

Sixth Grade Physical Education Curriculum

MOTOR SKILLS

6.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.6.MS.1.1: Use some specialized skills that are refined and appropriate for modified game play.
- PE.6.MS.1.2: Integrate locomotor and manipulative skills with a partner, in small-group, and in small-sided game situations.
- PE.6.MS.1.3: Explain the importance of practice to improve skill level.
- PE.6.MS.1.4: Use movement combinations in rhythmic activities.

MOVEMENT CONCEPTS

6.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.6.MC.2.1: Apply principles of practice and conditioning that enhance movement performance.
- PE.6.MC.2.2: Explain the mechanics of various skills or sequences of movement to improve performance.
- PE.6.MC.2.3: Explain when and why to use strategies and tactics within game play.
- PE.6.MC.2.4: Use information from a variety of sources, both internal and external, to guide and improve personal health.

HEALTH-RELATED FITNESS

6.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.6.HF.3.1: Apply strategies that result in the achievement of gender and age-related standards on approved fitness assessments.
- PE.6.HF.3.2: Use a variety of self-paced aerobic activities, keeping in the appropriate target heart rate zone/perceived exertion levels, including cool-down and appropriate post-activity stretching.
- PE.6.HF.3.3: Evaluate personal fitness programs in terms of the basic principles of training.

PERSONAL/SOCIAL RESPONSIBILITY

6.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.6.PR.4.1: Use appropriate strategies to seek greater independence from adults when completing assigned tasks.
- PE.6.PR.4.2: Use well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.
- PE.6.PR.4.3: Analyze conflicts that arise in competitive activities to determine the most appropriate ways of resolving the conflicts.