

Grade 6

Movement Forms / Motor Skills

- 41 Perform independently in physical activity to improve skills and fitness.** WE.6.41

- 42 Perform basic skills necessary to participate in individual, dual, team, and lifetime activities.** WE.6.42

- 43 Perform social and/or multicultural dances.** WE.6.43

Physical Activity

- 44 Participate in physical activity in addition to physical education class.** WE.6.44

- 45 Identify lifelong physical activity opportunities (e.g., walk/run, bike, hike, dance, strength training).** WE.6.45

Physical Fitness

- 46 Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up).** WE.6.46

- 47 Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch).** WE.6.47

- 48 Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run).** WE.6.48

- 49 Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement.** WE.6.49

- 50 Describe the fitness benefits of a variety of physical activities (e.g., stretching, cardio, strength training).** WE.6.50

- 51 Describe the importance of warm-up and cool-down activities when participating in physical fitness.** WE.6.51

Responsible Personal and Social Behavior

- 52 Work cooperatively and productively in a group to accomplish a set goal/task.** WE.6.52

- 53 Follow rules, procedures, etiquette for safety and fair play.** WE.6.53

- 54 Practice behaviors that are supportive and inclusive in physical activity.** WE.6.54