

**Course name Physical Education  
Grade 6  
Full Year**

Learning Objectives/ Content	Teaching/Learning Activities	Evaluation Criteria	State Standard
<p>All students will</p> <p>Engage in various physical activities that will promote physical fitness and health benefits.</p>	<p>Large group cooperative games.</p> <p>Team sports.</p> <p>Fitness testing.</p>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Skill sheets/assess-ments</li> <li>• Pre/post tests</li> <li>• Attendance</li> <li>• Participation</li> <li>• Game play</li> <li>• Sportsmanship</li> <li>• Knowledge of game rules</li> <li>• Tournament play</li> </ul>	10.4.6.A
Resources/Materials			
Additional Resources/Inter-disciplinary Relationships			

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<p>All students will</p> <p>Understand the relationship of the physical activity on various body systems.</p>	<p>Lecture</p> <p>Demonstration</p> <p>Pulse rates</p> <p>Various modes of participation</p>	<ul style="list-style-type: none"> <li>• Pulse rate sheets</li> <li>• Fitness assessment</li> </ul>	10.4.6.B
<b>Resources/Materials</b>			
<b>Additional Resources/Inter-disciplinary Relationships</b>			

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<b>Learning Objectives/ Content</b>	<b>Teaching/Learning Activities</b>	<b>Evaluation Criteria</b>	<b>State Standard</b>
<p>All students will</p> <p>Monitor and calculate their pulse rate prior to, during and after exercise.</p> <p>Develop an understanding of what blood pressure is and how it is affected by exercise.</p> <p>Calculate their level of wellness after activity.</p>	<p>Demonstrations</p> <p>Individual skill work</p> <p>Group work</p> <p>Circuit training</p> <p>Flexibility, muscular strength, muscular endurance, aerobic capacity</p> <p>Nurse-demonstration</p>	<ul style="list-style-type: none"> <li>• Log own pulse, check at neck/arm</li> <li>• Log physical fitness testing results</li> <li>• Heart rate monitors</li> <li>• Pulse/blood pressure sheets</li> </ul>	10.4.6.C
<b>Resources/Materials</b>			
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<p>All students will</p> <p>Identify situations that influence sport and activity preferences.</p> <p>Understand that the mastery of motor skills is dependent upon participation levels and other variables.</p> <p>Mastery promotes attainment.</p>	<p>Basketball unit-extension project</p> <p>Basketball unit-extension project</p> <p>Variety of activities: team, individual, and large group .</p>	<ul style="list-style-type: none"> <li>• Completion of extension project</li> </ul>	<p>10.4.6.D</p> <p>10.4.6.E</p>
<b>Resources/Materials</b>			
<b>Additional Resources/Inter-disciplinary Relationships</b>			

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<p>All students will</p> <p>Identify traits that have positive and negative implications within the group.</p>	<p>Demonstrations</p> <p>Individual drills</p> <p>Partner drills</p> <p>Group drills</p> <p>Rules that apply</p> <p>Role modeling</p>	<ul style="list-style-type: none"> <li>• Observation</li> </ul>	<p>10.4.6.F</p>
<b>Resources/Materials</b>			
<b>Additional Resources/Inter-disciplinary Relationships</b>			

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<p>All students will</p> <p>Develop mastery of fundamental motor patterns and integrate them into the development of more advanced movement sequences.</p> <p>Understand and integrate the relationship of motor skill development to sport specific skill development.</p>	<p>Observation</p> <p>Demonstration</p> <p>Individual drills</p> <p>Partner drills</p> <p>Group drills</p>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Demonstration</li> <li>• Pre/post tests</li> <li>• Attendance</li> <li>• Participation</li> <li>• Game play</li> <li>• Performance assessment</li> </ul>	<p>10.5.6.A</p> <p>10.5.6.B</p>
<b>Resources/Materials</b>			
<b>Additional Resources/Inter-disciplinary Relationships</b>			

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<p>All students will</p> <p>Understand the importance of practice and its relevance to sport motor skill development and mastery.</p>	<p>Observation</p> <p>Demonstration</p> <p>Individual drills</p> <p>Partner drills</p> <p>Group drills</p>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Demonstration</li> <li>• Pre/post tests</li> <li>• Attendance</li> <li>• Participation</li> <li>• Game play</li> <li>• Performance assessment</li> </ul>	<p>10.5.6.C</p>
Resources/Materials			
Additional Resources/Inter-disciplinary Relationships			

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<p>All students will</p> <p>Identify and apply components and principles necessary for health and skill related fitness.</p>	<p>Lecture</p> <p>Demonstration</p> <p>Pulse rates</p> <p>Individual skill work</p> <p>Group work</p> <p>Circuit training/fitness testing</p> <p>Nurse-height and weight</p>	<ul style="list-style-type: none"> <li>• Pulse rate sheets</li> <li>• Fitness assessments</li> </ul>	<p>10.5.6.D</p>
<b>Resources/Materials</b>			
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<p>All students will</p> <p>Incorporate and understand the cause and effect relationship of body movements to scientific principles through proper vocabulary.</p> <p>Understand and utilize appropriate game concepts and strategies in lead up and sport specific game activities.</p>	<p>Lecture</p> <p>Demonstration</p> <p>Observation</p> <p>Individual drills</p> <p>Partner drills</p> <p>Group drills</p>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Demonstration</li> <li>• Participation</li> <li>• Pre/post testing</li> <li>• Attendance</li> <li>• Game play</li> <li>• Performance assessment</li> </ul>	<p>10.5.6.E</p> <p>10.5.6.F</p>
<b>Resources/Materials</b>			
<b>Additional Resources/Inter-disciplinary Relationships</b>			