

Physical Education - Grade 6

(1) In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the life span.

(2) In Grades 6-8, students understand in greater detail the function of the body, learn to measure their own performance more accurately, and develop plans for improvement. They learn to use technology such as heart rate monitors to assist in measuring and monitoring their own performance. Identifying the types of activities that provide them with enjoyment and challenge and that will encourage them to be physically active throughout life is reinforced during instruction in these grades.

(6.1) Movement. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms. The student is expected to:

(A) perform locomotor skills in dynamic fitness, sport, and rhythmic activities;

(B) use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver;

(C) perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences;

(D) move in time to complex rhythmical patterns such as 3/4 time or 6/8 time;

(E) design and refine a jump rope routine to music;

(F) throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball;

(G) strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously;

(H) strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height;

(I) hand and foot dribble while preventing an opponent from stealing the ball;

(J) keep an object in the air without catching it in a small group such as volleyball and football; and

(K) throw and catch a ball consistently while guarded by an opponent.

(6.2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to:

(A) know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills;

(B) make appropriate changes in performance based on feedback to improve skills; and

(C) practice in ways that are appropriate for learning skills such as whole/part/whole, shorter practice distributed over time is better than one long session, or practicing is best in game-like conditions.

(6.3) Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge. The student is expected to:

(A) identify opportunities in the school and community for regular participation in physical activity;

(B) participate in moderate to vigorous health-related physical activities on a regular basis;

(C) establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness such as personal logs, group projects, and no space/or criterion referenced tests; and

(D) identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, and impedance testing equipment.

(6.4) Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance. The student is expected to:

(A) describe selected long-term benefits of regular physical activity;

(B) classify activities as being aerobic or anaerobic;

(C) describe the effects of aerobic exercise on the heart and overall health;

(D) analyze effects of exercise on heart rate through the use of manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data;

(E) identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness;

(6.5) Physical activity and health. The student understands and applies safety practices associated with physical activities. The student is expected to:

(A) use equipment safely and properly;

(B) select and use proper attire that promotes participation and prevents injury;

(C) include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment;

(D) identify potentially dangerous exercises and their adverse effects on the body; and

(E) explain water safety and basic rescue procedures.

(6.6) Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics. The student is expected to:

(A) know basic rules for sports played such as setting up to start, restarting, violating rules; and

(B) keep accurate score during a contest.

(6.7) Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:

(A) participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations;

(B) handle conflicts that arise with others without confrontation;

(C) identify and follow rules while playing sports and games;

(D) accept decisions made by game officials such as student, teachers, and officials outside the school;

(E) accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and

(F) modify games/activities to improve the game/activity.