

Grade 6

Adopted 2016

Motor Skills

1. Invasion Games/Throwing MS.1

- 6. Using a mature overhand pattern, throws at targets of varying distance. MS.1.6
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2. Invasion Games/Catching MS.2

- 6. Using a mature pattern, catches at different levels and extensions. MS.2.6
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3. Invasion/Receiving MS.3

- 6. Passes/receives with hands/feet/implement while traveling (partner activity). MS.3.6
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4. Invasion Games/Passing and Receiving MS.4

- 6. Passes and receives utilizing various pathways (partner activity). MS.4.6
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5. Invasion Games/Offensive Skills MS.5

- 6. Performs offensive skills (pivots, fakes, change of direction, and give and go) to create open space without defensive pressure. MS.5.6
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6. Invasion Games/Sports-Ball Control MS.6

- 6. Demonstrates a dominant side (hand or foot) dribble while changing directions. MS.6.6
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7. Invasion Games/Sports-Ball Control MS.7

- 6. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement. MS.7.6
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8. Invasion Games/Sports-Shooting on Goal MS.8

- 6. Shoots on goal with appropriate force and accuracy. MS.8.6
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9. Invasion Games/Sports-Defensive Skills MS.9

- 6. Demonstrates defensive ready position, with weight on balls of feet, arms extended, palms up and eyes on abdomen. MS.9.6
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10. Games/Sports-Serving (Net/Wall) MS.10

- 6. Performs a serve (underhand/overhand) with control for net/wall games. MS.10.6

11. Games/Sports-Striking (Net/Wall) MS.11

6. Strikes with an overhand pattern with appropriate distance and force during various practice tasks. MS.11.6
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12. Games/Sports-Forehand/Backhand MS.12

6. Demonstrates proper technique using a short or long handled implement to complete a forehand and backhand stroke. MS.12.6
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13. Net/wall Games/Sports-Volley MS.13

6. Executes a forearm volley using a mature pattern. MS.13.6
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14. Game/Sports-Target (Striking) MS.14

6. Strikes a stationary object with an implement for accuracy (e.g., Croquet, shuffle board, golf). MS.14.6
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15. Games/Sports-Field(Strike) MS.15

6. Strikes a pitched ball with an implement. MS.15.6
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16. Games/Sports-Field (Fielding) MS.16

6. Catch (field) an object using a mature pattern. MS.16.6
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17. Fitness (types of activities) MS.17

6. Participates in a variety of aerobic fitness activities (step aerobics, jump rope, cardio kick boxing, aerobic dance). MS.17.6
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18. Fitness (intensity) MS.18

6. Participates in moderate to vigorous aerobic physical activity. MS.18.6
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19. Fitness (flexibility) MS.19

6. Uses correct techniques for static stretching to improve flexibility. MS.19.6
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20. Rhythms & Dance MS.20

6. Demonstrates proper sequence of a dance with at least 32 counts. MS.20.6
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21. Rhythms & Dance MS.21

6. Moves in time to the beat of music of different tempos. MS.21.6
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22. Educational Gymnastics MS.22

6. Demonstrates a prescribed educational gymnastics routine with at least 3 elements. MS.22.6
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23. Aquatics MS.23

6. Demonstrates basic water adjustment skill (submerge, hold breath, and exhale while submerged). MS.23.6

24. Outdoor Pursuits MS.24

6. Demonstrates correct technique for basic skills in 1 selected outdoor activity (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.6
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Cognitive Concepts

1. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.1

6. Recites the critical elements. CC.1.6
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2. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.2

6. Uses a teacher generated checklist to evaluate a peer's performance of a skill. CC.2.6
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3. Games/Sports- Creating Space CC.3

6. Creates open space. CC.3.6
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4. Games/Sports- Reducing Space CC.4

6. Identifies correct defensive position based on situation. CC.4.6
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5. Games/Sports-Denial CC.5

6. When appropriate, denies the pass or catch. CC.5.6
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6. Games/Sports-Transition CC.6

6. Successfully transitions quickly from offense to defense or defense to offense. CC.6.6
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7. Games/Sports-Tactics/Shots CC.7

6. Identifies appropriate position for anticipated shot. CC.7.6
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8. Games/Sports-Shot Selection CC.8

6. Identifies the appropriate club or shot needed based on the opponent's position or angle/distance of target. CC.8.6
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9. Games/Sports-Offensive Strategies CC.9

6. Explains intended location of the shot (shot on goal) CC.9.6
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10. Outdoor Pursuits-Movement Concepts CC.10

6. Identifies and makes appropriate decision based on skill level and conditions. CC.10.6
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Fitness And Physical Activity (FPA)

1. Physical Activity Knowledge FPA.1

6. Lists the benefits of daily physical activity. FPA.1.6

2. Fitness Knowledge FPA.2

6. Identifies the 6 skill related fitness components (agility, balance, coordination, power, reaction time and speed). FPA.2.6
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3. Fitness Knowledge FPA.3

6. Defines resting heart rate and calculate target heart rate zone. FPA.3.6
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4. Fitness Knowledge FPA.4

6. Identifies the FITT Principle (Frequency, Intensity, Type, Time). FPA.4.6
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5. Fitness Knowledge FPA.5

6. Identifies upper and lower body muscle groups. FPA.5.6
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6. Assessment & Planning FPA.6

6. Completes a 2 week activity log and compare results to a formal fitness test. FPA.6.6
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**Personal & Social
Responsibility (PSR)**

1. Personal and Social Responsibility PSR.1

6. Exhibits personal responsibility by using appropriate etiquette, respect for facilities and equipment and safe behaviors. PSR.1.6
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2. Rules & Etiquette PSR.2

6. Identifies the rules and etiquette in physical activities. PSR.2.6
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3. Rules & Etiquette PSR.3

6. Describes rules and guidelines for resolving conflict in physical activity. PSR.3.6
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4. Cooperation PSR.4

6. Willingly includes others of a diverse population. PSR.4.6
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**Values Physical Activity
(VPA)**

1. Appreciation VPA.1

6. Communicates ideas and feelings towards physical activity. VPA.1.6
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2. Challenge VPA.2

6. Recognizes individual challenges and performs positive coping strategies. VPA.2.6