

## Expectations and Outcomes

Grade Level/Course: Sixth Grade

Content Area: Physical Education

Unit Title	Guarantees
Standard 1	<p>Demonstrate the ability to accurately <u>throw</u> various objects with applied force to a target</p> <p>Passes and receives with hands in combination of locomotor patterns and change of direction and speed with competency of invasion games</p> <p>Throws, while stationary, a leading pass to a moving receiver</p> <p>Demonstrates ability to dribble and control various objects in multiple ways; i.e. hands, feet, hockey stick, etc.</p> <p>Dribbles with dominant hand using a change of speed and direction in various practice tasks</p> <p>Demonstrates the ability to move in various ways on offense to open spaces during games/activities</p> <p>Demonstrates the ability to stay positioned between person guarding and the goal on defense</p> <p>Maintains an athletic stance with hands up, weight on balls of feet, and eyes on midsection of offensive player in dynamic activities</p> <p>Strategically uses different speeds, heights and distances to change path and placement of ball/birdie against opponent</p> <p>Performs a mature underhand serving pattern in volleyball</p> <p>Demonstrates the mature form of the forehand and backhand strokes with a long-handled implement in net games such as badminton</p> <p>Forearm volleys with mature form and control in a non-dynamic setting</p> <p>Two-hand-volleys with control in a variety of practice tasks</p> <p>Maintains an athletic stance, weight on balls of feet, and keeps eyes on the ball/birdie</p> <p>Strikes a pitched ball with an implement with force in a variety of practice tasks</p> <p>Catches, with a mature pattern, from different trajectories using a variety of objects in a variety practice tasks</p> <p>Demonstrates mature backhand and forehand throw to use a Frisbee to hit a target</p> <p>Demonstrates ability to buffer a fall by landing on “patches” vs “points”</p> <p>Demonstrates the ability to perform several tumbling skills</p> <p>Follows directions to repeat a line dance</p>

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	<p>Demonstrates body management and object manipulation skills needed for successful participating in track and field events</p> <p>Demonstrates proper form in front crawl, back crawl, breaststroke and sidestroke the width of the pool</p> <p>Demonstrates the ability to use life saving skills; i.e. back floating and treading water for 60 sec.</p> <p>Demonstrates the ability to safely rescue a distressed swimmer from the side of the pool by lying down and reaching out with hand or other implement</p>
Standard 2	<p>Diagrams and explains what the body should look like and be positioned positioned for good defense (Diagrams and explains basic and offensive strategies in individual/dual games and small team games</p> <p>Transitions from offense to defense or defense to offense by recovering quickly</p> <p>Explains how the angle of (racquet, paddle, bat, arms) affects the trajectory of an object</p> <p>Explains the role of legs, shoulder, and forearms in forearm pass, set, serving, etc.</p> <p>Explains the rules and concepts to play at least three different backyard target games such as (but not limited to) Kan Jam, ladder golf, Frisbee golf, bocce ball, kubb, Polish horseshoes</p> <p>Identifies the difference between “patches” and “points” and provides examples</p>
Standard 3	<p>Describes how being physically active leads to a healthy body</p> <p>Participates in a variety of physical activities outside of physical education class</p> <p>Engages in moderate and vigorous physical activity for 60 minutes at least 2 days a week</p> <p>Identifies ways to be physically active around the community.</p> <p>Sets and monitors a self-selected physical-activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level</p> <p>Identifies the components of skill-related fitness</p> <p>Identifies the five fitness components</p> <p>Employs correct techniques and methods of stretching</p> <p>Describes the role of warm-ups and cool-downs before and after physical activity</p> <p>Employs in dynamic warm-up exercises and describes the benefit of them before physical activity</p> <p>Identifies major muscles used in selected physical activities</p> <p>Demonstrate the ability to find pulse and count heartbeat for certain amount of time</p> <p>Identifies which activities are at a higher intensity level based on heart rate</p> <p>Designs and implements a SMART goal and plan of improvement for any area(s) of weakness based on the results of health-related fitness assessment</p> <p>Maintains a physical activity log for at least two weeks and reflects on activity levels as documented in the log</p>

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	Identifies positive and negative results of stress and appropriate ways of dealing with each
Standard 4	<p>Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors</p> <p>Reports work/evaluation results honestly</p>
	<p>Demonstrates self-responsibility by implementing specific corrective feedback to improve performance</p> <p>Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback</p> <p>Cooperates with small group of classmates during adventure activities, game play, or team-building activities</p> <p>Identifies the rules and etiquette for physical activities, games, and dance activities</p> <p>Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance</p>
Standard 5	<p>Describes how moving competently in a physical activity setting creates enjoyment</p> <p>Identifies how self-expression and physical activity are related</p> <p>Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing in the <u>spirit of the game</u> or activity</p> <p>Recognizes individual challenges and copes in a positive way, such as extended effort, asking for help or feedback, or modifying the tasks</p> <p>Describes how being physically active leads to a healthy body</p> <p>Identifies the components of physical activity that provide opportunities for reducing stress and for social interaction</p>