

Grade 6

Movement patterns and movement skills-- locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to: 6.1

- a perform a variety of locomotor skills and combinations during dynamic activities and games; and** 6.1.A

- b demonstrate correct jumping and landing technique during dynamic activities, game situations, and sports.** 6.1.B

Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to: 6.2

- a demonstrate balance with control during dynamic activities and games; and** 6.2.A

- b demonstrate proper body positioning, proficiency, footwork, and offensive and defensive skills during dynamic activities and games.** 6.2.B

Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to: 6.3

- a demonstrate correct technique when throwing to a moving target;** 6.3.A

- b demonstrate correct catching technique from different levels and trajectories with a variety of objects;** 6.3.B

- c demonstrate correct hand dribbling technique when changing both speed and direction while maintaining ball control;** 6.3.C

- d demonstrate correct foot dribbling technique with control while changing both speed and direction during dynamic activities and game situations;** 6.3.D

- e demonstrate correct technique in kicking and punting with accuracy during dynamic activities and lead-up games;** 6.3.E

f demonstrate correct technique in volleying to a target with control and accuracy; 6.3.F

g demonstrate correct technique when striking an object with speed, accuracy, force, and distance using a hand or handled implement during dynamic activities and lead-up games; and 6.3.G

h create and perform a jump rope routine using a variety of advanced skills. 6.3.H

Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness including pathways, shapes, levels, speed, direction, and force. The student is expected to: 6.4

a demonstrate the appropriate use of open space and closing space during dynamic activities, games, and sports; and 6.4.A

b apply speed, direction, and force with a long-handled implement during dynamic activities, games, and sports. 6.4.B

Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to perform rhythmic routines with intermediate steps and movement patterns. 6.5

5 Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to perform rhythmic routines with intermediate steps and movement patterns. 6.5

Performance strategies--games and activities. The physically literate student demonstrates competency in performance strategies in invasion, target, net or wall, fielding, striking, and cooperative games. The student is expected to: 6.6

a demonstrate offensive and defensive strategies used in net or wall, invasion, target, striking, and fielding games; 6.6.A

b demonstrate combinations of locomotor, manipulative, and game skills in dynamic activities to achieve individual or team goals; and 6.6.B

c demonstrate appropriate sporting behavior with teammates, opponents, and officials. 6.6.C

Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to participate in self-selected, organized outdoor recreational skills, activities, and games. 6.7

7 Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to participate in self-selected, organized outdoor recreational skills, activities, and games. 6.7

Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to: 6.8

a describe the long-term benefits of moderate to vigorous physical activity on overall health and wellness; 6.8.A

b describe the frequency, intensity, time, and type (FITT) principle and how it improves fitness in relation to aerobic and anaerobic activities; and 6.8.B

c describe health-related and skill-related fitness components and their impact on personal fitness. 6.8.C

Health, physical activity, and fitness--analyze data. The physically literate student demonstrates competency in the ability to analyze data used during fitness performance. The student is expected to: 6.9

a develop an individual fitness plan using personal fitness goals; and 6.9.A

b analyze results of fitness assessments to identify strategies for self-improvement. 6.9.B

Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to: 6.10

a identify macronutrients, including carbohydrates, fats, and proteins, and examine their relationship to optimal physical performance; and 6.10.A

b identify how environmental temperature and humidity each contribute to dehydration and heat illness. 6.10.B

Health, physical activity, and fitness-- environmental awareness and safety practices. The physically literate student demonstrates competency in environmental awareness and understands safety practices. The student is expected to: 6.11

- a perform, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports; and 6.11.A
- b perform, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. 6.11.B

Social and emotional health--personal responsibility and self-management. The physically literate student demonstrates competency in personal responsibility. The student is expected to: 6.12

- a explain the importance of and accept responsibility for personal actions that affect self and others during game situations and sports; 6.12.A
- b explain the importance of and demonstrate respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games; and 6.12.B
- c apply self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports. 6.12.C

Social and emotional health--resolving conflict and social interaction. The physically literate student demonstrates competency in resolving conflict and social interaction. The student is expected to: 6.13

- a discuss the importance of and resolve conflict, without cue, in socially acceptable ways, and respond to winning and losing with dignity and understanding; 6.13.A
- b explain and demonstrate effective communication to enhance healthy interactions while settling disagreements; and 6.13.B
- c demonstrate empathy and mutual respect for the feelings of others. 6.13.C

Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to discuss the importance of accepting individual challenges and demonstrate self-management skills to persevere in a positive manner during game

- 14 Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to discuss the importance of accepting individual challenges and demonstrate self-management skills to persevere in a positive manner during game situations and sports. 6.14

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Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to analyze feedback to make appropriate changes to improve performance. 6.15

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Lifetime wellness--application of lifetime wellness. The physically literate student identifies the value of lifetime wellness. The student is expected to: 6.16

a develop a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis; and 6.16.A

b describe how participation in a variety of physical activities builds confidence and increases personal enjoyment. 6.16.B