

Grade 6

Movement Forms / Motor Skills

41 Perform independently in physical activity to improve skills and fitness. [WE.6.41](#)

42 Perform basic skills necessary to participate in individual, dual, team, and lifetime activities. [WE.6.42](#)

43 Perform social and/or multicultural dances. [WE.6.43](#)

Physical Activity

44 Participate in physical activity in addition to physical education class. [WE.6.44](#)

45 Identify lifelong physical activity opportunities (e.g., walk/run, bike, hike, dance, strength training). [WE.6.45](#)

Physical Fitness

46 Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [WE.6.46](#)

47 Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [WE.6.47](#)

48 Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [WE.6.48](#)

49 Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [WE.6.49](#)

50 Describe the fitness benefits of a variety of physical activities (e.g., stretching, cardio, strength training). [WE.6.50](#)

51 Describe the importance of warm-up and cool-down activities when participating in physical fitness. [WE.6.51](#)

Responsible Personal and Social Behavior

52 Work cooperatively and productively in a group to accomplish a set goal/task. [WE.6.52](#)

53 Follow rules, procedures, etiquette for safety and fair play. [WE.6.53](#)

54 Practice behaviors that are supportive and inclusive in physical activity. [WE.6.54](#)