

## Grades 4-6 Physical Education

### Grade 6 Physical Education

During each lesson in physical education, students will be expected to learn and exercise. Sixth grade physical education students are exposed to a variety of activities throughout the school year with the main purpose behind all activities being to drive the following big ideas.

By the end of grade six, students will be able to:

#### ○Team Skills

- Work through the steps of problem solving when presented with various challenges
- Apply principles of trust and trustworthiness within team setting
- Demonstrate understanding of leadership skills in the framework of a team

#### ○Athletic Skills

- Ability to make oneself available for a reception and ability to identify open targets for a pass in the various activities
- Ability to choose proper method of manipulating objects with upper and lower body based on game situation
- Precise and accurate use of sporting equipment within the various sports

#### ○Fitness

- Explain how various sports and activities impact the components of fitness
- Understand the role of fitness in overall healthful living throughout a lifetime
- Understand how to improve muscular endurance and muscular strength respectively

