

Physical Education: Grade 6

To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills The student applies responsible personal and social development skills in a physical activity setting. In Grade 6 all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In Grade 6 all students will:

Standards:

- PE1a:** apply basic strategic and tactical skills in modified sport, cooperative, and individual activities;
- PE1b:** demonstrate accuracy and control in throwing, striking, and hand-and-foot dribbling;
- PE1c:** display proper techniques for locomotor, nonlocomotor, and manipulative skills in a variety of individual, dual, cooperative, rhythmic/dance/gymnastic activities;
- PE1d:** use correct terminology associated with modified sports and cooperative/challenge activities;
- PE1e:** make appropriate changes in performance based on feedback to improve skills;
- PE1f:** include principles of practice in a plan to improve skills;
- PE1g:** demonstrate and articulate the importance of following rules and safety procedures; and

PE1h: select and use appropriate protective equipment for preventing injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In Grade 6 all students will:

Standards:

- PE2a:** define the FITT Principle as it is related to physical fitness development;
- PE2b:** compare physical activity opportunities in the community to personal interests and capabilities;
- PE2c:** compare personal health- and skill-related fitness to physical fitness qualities needed to perform selected physical activities;
- PE2d:** plan ways to incorporate personal fitness development activities into one's weekly routine;
- PE2e:** measure intensity of participation in aerobic activities using a heart-rate monitor and manual methods; and
- PE2f:** perform appropriate stretching activities as part of warm-up and cool-down for specified sports and physical activities.