Washington Health and Physical Education

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

Skip to main content

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

8. Target Games

Skip to main content

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

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

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

Skip to main content

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

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

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