

A Guide to the Colorado Academic Standards



Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for sixth grade physical education and offers some possible learning experiences students may engage in during this school year.

Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

Physical Education for Middle Schools (6-8)

The physical education standards in grades six through twelve focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to refine various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities. Additionally, in the high school years, students are asked to develop personal fitness plans to reflect on benefits of committing to life-long health and wellness practices.

Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, Reed_p@cde.state.co.us



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At the end of Sixth Grade, students can...



Physical Education

Sixth Grade



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Physical Education Learning Expectations for Sixth Grade

Movement Competence and Understanding

- Demonstrate beginning strategies for a variety of games and sports.
- Participate in activities that require problem-solving, cooperation, skill assessment and team-building.
- Utilize information from a variety of resources and experiences to improve performance.

Physical and Personal Wellness

- Create personal goals for improving health-related fitness.
- Demonstrate the ability to perform self-paced cardiovascular endurance activities.
- Identify opportunities to participate in physical activities in the school and community to enhance physical fitness.

Emotional and Social Wellness

- Recognize a variety of skill performances in others and how various skills impact games, activities, and sport participation.
- Cooperate productively in a group.

Prevention and Risk Management

- Demonstrate knowledge of safe practices in a physical activity setting.

Throughout the Sixth Grade, you may find students...

- Describing ways to create more space between an offensive player and a defensive player (basketball moves).
- Throwing an object accurately using the underhand, overhand, and sidearm movement patterns.
- Setting realistic fitness goals and accessing valid and reliable resources in the school and community to help them reach these goals.
- Categorizing physical activities that will help to improve cardio-respiratory, muscular endurance, muscular strength, flexibility, and body composition.
- Monitoring the intensity of one's heart rate during physical activity.
- Demonstrating and participating in a variety of activities to encourage an acceptance of differences among friends and varying skill levels.
- Differentiating between safe and unsafe participation within an environment.