



Course Title: Sixth Grade PE		
<p>Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.</p> <p>To pursue a lifetime of healthful physical activity, a physically literate individual:</p> <ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 		
<u>Reporting Topic</u>	<u>Grade Level Standards</u>	<u>Competency Statement</u>
<u>Motor Skill and Movement Patterns</u>	<ul style="list-style-type: none"> • Demonstrates correct rhythm and pattern for one of the following dance forms: folk, social, creative, line or world dance. (S1.M1.6) • Passes and receives with hands in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as basketball, flag football, speedball or team handball. (S1.M4.6) • Performs a legal underhand serve with control for net and wall games such as badminton, volleyball or pickleball. (S1.M12.6) • Performs a variety of swimming skills based on the student's skill level. (S1.M12.6) • Demonstrates correct technique for basic skills in one self-selected individual-performance activity. (S1.M24.6) 	<p>Students will:</p> <ul style="list-style-type: none"> • Learn different dance forms • Learn techniques for games such as basketball, flag football, or team handball • Use underhand serve techniques in volleyball, badminton, or pickleball • Perform swimming skills • Demonstrate techniques in an individual performance activity.
<u>Implement Strategy During Activities</u>	<ul style="list-style-type: none"> • Creates open space by using locomotor movements (e.g., walking, running, jumping and landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace). (S2.M1.6) • Executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go. (S2.M2.6) • Creates open space in net or wall games with a short-handled implement by varying force and direction. (S2.M7.6) 	<p>Students will:</p> <ul style="list-style-type: none"> • Use techniques and strategy in order to participate in activities effectively.



<u>Fitness Knowledge</u>	<ul style="list-style-type: none">• Sets and monitors a self-selected physical activity goal for aerobic and/ or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6)	Students will: <ul style="list-style-type: none">• Set a self selected physical activity goal.
<u>Responsible Personal and Social Behavior</u>	<ul style="list-style-type: none">• Exhibits person responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors. (S4.M1.6)• Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback. (S4.M5.6)• Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance. (S4.M7.6)	Students will: <ul style="list-style-type: none">• Exhibit personal responsibility• Accepts differences among classmates• Use equipment appropriately