

SIXTH GRADE

The sixth-grade curriculum is designed to offer students opportunities to engage in a wide range of physical activities that help refine skills and promote enjoyment. Sixth-grade students experience numerous physical, social, and cognitive changes. They are moving from childhood to adolescence and are beginning to take more responsibility for their actions.

The sixth-grade instructional environment allows the early adolescent to experience positive, challenging, and enjoyable physical activity while learning more about its benefits and importance. Skill refinement is accomplished through a variety of modified sports, games, rhythms, gymnastics, and other physical activities. Sixth-grade students utilize evaluation from a variety of sources to improve performance. Students also learn to identify and apply principles of practice and conditioning, recognize general movement principles, and use basic offensive and defensive strategies as they apply to modified sports.

Skill Development

Students will:

1. Demonstrate rope-jumping and original dance routines that incorporate varying lengths, skill sequences, and musical accompaniments. (6.1)
2. Combine a variety of skills into sequenced routines. (6.2)
Examples: combining traveling, rolling, balancing, and weight transfer into smooth sequences while altering speed, direction, and flow
3. Integrate fundamental movement and specialized skills into student-choreographed routines. (6.2a)
Examples: rhythmic, gymnastic, ball, and jumping routines
4. Demonstrate dribbling, shooting, and striking skills. (6.3)
Examples: dribbling to avoid the ball being stolen, shooting with consistency and correct form, striking for direction and height
5. Demonstrate forehand and backhand striking skills. (6.4)
Examples: using forehand and overhand clear in badminton, using forehand and backhand stroke in tennis

Cognitive Development

6. Identify rules and regulations for a variety of sports and lifetime activities. (6.5)
7. Explain the importance of repetition and practice as a means for skill improvement. (6.6)

8. Modify physical activities, games, and sports to meet specified criteria. (6.7)
Example: modification of games for personal enjoyment

Social Development

9. Demonstrate positive social interactions in situations that include members of different genders, cultures, ethnicities, abilities, and disabilities. (6.9)
10. Describe how recognizing opposing opinions and priorities and displaying a willingness to compromise applies to teamwork and goal achievement. (8.11)

Physical Activity and Health

11. Describe progress toward achieving personal fitness goals for each of the health-related fitness components. (6.10)
Example: tracking progress on personal logs
12. Analyze exercise and heart rate data to determine adjustments to health fitness plans. (6.11)
13. Identify possible injuries resulting from improper exercise routines. (6.12)
 - Demonstrating proper warm-up and cool-down techniques
14. Describe the structure and function of the muscular and skeletal systems as they relate to physical performance. (6.13)
Examples: muscles pulling on bones causing movement, muscles working in pairs, muscles working by contracting and relaxing