



**PHYSICAL EDUCATION
GRADE SIX**



**Physical Education - Grade 6
36.00700**

COURSE DESCRIPTION: By the end of Grade 6, the learner will apply tactics and strategies to modified game play; demonstrate fundamental movement skills in a variety of contexts; design and implement a health-enhancing fitness program; participate in self-selected physical activity; cooperate with and encourage classmates; accept individual differences and demonstrate inclusive behaviors; and engage in physical activity for enjoyment and self-expression.

Course Standard 1

S1.M6 Demonstrates competency in a variety of motor skills and movement patterns.

- S1.M1.6 Demonstrates correct rhythm and pattern for one of the following dance forms: fold, social creative, line or world dance.
- S1.M2.6 Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base).
- S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.
- S1.M4.6 Passes and receives with hands in combination with loco-motor patterns of running and change of direction & speed with competency in invasion game such as basketball, flag football, speedball or team handball.
- S1.M5.6 Throws, while stationary, leading pass to a moving receiver.
- S1.M6.6 Performs pivots, fakes and jab steps designed to create open space during practice tasks.
- S1.M7.6 Performs the following offensive skills without defensive pressure: pivot, give & go, and fakes.
- S1.M8.6 Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.
- S1.M9.6 Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.
- S1.M10.6 Shoot on goal with power in a dynamic environment as appropriate to the activity.
- S1.M11.6 Maintains defensive-ready position, with weight on balls of feet, arms extended and eyes on midsection of the offensive player.
- S1.M12.6 Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball.
- S1.M13.6 Strikes with a mature overhand pattern in a non-dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.
- S1.M14.6 Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis.
- S1.M15.6 Transfers weight with correct timing for the striking pattern.
- S1.M16.6 Forehand-volleys with a mature form and control using a short-handled implement.
- S1.M17.6 Two-hand-volleys with control in a variety of practice tasks.
- S1.M18.6 Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocci or horseshoes.
- S1.M19.6 Demonstrates a mature underhand throwing pattern for a modified target game such as bowling, bocci or horseshoes.
- S1.M20.6 Strikes a pitched ball with an implement with force in a variety of practice tasks.
- S1.M21.6 Catches, with a mature pattern, from different trajectories using a variety of objects in a varying practice tasks.
- S1.M22.6 Demonstrates correct technique for basic skills in 1 self-selected outdoor activity.
- S1.M24.6 Demonstrates correct technique for basic skills in 1 self-selected individual-performance activity.

Course Standard 2

S2.M6 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.M1.6 Creates open space by using loco-motor movements (e.g., walking, running, jumping & landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace).
- S2.M2.6 Executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give & go.
- S2.M3.6 Creates open space by using the width and length of the field/court on offense.
- S2.M4.6 Reduces open space on defense by making the body larger and reducing passing angles.
- S2.M5.6 Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass.
- S2.M6.6 Transitions from offense to defense or defense to offense by recovering quickly
- S2.M7.6 Creates open space in net/wall games with a short-handled implement by varying force and direction.
- S2.M8.6 Reduces offensive options for opponents by returning to mid-court position
- S2.M9.6 Selects appropriate shot and/or club based on location of the object in relation to the target.
- S2.M10.6 Identifies open spaces and attempts to strike object into that space.
- S2.M11.6 Identifies the correct defensive play based on the situation (e.g., number of outs).
- S2.M12.6 Varies application of force during dance or gymnastic activities.
- S2.M13.6 Makes appropriate decisions based on the weather, level of difficulty due to conditions or ability to ensure safety of self and others.

Course Standard 3

S3.M6 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.M1.6 Describes how being physically active leads to a healthy body.
- S3.M2.6 Participates in self-selected physical activity outside of physical education class.
- S3.M3.6 Participates in a variety of aerobic fitness activities such as cardio kick, step-aerobic and aerobic dance.
- S3.M4.6 Participates in a variety of aerobic-fitness activities using technology such as Dance Dance® Revolution or Wii Fit®.
- S3.M5.6 Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities.
- S3.M6.6 Participates in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day.
- S3.M7.6 Identifies the components of skill-related fitness.
- S3.M8.6 Sets and monitors a self-selected physical activity goal for aerobic and/or muscle-and bone-strengthening activity based on current fitness level.
- S3.M9.6 Employs correct techniques and methods of stretching.
- S3.M10.6 Differentiates between aerobic and anaerobic capacity, and between muscular strength and endurance.
- S3.M11.6 Identifies each of the components of the overload principle (FITT formula: frequency, intensity, time, type) for different types of physical activity (aerobic, muscular fitness and flexibility).
- S3.M12.6 Describes the role of warm-ups and cool-downs before and after physical activities.
- S3.M13.6 Defines resting heart rate and describes its relationship to aerobic fitness and the Borg Rating of Perceived Exertion (RPE) Scale.
- S3.M14.6 Identifies major muscles used in selected physical activities.
- S3.M15.6 Designs and implements a program of remediation for any areas of weakness based on the results of health-related fitness assessment.

- S3.M16.6 Maintains a physical activity log for at least 2 weeks and reflects on activity levels as documented in the log.
- S3.M17.6 Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.
- S3.M18.6 Identifies positive and negative results of stress and appropriate ways of dealing with each.

Course Standard 4

S4.M6 Exhibits responsible personal and social behavior that respects self and others

- S4.M1.6 Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.
- S4.M2.6 Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.
- S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.
- S4.M4.6 Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.
- S4.M5.6 Cooperates with a small group of classmates during adventure activities, game play or team-building activities.
- S4.M6.6 Identifies the rules and etiquette for physical activities/games and dance activities.
- S4.M7.6 Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance.

Course Standard 5

S5.M6 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

- S5.M1.6 Describes how being physically active leads to a healthy body.
- S5.M2.6 Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.
- S5.M3.6 Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback and/or modifying the tasks.
- S5.M4.6 Describes how moving competently in a physical activity setting creates enjoyment.
- S5.M5.6 Identifies how self-expression and physical activity are related.
- S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

