

Grade 6

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Demonstrate smooth combinations of fundamental movement skills through rhythmic patterns.

Demonstrate improvement of form, strength, and accuracy in performing manipulative skills.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Analyze the critical elements that would enhance a peer's performance in a specialized skill.

Comprehend the importance of warm-up and cool down techniques during physical activity.

Create and modify activities that provide practice of selected skills to help improve physical performance, begin offensive and defensive strategies.

Participates regularly in physical activity.

Participate in physical activities in and out of the school's physical education setting.

Participate in moderate to vigorous physical activity (MVPA) on a regular basis.

Achieve and maintain a health-enhancing level of physical fitness.

Identify each health-related fitness component (i.e., cardiovascular endurance, muscle strength, flexibility, muscular endurance, and body composition) and the impact of physical participation on these components.

Establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness.

Examine pre-and post-fitness test scores after participation in fitness-enhancing activities.

Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Follow rules and procedures and display sportsmanship while participating in physical activities.

Practice responsible decision-making during specific activities.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Describe and practice positive feelings associated with physical fitness.

Identify physical changes that occur in our bodies associated with physical activity.