

Grade 6 Physical Education

Demonstrate competency in a variety of motor skills and movement patterns.

MP. Combinations of Movement Patterns and Skills 6.1.MP

- MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities. 6.1.MP1
 - MP2. Demonstrate simple and combined motor skills in a variety of games and activities. 6.1.MP2
 - MP3. Perform a wide variety of locomotor movements in combination, using different pathways and directions, while moving around others and/or equipment. 6.1.MP3
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MS. Manipulative Skills 6.1.MS

- MS1. Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues. 6.1.MS1
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Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

MC. Combinations of Movement Concepts 6.2.MC

- MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities. 6.2.MC1
 - MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in games and activities. 6.2.MC2
 - MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences. 6.2.MC3
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Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PA. Physical Activity Knowledge and Engagement 6.3.PA

- PA1. Describe how being physically active leads to better health. 6.3.PA1
 - PA2. Participate in a variety of physical activities. 6.3.PA2
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PF. Physical Fitness Knowledge 6.3.PF

- PF1. Identify the components of skill-related fitness. 6.3.PF1
 - PF2. Identify each of the components of the FITT principle for different types of physical activity. 6.3.PF2
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N. Nutrition 6.3.N

- N1. Identify food from each of the basic food groups and select appropriate servings and proportions for his/her age and physical activity levels. 6.3.N1

SM. Stress Management 6.3.SM

SM1. Recognize physical activity as a positive way of dealing with stress. 6.3.SM1

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

SW. Social Interactions/Working with Others 6.3.SW

SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. 6.3.SW1

RE. Rules and Etiquette 6.4.RE

RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities. 6.4.RE1

RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict 6.4.RE2

SA. Safety 6.3.SA

SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities. 6.4.SA1

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

HE. Health 6.5.HE

HE1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle. 6.5.HE1

C. Challenge 6.5.C

C1. Explain that physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging. 6.5.C1

SE. Self-Expression and Enjoyment 6.5.SE

SE1. Identify and use appropriate strategies to self-reinforce positive fitness behaviors. 6.5.SE1

SI. Social Interaction 6.5.SI

SI1. Use personal and social behaviors that show respect to self and others in physical activity settings. 6.5.SI1

A. Advocacy 6.5.A

A1. State a health-enhancing position about being physically active, supported with accurate information, to improve the health of others. 6.5.A1