

## 6th Grade- Physical Education Pacing Guide

Marking Period 1	Marking Period 2	Marking Period 3	Marking Period 4
Perform	Perform	Perform	Perform
<ul style="list-style-type: none"> <li>- utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle</li> <li>- demonstrate developmentally appropriate form when using movement skills in applied settings (creative, dance, etc.)</li> <li>- 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</li> <li>- use visual and verbal cues to improve performance during a physical activity</li> <li>- evaluate the critical elements of a movement skill or skill combination and provide appropriate feedback; apply a learned skill to another movement</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- perform planned movement sequences based on a theme and using rhythm or music</li> <li>- discuss how practice, regular participation and movement is an opportunity for self-expression, creativity, and teamwork</li> <li>- demonstrate the use of offensive, defensive, and cooperative strategies</li> <li>- compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment</li> <li>- summarize activity rules, describe how they enhance participation and safety, and follow them during activities</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- select, use and care for equipment used during physical activity</li> <li>- describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity as part of "sports psychology"</li> <li>- describe the physical, social and emotional benefits of regular physical activity; differentiating between skill improving and health improving activities</li> <li>- describe how body systems adapt over time to regular activity and how gender, age, heredity, training and health behaviors impact fitness</li> <li>- investigate technological advances that impact physical activity and fitness</li> </ul>	<ul style="list-style-type: none"> <li>- describe the relationship between physical activity, healthy eating and body composition</li> <li>- 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</li> <li>- appropriate training principles to various physical activities</li> <li>- describe the physical and behavioral effects of performance enhancing substances and discuss related legal and competition issues</li> <li>- engage in moderate to vigorous physical activity at a target heart rate for 20 minutes minimum; monitor</li> <li>- physiological indicators before, during, and after exercise</li> <li>- develop a personal fitness plan and</li> </ul>

			demonstrate age and gender specific progress towards improving fitness
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