

Sixth Grade Physical Education Class Standards

STANDARD

1

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Manipulative Skills

- . 1.1 Volley an object repeatedly with a partner, using the forearm pass.
- . 1.3 Strike an object consistently, using a body part, so that the object travels in the intended direction at the desired height.
- . 1.4 Strike an object consistently, using an implement, so that the object travels in the intended direction at the desired height.

Rhythmic Skills

- . 1.7 Perform folk and line dances.
- . 1.8 Develop, refine, and demonstrate routines to music.
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STANDARD

2

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Movement Concepts

- . 2.1 Explain how to increase force based on the principles of biomechanics.
- . 2.3 Analyze and correct errors in movement patterns.
- . 2.5 Identify practices and procedures necessary for safe participation in physical activities.

Manipulative Skills

- . 2.6 Explain the role of the legs, shoulders, and forearm in the forearm pass.

- . 2.8 Illustrate how the intended direction of an object is affected by the angle of the implement or body part at the time of contact.

Rhythmic Skills

- . 2.10 Identify steps and rhythm patterns for folk and line dances.

STANDARD 3	Students assess and maintain a level of physical fitness to improve health and performance.
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- . 3.2 Compare individual physical fitness results with research-based standards for good health.
- . 3.4 Participate in moderate to vigorous physical activity a minimum of four days each week.

STANDARD 4	Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
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- . 4.6 List the long-term benefits of participation in regular physical activity.

STANDARD 5	Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
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Self-Responsibility

- . 5.1 Participate productively in group physical activities.
- . 5.2 Evaluate individual responsibility in group efforts.

HIGHLIGHTED STANDARDS HAVE BEEN TESTED IN CLASS