

Grade 6
Physical Education
Assurances

1. Students acquire the knowledge and skills for movement that provide foundation for enjoyment, continued social development through physical activity, and access to physically-active lifestyle.
2. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout their life span.
3. In the sixth grade students understand in greater detail the function of the body, learn to measure their own performance more accurately, and develop plans for improvement.
4. Identify types of activities that provide them with enjoyment and challenge and that will encourage them to be physically active throughout life.
5. The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.
6. The student applies movement concepts and principles to the learning and development of motor skills.
7. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.
8. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.
9. The student understands and applies safety practices associated with physical activities.
10. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.
11. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.