

# Grade 6

Adopted 2016

## Motor Skills

### 1. Invasion Games/Throwing MS.1

- 6. Using a mature overhand pattern, throws at targets of varying distance. MS.1.6
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### 2. Invasion Games/Catching MS.2

- 6. Using a mature pattern, catches at different levels and extensions. MS.2.6
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### 3. Invasion/Receiving MS.3

- 6. Passes/receives with hands/feet/implement while traveling (partner activity). MS.3.6
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### 4. Invasion Games/Passing and Receiving MS.4

- 6. Passes and receives utilizing various pathways (partner activity). MS.4.6
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### 5. Invasion Games/Offensive Skills MS.5

- 6. Performs offensive skills (pivots, fakes, change of direction, and give and go) to create open space without defensive pressure. MS.5.6
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### 6. Invasion Games/Sports-Ball Control MS.6

- 6. Demonstrates a dominant side (hand or foot) dribble while changing directions. MS.6.6
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### 7. Invasion Games/Sports-Ball Control MS.7

- 6. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement. MS.7.6
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### 8. Invasion Games/Sports-Shooting on Goal MS.8

- 6. Shoots on goal with appropriate force and accuracy. MS.8.6
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### 9. Invasion Games/Sports-Defensive Skills MS.9

- 6. Demonstrates defensive ready position, with weight on balls of feet, arms extended, palms up and eyes on abdomen. MS.9.6
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### 10. Games/Sports-Serving (Net/Wall) MS.10

- 6. Performs a serve (underhand/overhand) with control for net/wall games. MS.10.6

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**11. Games/Sports-Striking (Net/Wall)** MS.11

6. Strikes with an overhand pattern with appropriate distance and force during various practice tasks. MS.11.6
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**12. Games/Sports-Forehand/Backhand** MS.12

6. Demonstrates proper technique using a short or long handled implement to complete a forehand and backhand stroke. MS.12.6
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**13. Net/wall Games/Sports-Volley** MS.13

6. Executes a forearm volley using a mature pattern. MS.13.6
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**14. Game/Sports-Target ( Striking)** MS.14

6. Strikes a stationary object with an implement for accuracy (e.g., Croquet, shuffle board, golf). MS.14.6
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**15. Games/Sports-Field(Strike)** MS.15

6. Strikes a pitched ball with an implement. MS.15.6
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**16. Games/Sports-Field (Fielding)** MS.16

6. Catch (field) an object using a mature pattern. MS.16.6
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**17. Fitness (types of activities)** MS.17

6. Participates in a variety of aerobic fitness activities (step aerobics, jump rope, cardio kick boxing, aerobic dance). MS.17.6
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**18. Fitness (intensity)** MS.18

6. Participates in moderate to vigorous aerobic physical activity. MS.18.6
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**19. Fitness (flexibility)** MS.19

6. Uses correct techniques for static stretching to improve flexibility. MS.19.6
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**20. Rhythms & Dance** MS.20

6. Demonstrates proper sequence of a dance with at least 32 counts. MS.20.6
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**21. Rhythms & Dance** MS.21

6. Moves in time to the beat of music of different tempos. MS.21.6
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**22. Educational Gymnastics** MS.22

6. Demonstrates a prescribed educational gymnastics routine with at least 3 elements. MS.22.6
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**23. Aquatics** MS.23

6. Demonstrates basic water adjustment skill (submerge, hold breath, and exhale while submerged). MS.23.6

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**24. Outdoor Pursuits** MS.24

- 6. Demonstrates correct technique for basic skills in 1 selected outdoor activity (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.6
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**Cognitive Concepts****1. Peer Assessment (demonstrates higher level learning, offers feedback to peers)** CC.1

- 6. Recites the critical elements. CC.1.6
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**2. Peer Assessment (demonstrates higher level learning, offers feedback to peers)** CC.2

- 6. Uses a teacher generated checklist to evaluate a peer's performance of a skill. CC.2.6
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**3. Games/Sports- Creating Space** CC.3

- 6. Creates open space. CC.3.6
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**4. Games/Sports- Reducing Space** CC.4

- 6. Identifies correct defensive position based on situation. CC.4.6
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**5. Games/Sports-Denial** CC.5

- 6. When appropriate, denies the pass or catch. CC.5.6
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**6. Games/Sports-Transition** CC.6

- 6. Successfully transitions quickly from offense to defense or defense to offense. CC.6.6
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**7. Games/Sports-Tactics/Shots** CC.7

- 6. Identifies appropriate position for anticipated shot. CC.7.6
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**8. Games/Sports-Shot Selection** CC.8

- 6. Identifies the appropriate club or shot needed based on the opponent's position or angle/distance of target. CC.8.6
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**9. Games/Sports-Offensive Strategies** CC.9

- 6. Explains intended location of the shot (shot on goal) CC.9.6
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**10. Outdoor Pursuits-Movement Concepts** CC.10

- 6. Identifies and makes appropriate decision based on skill level and conditions. CC.10.6
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**Fitness And Physical Activity (FPA)****1. Physical Activity Knowledge** FPA.1

- 6. Lists the benefits of daily physical activity. FPA.1.6

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**2. Fitness Knowledge** FPA.2

6. Identifies the 6 skill related fitness components (agility, balance, coordination, power, reaction time and speed). FPA.2.6
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**3. Fitness Knowledge** FPA.3

6. Defines resting heart rate and calculate target heart rate zone. FPA.3.6
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**4. Fitness Knowledge** FPA.4

6. Identifies the FITT Principle (Frequency, Intensity, Type, Time). FPA.4.6
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**5. Fitness Knowledge** FPA.5

6. Identifies upper and lower body muscle groups. FPA.5.6
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**6. Assessment & Planning** FPA.6

6. Completes a 2 week activity log and compare results to a formal fitness test. FPA.6.6
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**Personal & Social  
Responsibility (PSR)**

**1. Personal and Social Responsibility** PSR.1

6. Exhibits personal responsibility by using appropriate etiquette, respect for facilities and equipment and safe behaviors. PSR.1.6
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**2. Rules & Etiquette** PSR.2

6. Identifies the rules and etiquette in physical activities. PSR.2.6
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**3. Rules & Etiquette** PSR.3

6. Describes rules and guidelines for resolving conflict in physical activity. PSR.3.6
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**4. Cooperation** PSR.4

6. Willingly includes others of a diverse population. PSR.4.6
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**Values Physical Activity  
(VPA)**

**1. Appreciation** VPA.1

6. Communicates ideas and feelings towards physical activity. VPA.1.6
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**2. Challenge** VPA.2

6. Recognizes individual challenges and performs positive coping strategies. VPA.2.6