

## PHYSICAL EDUCATION LEARNING EXPECTATIONS

### GRADE SIX

#### I. SKILL ACQUISITION AND DEVELOPMENT

**A. During the sixth grade, students will demonstrate proficiency in many movement forms while developing specific sport skills.**

They will be able to:

- Demonstrate increasing competence in more advanced specialized skills
- Adapt and combine skills to the demands of increasingly complex situations of selected movement forms
- Use information from a variety of sources (both internal and external origin) to improve performance
- Identify and apply principles of practice and conditioning that enhance performance
- Recognize general characteristics of movement that can be applied to specific settings (e.g., similarity of the ready position in striking movement forms)

**B. During the sixth grade, students will apply movement concepts and principles to the learning of specific sport strategies.**

**They will be able to:**

- Use basic offensive and defensive strategies in noncomplex settings
- Identify and follow rules during modified game situations
- Define specific changes in game situations that improve the quality and the success of play
- Identify and use strategies and game plans that offer a role for all members of the team,
- Understand and apply more advanced discipline

#### II. FITNESS

**A. During the sixth grade, students will develop the ability to assess personal fitness in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body composition.**

They will be able to:

- Assess physiological indicators of exercise during and after physical activity
- Understand and apply basic principles of training to improve physical fitness
- Associate results of fitness testing to personal health status and ability to perform various activities
- Develop a strategy for the improvement of selected fitness components

**B. During the sixth grade, students will develop an awareness of participation in physical activity as a conscious decision and personal choice for both enjoyment and health-related benefits.**

They will be able to:

- Analyze and categorize activities and exercises according to potential fitness benefits
- Understand and apply basic principles of training to improve physical fitness
- Participate in a variety of health-related fitness activities in both school and non-school settings
- Identify the benefits derived from regular physical activity
- Describe the relationships between a healthy lifestyle and "feeling good"

### **III. SOCIAL AND PERSONAL DEVELOPMENT**

**A. During the sixth grade, students will develop the ability to work effectively within a group.**

They will be able to:

- Work cooperatively with both more and less skilled peers
- Recognize and utilize the specific strength of each group member in solving a problem or completing a task
- Show an understanding of the positive aspects of group work
- Describe and use appropriate personal conduct deemed by game rules and common courtesy when engaging in physical activity.

- Accept and show respect for the decisions of game officials, group leaders and groups themselves.

**B. During the sixth grade, students will demonstrate responsible personal and social behavior in physical activity settings.**

They will be able to:

- Recognize the influence of peer pressure
- Solve problems by analyzing causes and potential solutions
- Show a responsibility for the safety of self and others.
- Recognize and validate the accomplishment of others
- Display sensitivity to the feelings of others during interpersonal interactions

**C. During the sixth grade, students will demonstrate understanding and respect for differences among people in physical activity settings.**

They will be able to:

- Recognize the attributes that individuals with differences can bring to group activities
- Identify behaviors that are supportive and inclusive in activity settings
- Demonstrate acceptance of the skills and abilities of others during physical activity
- Work cooperatively with both more and less skilled peers

**B. During the sixth grade, students will develop the ability to display an understanding of the aesthetic and creative aspects of physical performance.**

They will be able to:

- Enjoy participation in physical activity
- Recognize the social benefits of participation in physical activity
- Recognize physical activity as a vehicle for self-expression
- Recognize that fitness and skill attainment require perseverance and repetition

## OUTCOME STANDARDS

Work Effectively Both Independently & with Others  
Apply Problem Solving Skills  
Demonstrate Knowledge & Skills for Healthy, Productive Lives  
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

### **A Physically Literate Person**

*has* learned skills necessary to perform a variety of physical activities.

*does* participate regularly in physical activity

*is* physically fit

*knows* the implications of and the benefits from involvement in physical activities

*values* physical activity and its contributions to a healthful lifestyle

### References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.