

Grade 6 PE Standards and Expectations

1. Uses a variety of basic and advanced movement forms (running, skipping, hopping, eye-hand/eye-foot coordination-dribbling while running)
 1. Demonstrates knowledge of concepts*
 2. Demonstrates fundamental skills*
 3. Uses basic sports-specific skills for a variety of physical activities
2. Uses movement concepts and principles in development of motor skills
 1. Understands a variety of relationships with objects (over/under, behind, through, etc.)
 2. Demonstrates throwing objects for both accuracy and force
 3. Uses basic offensive and defensive strategies in unstructured game environments
3. Understands benefits and costs associated with participation in physical activity
 1. Chooses physical activities based on a variety of factors, e.g. personal interests and capabilities, challenge and enjoyment
 2. Knows factors that inhibit participation in physical activity, e.g., substance abuse
 3. Uses external and internal information to improve performance
 4. Celebrates personal successes and achievements as well as those of others
4. Understands how to monitor and maintain a healthy, enhanced level of physical fitness
 1. Understands wellness - demonstrates benefits of healthy life style*
 2. Identifies the health benefits from participation in physical activity
 3. Selects and participates regularly in physical activities for the purpose of improving skill and health
 4. Demonstrates proper warm up and cool down techniques
5. Understands the social and personal responsibility associated with participation in physical activity
 1. Demonstrates the willingness to join in an activity*
 2. Demonstrates good sportsmanship*
 3. Understands safety concepts*
 4. Plays and cooperates with others regardless of personal differences
 5. Follows appropriate rules, procedures, and behaviors with few reminders while participating in games/activities; accepts the teacher's decision regarding a personal rule infraction without displaying negative reactions toward others
 6. Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations
 7. Demonstrates acceptance of the skills and abilities of others through verbal and nonverbal behavior