



## JC Schools 6th Grade PE Yearly Standards

### Overarching Standards (Taught in all units)

#### **S4.M1.6**

Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

#### **S4.M2.6**

Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.

#### **S4.M3.6**

Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

#### **S4.M4.6**

Accepts differences among class-mates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

#### **S4.M5.6**

Cooperates with a small group of classmates during adventure activities, game play or team-building activities.

#### **S4.M6.6**

Identifies the rules and etiquette for physical activities/games and dance activities.

#### **S4.M7.6**

Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance.

#### **S4.M9a.6**

Demonstrate the use of effective verbal and nonverbal communication skills to enhance physical activity.

#### **S4.M9b.6**

Demonstrate effective peer resistance skills to avoid or reduce physical inactivity.

**S5.M4.6**

Describes how moving competently in a physical activity setting creates enjoyment.

**S5.M5.6**

Identifies how self-expression and physical activity are related.

**S5.M6.6**

Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

**S3.M12.6**

Describes the role of warm-ups and cooldowns before and after physical activity.

**S3.M18.6**

Identifies positive and negative results of stress and appropriate ways of dealing with each.

Unit	Priority Standards	Supporting Standards
<b>Unit 1</b>  FitnessGram Pre-Testing  9 Days	<b>6.PE.LO.01</b> Performs the health-related fitness assessments.  <b>S3.M8.6</b> Sets and monitors a self-selected physical activity goal for aerobic and/ or muscle- and bone-strengthening activity based on current fitness level.  <b>S4.M11b.6</b> Set a realistic personal goal to be physically active.	<b>S5.M2.6</b> Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.  <b>S3.M10.6</b> Differentiates between aerobic and anaerobic capacity, and between muscular strength and endurance.  <b>S3.M4.6</b> Participates in a variety of aerobic-fitness activities using technology.  <b>S4.M11a.6</b> Assess personal physical activity practices.  <b>S3.M16.6</b> Maintains a physical activity log for at least 2 weeks and reflects on activity levels as documented in the log.  <b>S3.M9.6</b> Employs correct techniques and methods of stretching.

		<p><b>S3.M20c.6</b> Describe ways to increase daily physical activity and decrease inactivity.</p> <p><b>S5.M1.6</b> Describes how being physically active leads to a healthy body.</p> <p><b>S3.M1.6</b> Describes how being physically active leads to a healthy body.</p> <p><b>S3.M20d.6</b> Summarize the mental and social benefits of physical activity.</p> <p><b>S3.M20b.6</b> Explain how physical activity can be incorporated into daily life without special exercise equipment.</p> <p><b>S3.M23.6</b> Explain the importance of being responsible for being physically active.</p>
<p><b>Unit 2</b></p> <p>Team Sports</p> <p>42 Days</p>	<p><b>S3.M5.6</b> Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities.</p>	<p><b>S1.M9.6</b> Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.</p> <p><b>S1.M10.6</b> Shoots on goal with power in a dynamic environment as appropriate to the activity.</p> <p><b>S2.M11.6</b> Identifies the correct defensive play based on the situation (e.g., number of outs).</p> <p><b>S1.M2.6</b> Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base).</p>

