

# 6th Grade Physical Education Student Learning Expectations

The student should be able to:

**STANDARD 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

- Perform basic dribbling skills to a variety of lead-up games and activities.
- Perform passing skills to a variety of lead-up games and activities.
- Transfer catching skills to a variety of lead-up games and activities.
- Display the basic skills and safety skills to participate in an activity.

**STANDARD 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

- Explain the impact to participation in selected sports/activities on various components of fitness
- Perform proper warm-up and cool-down techniques.

**STANDARD 3: Participates regularly in physical activities.**

- Participate in health-enhancing physical activities both during and outside of school.
- Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

**STANDARD 4: Achieves and maintains a health-enhancing level of physical fitness.**

- Self assess heart rate before, during and after physical activity.
- Participate in activities designed to improve or maintain muscular strength and endurance, flexibility, cardio respiratory endurance, and body composition both during and outside of school.
- Meet the age and gender-specific health-related fitness standards defined by Fitnessgram.



**STANDARD 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- Follow rules and procedures.
- Respect the rights and feelings of others.
- Make decisions to include all team members.

**STANDARD 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

- Feel satisfaction when engaging in physical activity.
- Identify reasons to participate in physical activity.
- Enjoy working with others in a sport activity to achieve a common goal.