volley

- 6. Demonstrate forehand-volley with control and competency with and without a short-handled implement. **PE1.9.6**

10. Offensive Skills

- 6. Demonstrate pivots and fakes without defensive pressure. [PE1.10.6](#)

11. Defensive Skills

- 6. Demonstrate defensive-ready position, with weight on balls of feet, arms extended, and eyes on midsection of the offensive player. [PE1.11.6](#)

12. Individual-Performance Activities

- 6. Demonstrate correct technique for basic skills in one selected individual performance activity. [PE1.12.6](#)

13. Outdoor Pursuits

- 6. Demonstrate correct technique for basic skills in one selected outdoor activity. [PE1.13.6](#)

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Invasion Games, Offensive Tactics

- 6. Demonstrate at least one of the following offensive tactics to create open space: move to open space without the ball; use a variety of passes, pivots, and fakes; use the width and length of the field or court on offense. [PE2.1.6](#)

2. Invasion Games, Defensive Tactics

- 6. Demonstrate reducing open space on defense in various ways (changing body position, reducing passing angles by not allowing the catch, allowing the catch but not the return pass). [PE2.2.6](#)

3. Invasion Games, Transitions

- 6. Demonstrate transitions from offense to defense or defense to offense by recovering quickly. [PE2.3.6](#)

4. Net and Wall Games, Creating Space

- 6. Create open space in net and wall games by moving opponent from side to side. [PE2.4.6](#)

5. Net and Wall Games, Tactics and Shots

- 6. Demonstrate reducing offensive options for opponents by returning to midcourt position. [PE2.5.6](#)

6. Field and Strike, Offensive Tactics

- 6. Identify open spaces and attempt to strike object into that space. [PE2.6.6](#)

7. Field and Strike, Defensive Tactics

- 6. Identify the correct defensive play based on the situation. [PE2.7.6](#)

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

8. Target Games

- 6. Identify an appropriate shot or club based on location of the object in relation to the target. **PE2.8.6**

9. Movement and Rhythm

- 6. Apply force to successfully perform movement activities. **PE2.9.6**

10. Outdoor Pursuits

- 6. Identify appropriate decisions, based on level of difficulty due to conditions or ability, to ensure safety of self and others. **PE2.10.6**

1. Benefit of Physical Activity

- 6. Describe how being physically active leads to a healthy body. **PE3.1.6**

2. Engagement in Physical Activity

- 6. Participate in self-selected physical activity outside of physical education class. **PE3.2.6**

3. Components of Fitness

- a. Identify activities used to develop components of skill-related fitness (agility, balance, coordination, power, reaction time, speed). **PE3.3.6.A**
- b. Classify fitness assessments to corresponding components of skill-related fitness. **PE3.3.6.B**
- c. Classify activities to corresponding components of skill-related fitness. **PE3.3.6.C**

4. Health-Related Fitness

- a. Differentiate between aerobic and anaerobic. **PE3.4.6.A**
- b. Describe role of flexibility in injury prevention. **PE3.4.6.B**
- c. Use pacing in cardiorespiratory endurance activities. **PE3.4.6.C**

5. FITT Principle

- 6. Describe each component of the FITT principle (frequency, intensity, time, type) for cardiorespiratory endurance. **PE3.5.6**

6. Phases of Exercise

- 6. Describe role of warm-ups and cool-downs before and after physical activity. **PE3.6.6**

7. Engagement in Fitness Activities

- 6. Participate in a variety of cardiorespiratory endurance activities. **PE3.7.6**

8. Body Systems

- 6. Identify major muscles used in selected physical activities. PE3.8.6

9. Nutrition

- a. Identify appropriate servings and portions for each food group specific to personal physical activity level. PE3.9.6.A
- b. Compare and contrast caloric expenditure for a variety of physical activities. PE3.9.6.B

10. Goal-Setting

- 6. Use a SMART (specific, measurable, attainable, realistic, and timely) goal to improve or maintain one area of health-related fitness based on a fitness assessment. PE3.10.6

11. Physical Activity and Nutrition Log

- 6. Maintain and reflect on a personal physical activity log. PE3.11.6
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Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

- 6. Exhibit personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. PE4.1.6

2. Rules and Etiquette

- 6. Demonstrate rules and etiquette during physical activities and games. PE4.2.6

3. Receiving and Providing Feedback

- 6. Provide corrective feedback to a peer using teacher-generated rubric with appropriate tone and other communications skills. PE4.3.6

4. Working with Others

- 6. Demonstrate cooperation in a small group during physical activity. PE4.4.6

5. Safety

- 6. Use physical activity and fitness equipment appropriately and safely with teacher guidance. PE4.5.6
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Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. Challenge

- 6. Apply strategies for overcoming individual challenges in a physical activity setting. PE5.1.6

2. Self-Expression and Enjoyment

- a. Describe how moving competently in a physical activity setting creates enjoyment. PE5.2.6.A
- b. Identify how self-expression and physical activity are related. PE5.2.6.B

3. Social Interaction

6. Demonstrate importance of social interaction by following rules and encouraging others in various physical activities and games. PE5.3.6