		<p><b>S1.M20.6</b> Strikes a pitched ball with an implement with force in a variety of practice tasks.</p> <p><b>S2.M10.6</b> Identifies open spaces and attempts to strike object into that space.</p> <p><b>S1.M3.6</b> Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.</p> <p><b>S2.M2.6</b> Executes at least 1 the following offensive tactics to create open space: move to open space without the ball; uses a variety of passes, pivots and fakes; give &amp; go.</p> <p><b>S1.M7.6</b> Performs the following offensive skills without defensive pressure: pivot, give &amp; go, and fakes.</p> <p><b>S1.M8.6</b> Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.</p> <p><b>S1.M6.6</b> Performs pivots, fakes and jab steps designed to create open space during practice tasks.</p> <p><b>S1.M11.6</b> Maintains defensive-ready position, with weight on balls of feet, arms extended and eyes on mid-section of the offensive player.</p> <p><b>S2.M3.6</b> Creates open space by using the width and length of the field/court on offense.</p> <p><b>S2.M1.6</b> Creates open space by using locomotor movements (e.g., walking, running, jumping &amp; landing) in combination with</p>
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		<p>movement(e.g., varying pathways; change of speed, direction or pace).</p> <p><b>S1.M21.6</b> Catches, with a mature pattern, from different trajectories using a variety of objects in a varying practice tasks.</p> <p><b>S1.M12.6</b> Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball.</p> <p><b>S1.M17.6</b> Two-hand-volleys with control in a variety of practice tasks.</p> <p><b>S1.M13.6</b> Strikes, with a mature overarm pattern, in a non-dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.</p> <p><b>S1.M18.6</b> Demonstrates a mature underhand throwing pattern for a modified target game such as bowling, bocce or horseshoes.</p> <p><b>S1.M4.6</b> Passes and receives with hands in combination with locomotor patterns of running and change of direction &amp; speed with competency in invasion games such as basketball, flag football, speedball or team handball.</p> <p><b>S1.M5.6</b> Throws, while stationary, a leading pass to a moving receiver.</p> <p><b>S2.M5.6</b> Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass.</p> <p><b>S2.M6.6</b> Transitions from offense to defense or defense to offense by recovering quickly.</p>
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		<p><b>S2.M4.6</b> Reduces open space on defense by making the body larger and reducing passing angles.</p> <p><b>S1.M15.6</b> Transfers weight with correct timing for a variety of manipulative movements.</p> <p><b>S1.M22.6</b> Demonstrates correct technique for basic skills in 1 self-selected outdoor activity.</p> <p><b>S2.M13.6</b> Makes appropriate decisions to ensure safety of self and others (e.g. weather, level of difficulty, etc.).</p>
<p><b>Unit 3</b></p> <p>Lifetime Activities</p> <p>42 Days</p>	<p><b>S3.M5.6</b> Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities.</p> <p><b>S1.M14.6</b> Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short handled racket tennis.</p>	<p><b>S1.M12.6</b> Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball.</p> <p><b>S1.M13.6</b> Strikes, with a mature overarm pattern, in a non-dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.</p> <p><b>S1.M18.6</b> Demonstrates a mature underhand throwing pattern for a modified target game such as bowling, bocce or horseshoes.</p> <p><b>S1.M19.6</b> Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffle- board or golf.</p> <p><b>S2.M7.6</b> Creates open space in net/wall games with a short-handled implement by varying force and direction.</p> <p><b>S2.M10.6</b> Identifies open spaces and attempts to strike object into that space.</p>

		<p><b>S1.M15.6</b> Transfers weight with correct timing for a variety of manipulative movements.</p> <p><b>S1.M16.6</b> Forehand-volleys with a mature form and control using a short-handled implement.</p> <p><b>S2.M8.6</b> Reduces offensive options for opponents by returning to mid-court position.</p> <p><b>S2.M13.6</b> Makes appropriate decisions to ensure safety of self and others (e.g. weather, level of difficulty, etc.).</p>
<p><b>Unit 4</b></p> <p>FitnessGram Post-Testing</p> <p>9 Days</p>	<p><b>6.PE.LO.01</b> Performs the health-related fitness assessments.</p> <p><b>S3.M8.6</b> 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><b>S4.M11b.6</b> Set a realistic personal goal to be physically active.</p>	<p><b>S5.M2.6</b> Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.</p> <p><b>S3.M10.6</b> Differentiates between aerobic and anaerobic capacity, and between muscular strength and endurance.</p> <p><b>S3.M4.6</b> Participates in a variety of aerobic-fitness activities using technology.</p> <p><b>S4.M11a.6</b> Assess personal physical activity practices.</p> <p><b>S3.M16.6</b> Maintains a physical activity log for at least 2 weeks and reflects on activity levels as documented in the log.</p> <p><b>S3.M9.6</b> Employs correct techniques and methods of stretching.</p>

		<p><b>S3.M20c.6</b> Describe ways to increase daily physical activity and decrease inactivity.</p> <p><b>S5.M1.6</b> Describes how being physically active leads to a healthy body.</p> <p><b>S3.M1.6</b> Describes how being physically active leads to a healthy body.</p> <p><b>S3.M20d.6</b> Summarize the mental and social benefits of physical activity.</p> <p><b>S3.M20b.6</b> Explain how physical activity can be incorporated into daily life without special exercise equipment.</p> <p><b>S3.M23.6</b> Explain the importance of being responsible for being physically active.</p>
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