

Grade 6

Adopted 2018

Motor Skills and Movement Patterns

- 1. The physically educated student demonstrates competency in a variety of motor skills and movement patterns. PE6.1**
 - a. Performs elements of movement combinations (shape, motion, space, energy, and flow) in multiple activity categories. (see chart for examples) PE6.1.A
 - b. Performs specialized manipulative skills in an applied setting to include throwing, catching, striking, shooting, and passing, utilizing various body parts or implements with varying trajectories, speed, and direction. PE6.1.B
 - c. Performs rhythm sequences which combine movements and skills. PE6.1.C
 - d. Performs motor skills specific to multiple activity categories. PE6.1.D
 - e. Performs motor skills and movement patterns with appropriate adjustment to dynamic movements such as balance, weight transfer, speed, and direction. PE6.1.E
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Movement Concepts and Principles

- 2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance. PE6.2**
 - a. Identifies concepts that apply to movement skills, such as creating open space by using various movements (run, jump, or pivot). PE6.2.A
 - b. Identifies concepts that combine movements (run, jump, or pivot) and changes of speed, direction. PE6.2.B
 - c. Describes basic strategies and motor skill techniques for offense and defense in small-sided game play. PE6.2.C
 - d. Identifies steps to correctly demonstrate a rhythmic or systematic pattern. PE6.2.D
 - e. Identifies and explains the components of skill-related fitness. PE6.2.E
 - f. Identifies opportunities in school, home, and community to be physically active. PE6.2.F
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Fitness

- 3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE6.3
 - a. Recognizes the difference between health-related fitness versus skill-related fitness. PE6.3.A
 - b. Participates in a variety of cardiovascular activities in school and home settings which are considered Moderate to Vigorous Physical Activity (MVPA). PE6.3.B
 - c. Explains and demonstrates the components of the FITT principle (Frequency, Intensity, Time, and Type) for each component of health-related fitness. PE6.3.C
 - d. Participates in the Georgia Fitness Assessment with teacher supervision. PE6.3.D
 - e. Identifies form breaks for each Georgia Fitness Assessment component. PE6.3.E
 - f. Performs fitness assessment protocols correctly. PE6.3.F
 - g. Determines if fitness scores are in the Healthy Fitness Zone (HFZ) for age and gender. PE6.3.G
 - h. Identifies health fitness components that are strong and those in need of improvement. PE6.3.H
 - i. Designs short and long-term personal fitness goals based on strengths and the areas for improvement as indicated by the Georgia Fitness Assessment. PE6.3.I
 - j. Identifies and explains considerations in exercise programs and related equipment. PE6.3.J
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Personal and Social Behavior, Rules, Safety, and Etiquette

- 4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE6.4
 - a. Demonstrates responsibility by following rules, making appropriate decisions with proper etiquette, and exhibiting safety and respect for self and others. PE6.4.A
 - b. Identifies and demonstrates safe practices with physical education equipment and facilities. PE6.4.B
 - c. Participates independently and cooperatively in class activities. PE6.4.C
- 5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE6.5
 - a. Selects and participates in physical activities that foster social interaction and continued personal growth. PE6.5.A
 - b. Explains disease risks which are reduced by participating in physical activity. PE6.5.B
 - c. Explains the physical benefits of participating in physical activity. PE6.5.C
 - d. Describes the social benefits of being physically active. PE6.5.D