

Grade 6

Adopted 2009

Skill Development

- 1. Demonstrate rope-jumping and original dance routines that incorporate varying lengths, skill sequences, and musical accompaniments.**

- 2. Combine a variety of skills into sequenced routines.**
 - Integrating fundamental movement and specialized skills into student-choreographed routines

- 3. Demonstrate dribbling, shooting, and striking skills.**

- 4. Demonstrate forehand and backhand striking skills.**

Cognitive Development

- 5. Identify rules and regulations for a variety of sports and lifetime activities.**

- 6. Explain the importance of repetition and practice as a means for skill improvement**

- 7. Modify physical activities, games, and sports to meet specified criteria.**

Social Development

- 8. Explain sport-specific etiquette and good sportsmanship for team, individual, and dual sports.**

- 9. Demonstrate positive social interactions in situations that include members of different genders, cultures, ethnicities, abilities, and disabilities.**

Physical Activity and Health

- 10. Describe progress toward achieving personal fitness goals for each of the health-related fitness components.**

- 11. Analyze exercise and heart rate data to determine adjustments to health fitness plans**

- 12. Identify possible injuries resulting from improper exercise routines.**
 - Demonstrating proper warm-up and cool-down techniques

- 13. Describe the structure and function of the muscular and skeletal systems as they relate to physical performance.**