

6th Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.8.MSC.1-7, 2.2.8.PF.1-5, 2.2.8.LF.1-7, 2.3.8.PS.1, 2.3.8.PS.4, 2.3.8.PS.5, 2.3.8.PS.6

- utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle
- demonstrate developmentally appropriate form when using movement skills in applied settings (creative, dance, etc.)
- demonstrate the use of force and motion to impact the quality of physical movement and employ the principles of space, effort, and relationships to modify movement; modify movement in response to dynamic, interactive environments
- use visual and verbal cues to improve performance during a physical activity
- evaluate the critical elements of a movement skill or skill combination and provide appropriate feedback; apply a learned skill to another movement
- perform planned movement sequences based on a theme and using rhythm or music
- discuss how practice, regular participation and movement is an opportunity for self-expression, creativity, and teamwork
- demonstrate the use of offensive, defensive, and cooperative strategies
- compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment
- summarize activity rules, describe how they enhance participation and safety, and follow them during activities
- select, use and care for equipment used during physical activity
- describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity as part of "sports psychology"
- describe the physical, social and emotional benefits of regular physical activity; differentiating between skill improving and health improving activities
- describe how body systems adapt over time to regular activity and how gender, age, heredity, training and health behaviors impact fitness
- investigate technological advances that impact physical activity and fitness
- describe the relationship between physical activity, healthy eating and body composition
- discuss the relationship between practice, training, and injury prevention and discuss how the principles of training include FIT, overload, progression, and specificity improve physical performance; apply
- appropriate training principles to various physical activities
- describe the physical and behavioral effects of performance enhancing substances and discuss related legal and competition issues
- engage in moderate to vigorous physical activity at a target heart rate for 20 minutes minimum; monitor
- physiological indicators before, during, and after exercise
- develop a personal fitness plan and demonstrate age and gender specific progress towards improving fitness

Extended Activities

1. **Fitness Boot Camp Stations** - Objective: Build muscular strength, endurance, and aerobic fitness. Stations Include: Burpees, Mountain climbers, Jump rope, Sit-ups, Wall sits, Plank holds. Rotate every 45 seconds–1 minute, with short breaks. Track reps and encourage improvement over time.

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2. **Team Building Escape Course - Objective:** Develop leadership, problem-solving, and communication. Debrief on teamwork and leadership after the challenge. Teams solve physical challenges (e.g., cross the gym without touching the floor, untangle a human knot, decode fitness clues). Earn points or time bonuses for successful tasks. Debrief on teamwork and leadership after the challenge.

Gifted and Talented

Speed & Agility Relay Challenges - Objective: Improve coordination, footwork, and speed. Sprint and backpedal, Zig-zag cone weave, One-leg hop, Agility ladder footwork, Partner sprint-pass. Teams compete for fastest relay time. Repeat to improve individual and group performance.