

GRADE LEVEL: SIXTH

SUBJECT: PHYSICAL EDUCATION

DATE: 2016-2017

MONTH/GRADING PERIOD: SEMESTER CLASS

MASTER COPY 5-16-17

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
MOTOR SKILLS AND MOVEMENT PATTERNS					
PHYSICAL ACTIVITIES <ul style="list-style-type: none"> • Motor Skills • Movement Patterns 	6.1.1: Demonstrate more advanced forms in locomotor, nonlocomotor, and manipulative skills. Example: Dribble a basketball around objects using both left and right hands with greater accuracy and control.	<ul style="list-style-type: none"> • Demonstrate a movement sequence in a physical activity. • Demonstrate more advanced skills. <ul style="list-style-type: none"> – Locomotor – Nonlocomotor – Manipulative 	<ul style="list-style-type: none"> • Observation • Pedometers • Heart Rate Monitors • Notebook entries 	<ul style="list-style-type: none"> • Speedminton • EMOM • AMRAP • Reps • Sets 	IMPORTANT
PHYSICAL ACTIVITIES <ul style="list-style-type: none"> • SPECIALIZED MOVEMENT SKILLS 	6.1.2 Demonstrate basic competency in more specialized movement skills related to specific physical activities. Example: Design and perform a dance sequence using combinations of locomotor and nonlocomotor skills with changes of direction, force, and level.	<ul style="list-style-type: none"> • Demonstrate a specialized movement related to a specific physical activity. -locomotor -non locomotor	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Jump bands • Tabata 	IMPORTANT

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MOVEMENT CONCEPTS					
Physical activities <ul style="list-style-type: none"> Skilled Performance 	6.2.1: Learn and apply principles necessary for skilled performance. Example: Observe a student throwing a softball different distances using varied trajectories (angles) and amounts of force.	<ul style="list-style-type: none"> Learn principles necessary for skilled performance. Apply principles necessary for skilled performance. 		<ul style="list-style-type: none"> Bomb ball Prison ball Trajectory CrossFit Air squat Pull up Push up Sit up Push press Back squat Front squat Wall walk Rope climb Med ball clean 	CRITICAL
<ul style="list-style-type: none"> Improved Performance 	6.2.2: Explain how practicing movement skills improve performance. Example: Maintain a log of practice attempts for throwing a disc at a target, comparing differences in successful throws from first attempts to last attempts.	<ul style="list-style-type: none"> Explain how practicing movement skills improve performance. Maintain a practice log. Compare differences in first to last attempts for different activities. 	<ul style="list-style-type: none"> Observation Notebook 	<ul style="list-style-type: none"> 2 vs 2 Basketball Flash ball 	IMPORTANT

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<ul style="list-style-type: none"> Strategies 	<p>6.2.3: Describe basic strategies for offense and defense in simple lead up games. Example: Guard a player who is dribbling a soccer ball and attempt to prevent a pass.</p>	<ul style="list-style-type: none"> Demonstrate strategies to be successful while on offense or defense 	<ul style="list-style-type: none"> Observation 	<ul style="list-style-type: none"> Basketball Soccer Football 	IMPORTANT
PHYSICAL ACTIVITY					
<p>Regular Participation in Physical Activity</p> <ul style="list-style-type: none"> Healthy Lifestyle 	<p>6.3.1: Identify and participate in activities that, when done consistently, can contribute to an active lifestyle. Example: List activities that can increase cardiorespiratory endurance and/or muscular strength and endurance, as well as other components of health-related physical fitness, and participate in a chosen activity at least 5 days per week.</p>	<ul style="list-style-type: none"> Select activities that will build a repertoire of lifetime physical activities. Participate in activities that will build a repertoire of lifetime physical activities. 	<ul style="list-style-type: none"> Notebook entries 	<ul style="list-style-type: none"> Wellness Lifetime activities Healthy lifestyle 	CRITICAL
<ul style="list-style-type: none"> Lifetime Activities 	<p>6.3.2: Participate in activities, outside of school, that are health-enhancing and can be continued throughout a lifetime. Example: Report in a student activity portfolio the participation level in golfing, cycling, or walking with a parent during the weekend (e.g., played nine holes of golf while walking the course, cycling five miles, walking 20 blocks).</p>	<ul style="list-style-type: none"> Participate in activities, outside of school, that are health-enhancing. Participate in activities, outside of school, that can be continued throughout a lifetime. Create an activity portfolio. 	<ul style="list-style-type: none"> Observation 		IMPORTANT

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<ul style="list-style-type: none"> • Healthy Lifestyle 	<p>6.3.3: Describe the elements of a healthy lifestyle. Example: Use the FITT principle to describe activities that lead to a healthy lifestyle</p>	<ul style="list-style-type: none"> • Explain the FITT principle 	<ul style="list-style-type: none"> • Notebook entries 	<ul style="list-style-type: none"> • FITT 	CRITICAL
<p>HEALTH-ENHANCING PHYSICAL FITNESS</p>					
<p>Health-related physical fitness</p> <ul style="list-style-type: none"> • Intensity • Duration 	<p>6.4.1: Increase the intensity and duration of an activity while performing locomotor skills. Example: Keep a record of the heart rate after participation in a physical activity and evaluate whether the exercise intensity of the activity was sufficient to produce a target heart rate</p>	<ul style="list-style-type: none"> • Increase the intensity of an activity while performing locomotor skills. • Increase the duration of an activity while performing locomotor skills. • Utilize self-assessment of physical fitness to identify strengths and weaknesses. • Use self-assessment to develop a personal fitness program. 	<ul style="list-style-type: none"> • Pedometers • Baseline Fitness Test • Notebook entries 	<ul style="list-style-type: none"> • Pedometers • Baseline Fitness Test 	CRITICAL

