

Grade 6

Adopted 2015

Demonstrates Competency in a Variety of Motor Skills and Movement Patterns.

A. Demonstrate movement skills and patterns in a variety of individual performance activities and lifetime physical activities.

1. Demonstrate movement patterns in dance, gymnastics or fitness (e.g., yoga, Zumba).
2. Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of movement forms (e.g., fitness, track and field, martial arts, outdoor activities, aquatics, cycling, rollerblading) in controlled settings.
3. Perform simple dance sequences.

B. Demonstrate critical elements of specialized manipulative skills in a variety of settings.

1. Send, receive, dribble and shoot in game-like practice using appropriate critical elements.
2. Strike an object with hand or implement in game-like practice using appropriate critical elements.
3. Strike and field an object with foot, hand or implement in game-like practice.
4. Send an object to a target in game-like practice using appropriate critical elements.

Applies Knowledge of Concepts, Principles, Strategies and Tactics Related to Movement and Performance.

A. Apply tactical concepts and performance principles in game-like settings.

1. Demonstrate understanding of basic offensive tactics related to off-the-ball movements while participating in game-like settings (e.g., when and where should I move?).
2. Demonstrate understanding of basic defensive tactics related to defending space while participating in game-like settings (e.g., when and where should I move?).
3. Identify correct decision in game-like settings.

B. Demonstrate knowledge of critical elements and biomechanical principles for specialized skills.

1. Demonstrate understanding of movement principles through knowledge of critical elements (key points) of specialized skills in fitness, sport/games, individual performance activities and movement forms.
 2. Analyze skills in fitness, sport/games, individual performance activities and movement forms to identify strengths and areas to improve.
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Demonstrates the Knowledge and Skills to Achieve and Maintain a Health-Enhancing Level of Physical Activity and Fitness.

A. Develops a plan to meet the recommendation for daily physical activity.

1. Identify a variety of moderate to vigorous school, home and community physical activity opportunities to meet physical activity guidelines.
 2. Identify active alternatives to screen time.
 3. Collect physical activity assessment data and create a plan to improve or maintain physical activity levels.
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B. Utilizes principles and practices to design a personalized health-related fitness plan.

1. Describe and use technology to monitor fitness (e.g., heart monitor, pedometer, phone and iPod apps).
 2. Calculate target heart rate and describe rates of perceived exertion (using RPE scale).
 3. Identify major muscles used in selected physical activities.
 4. Identify activities to improve upper body flexibility.
 5. Apply principles of training (e.g., specificity, overload, progression) to maintain or improve health-related fitness.
 6. Identify foods and appropriate servings to balance calorie intake with energy expenditure.
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Exhibits Responsible Personal and Social Behavior that Respects Self and Others.

A. Develop and apply rules, safe practices and procedures in physical activity settings.

1. Make a conscious decision about playing within the rules, procedures and etiquette of a game or activity.
 2. Acknowledge and apply rules to game situations to ensure personal and group safety.
 3. Make choices to demonstrate self-direction and effort.
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B. Communicate effectively with others to promote respect and conflict resolution in physical activity settings.

1. Offer positive suggestions to facilitate group progress in physical activities.
 2. Demonstrate cooperation with peers of different gender, race and ability in physical activity settings.
 3. Show consideration of the rights and feelings of others when resolving conflict.
 4. Accept decisions made by the designated official and return to activity.
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Recognizes the Value of Physical Activity for Health, Enjoyment, Challenge, Self-Expression and/or Social Interaction.

A. Makes a connection between participation in physical activity and physical, emotional and intellectual health.

1. Describe how being physically active contributes to a healthy body.
 2. Describe how being physically active contributes to emotional health.
 3. Describe how being physically active contributes to intellectual health.
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B. Discusses the positive impact physical activity has on his or her life.

1. Identify enjoyable physical activities.
2. Identify a specific activity the student plays because he or she finds it challenging.
3. Identify a specific activity the student plays because of the opportunities for social interaction.