

PHYSICAL EDUCATION LEARNING EXPECTATIONS

GRADE SIX

I. SKILL ACQUISITION AND DEVELOPMENT

A. During the sixth grade, students will demonstrate proficiency in many movement forms while developing specific sport skills.

They will be able to:

- Demonstrate increasing competence in more advanced specialized skills
- Adapt and combine skills to the demands of increasingly complex situations of selected movement forms
- Use information from a variety of sources (both internal and external origin to improve performance
- Identify and apply principles of practice and conditioning that enhance performance
- Recognize general characteristics of movement that can be applied to specific settings (e.g., similarity of the ready position in striking movement forms)

B. During the sixth grade, students will apply movement concepts and principles to the learning of specific sport strategies.

They will be able to:

- Use basic offensive and defensive strategies in noncomplex settings
- Identify and follow rules during modified game situations
- Define specific changes in game situations that improve the quality and the success of play
- Identify and use strategies and game plans that offer a role for all members of the team,
- Understand and apply more advanced discipline

II. FITNESS

A. During the sixth grade, students will develop the ability to assess personal fitness in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

They will be able to:

- Assess physiological indicators of exercise during and after physical activity
- Understand and apply basic principles of training to improve physical fitness
- Associate results of fitness testing to personal health status and ability to perform various activities
- Develop a strategy for the improvement of selected fitness components

B. During the sixth grade, students will develop an awareness of participation in physical activity as a conscious decision and personal choice for both enjoyment and health-related benefits.

They will be able to:

- Analyze and categorize activities and exercises according to potential fitness benefits
- Understand and apply basic principles of training to improve physical fitness
- Participate in a variety of health-related fitness activities in both school and non-school settings
- Identify the benefits derived from regular physical activity
- Describe the relationships between a healthy lifestyle and "feeling good"

III. SOCIAL AND PERSONAL DEVELOPMENT

A. During the sixth grade, students will develop the ability to work effectively within a group.

They will be able to:

- Work cooperatively with both more and less skilled peers
- Recognize and utilize the specific strength of each group member in solving a problem or completing a task
- Show an understanding of the positive aspects of group work
- Describe and use appropriate personal conduct deemed by game rules and common courtesy when engaging in physical activity.

- Accept and show respect for the decisions of game officials, group leaders and groups themselves.

B. During the sixth grade, students will demonstrate responsible personal and social behavior in physical activity settings.

They will be able to:

- Recognize the influence of peer pressure
- Solve problems by analyzing causes and potential solutions
- Show a responsibility for the safety of self and others.
- Recognize and validate the accomplishment of others
- Display sensitivity to the feelings of others during interpersonal interactions

C. During the sixth grade, students will demonstrate understanding and respect for differences among people in physical activity settings.

They will be able to:

- Recognize the attributes that individuals with differences can bring to group activities
- Identify behaviors that are supportive and inclusive in activity settings
- Demonstrate acceptance of the skills and abilities of others during physical activity
- Work cooperatively with both more and less skilled peers

B. During the sixth grade, students will develop the ability to display an understanding of the aesthetic and creative aspects of physical performance.

They will be able to:

- Enjoy participation in physical activity
- Recognize the social benefits of participation in physical activity
- Recognize physical activity as a vehicle for self-expression
- Recognize that fitness and skill attainment require perseverance and repetition

OUTCOME STANDARDS

Work Effectively Both Independently & with Others
Apply Problem Solving Skills
Demonstrate Knowledge & Skills for Healthy, Productive Lives
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

A Physically Literate Person

has learned skills necessary to perform a variety of physical activities.
does participate regularly in physical activity
is physically fit
knows the implications of and the benefits from involvement in physical activities
values physical activity and its contributions to a healthful lifestyle

References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.