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<ul style="list-style-type: none"> Personal goals 	<p>6.4.2: Develop personal goals for each of the health-related physical fitness components</p> <p>Example: Set a goal to achieve a healthy fitness level for strength or cardio endurance</p>	<ul style="list-style-type: none"> Set a personal fitness goal 	<ul style="list-style-type: none"> Notebook entries 	<ul style="list-style-type: none"> Heart rate monitor Pedometer 	CRITICAL
<ul style="list-style-type: none"> Measuring age related fitness 	<p>6.4.3: Measure personal fitness levels in each of the health-related physical fitness components in relation to age.</p> <p>Example: Participate in a fitness test; record and review the results</p>	<ul style="list-style-type: none"> Measure personal fitness level with relation to age. 	<ul style="list-style-type: none"> Notebook entries 		CRITICAL
<ul style="list-style-type: none"> Individual Fitness 	<p>7.4.3: Measure personal fitness levels in each of the health-related physical fitness components in relation to age.</p> <p>Example: Participate in a fitness test; record and review the results.</p>	<ul style="list-style-type: none"> Measure personal fitness levels with relation to age. Participate in a fitness test. Record and review the test results. 	<ul style="list-style-type: none"> Notebook entries Baseline fitness test 		CRITICAL

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RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR					
Responsible Behavior <ul style="list-style-type: none"> Cooperative Activities 	6.5.1: Participate in cooperative activities in a leadership or followership role. Example: Work efficiently and successfully with classmates in a cooperative activity to reach a group goal.	<ul style="list-style-type: none"> Participate in cooperative activities. Participate as a team leader. Participate as a member of a team in a cooperative activity. 	<ul style="list-style-type: none"> Observation 		CRITICAL
<ul style="list-style-type: none"> Game Rules Group Safety 	6.5.2: Acknowledge and apply rules to game situations to ensure personal and group safety. Example: Refrain from using a tackling maneuver when playing flag football.	<ul style="list-style-type: none"> Accept responsibility for following the rules. Make contributions toward individual safety. Follow rules to ensure group safety. 	<ul style="list-style-type: none"> Observation 	<ul style="list-style-type: none"> Teamwork 	CRITICAL
<ul style="list-style-type: none"> Various world culture activities 	6.5.3: Participate in dances and games from various world cultures Example: Participate in Tinkling (Philippine Dance)	<ul style="list-style-type: none"> Participate in an activity from another culture 	<ul style="list-style-type: none"> Observation 	<ul style="list-style-type: none"> Jump bands 	ADDITIONAL

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<ul style="list-style-type: none"> Cooperation 	<p>6.5.4: Illustrate an appreciation of the accomplishments of all group members in group or team physical activities. Example: Participate in a follow-up discussion after a cooperative game and express positive contributions of each group member.</p>	<ul style="list-style-type: none"> Participate in cooperative games which require teamwork. Discuss positive contributions of group members. Develop an appreciation for accomplishments from all team members. 	<ul style="list-style-type: none"> Observation 		IMPORTANT
<p>Value Physical Activity</p> <ul style="list-style-type: none"> Social Interaction 	<p>6.6.1: Engage in physical activities as an opportunity to socialize with friends and family. Example: Participate in an impromptu game of touch football with neighborhood friends.</p>	<ul style="list-style-type: none"> Engage in physical activities as an opportunity to socialize with friends. Engage in physical activities as an opportunity to socialize with family. Participate in an impromptu game with neighborhood friends. 	<ul style="list-style-type: none"> Notebook entries 		ADDITIONAL

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<ul style="list-style-type: none"> Newly Acquired Skills 	<p>6.6.2: Participate in challenging activities requiring the utilization of newly acquired skills</p> <p>Example: Join a family member or friend in tennis, orienteering, or canoeing</p>	<ul style="list-style-type: none"> Participate in a new, challenging activity 	<ul style="list-style-type: none"> Notebook entries 		IMPORTANT
<ul style="list-style-type: none"> Identify Benefits of Participation <ul style="list-style-type: none"> -Social -Emotional -Physical 	<p>6.3.3: Identify the social, emotional, and physical benefits of participation in physical activities</p> <p>Example: Write a paragraph describing what is learned from participating in a new activity.</p>	<ul style="list-style-type: none"> Identify benefits of participating in a new activity 	<ul style="list-style-type: none"> Notebook entries 		IMPORTANT
WRITING FOR LITERACY					
<ul style="list-style-type: none"> Range of Writing 	<p>6-8.WT.10: Write routinely for a range of disciplines.</p>	<ul style="list-style-type: none"> Write routinely for specific tasks and performances. 	<ul style="list-style-type: none"> Notebook entries 		IMPORTANT
ADVOCACY SKILLS					
	<p>7.8.3: Work with others to advocate for healthy individuals and families.</p>	<ul style="list-style-type: none"> Work with others to create a video to encourage peers to abstain from sexual activity. 	<ul style="list-style-type: none"> View video 	<ul style="list-style-type: none"> Sexual activity Abstinence 	IMPORTANT

