6th Grade Physical Education Curriculum Map

Cur Loarning Targets Vesabulary Assessme							
Timeline/ Marking Period	Cur. Standards & Benchmarks- Essential Questions or Unit	Learning Targets	Vocabulary	Assessme			
	Basic Weight Lifting Air Force Football Ultimate	 Social Interaction: I can demonstrate safe practices in all physical activity settings. I can apply correct rules and procedures in all physical activity settings. I can demonstrate appropriate sportsmanship behavior and fair play. I am accepting and respectful of diversity within the class. Personal Fitness: I am able to identify the differences 	Words Related to Unit	Fitness Log Checklist Fitness Gram			
	Frisbie	 between health and skill related fitness components. 2. I can calculate my maximum heart rate to determine their target heart rate 		Performan ce Task Observatio			
1st Marking Period	Disc Golf	 Zone. 3. I can describe the importance of participating in regular health enhancing activities. Movement/Motor Skills: I can identify the strength training equipment and the muscle groups associated with the exercise. I can demonstrate proficiency in basic strength training exercises. I am able to demonstrate several (3 or more) motor skills and movement patterns needed to perform a variety of physical activities. Lifestyle/Physical Activity: I can explain the benefits of participation in a variety of activities in competitive and recreational settings. I will compare and contrast the benefits of a physically active lifestyle as opposed to a sedentary lifestyle. 		n Skills Assesment Pre and Post Testing of skills and fitness			

		 sportsmanship and fair play, to reinforce interpersonal skills to be implemented in daily life. 4. I will incorporate a variety of activities and have the ability to modify them throughout my life. Movement Concepts and Strategies: I will explain and perform each exercise correctly. I can explain the difference between successful and unsuccessful strategies, tactics, and movement concepts. I can distinguish what muscle groups I am using during a specific movement pattern. I can apply specific movement patterns to their respective health related fitness component. 		
		Social Interaction:	Words	Fitness
	Floor Hockey	1. I can demonstrate safe practices in all physical activity settings.	Related to Unit	Log
	TIOUT TIOCKEY	2. I can apply correct rules and	Onit	Checklist
	Basketball	procedures in all physical activity settings.		
		3. I can demonstrate appropriate		
	Volleyball	sportsmanship behavior and fair play.		Performan
		4. I am accepting and respectful of diversity within the class.		ce Task
	Hand Ball	Personal Fitness:		Observatio
		1. I am able to identify the differences		n
		between health and skill related fitness		
2nd		components.		Skills
Marking Period		2. I can calculate my maximum heart rate to determine their target heart rate		Assesment
		zone.		Pre and
		3. I can describe the importance of		Post
		participating in regular health enhancing		Testing of
		activities.		skills and
		Movement/Motor Skills:1.I can identify the strength training		fitness
		equipment and the muscle groups		
		associated with the exercise.		
		2. I can demonstrate proficiency in		
		basic strength training exercises.		
		3. I am able to demonstrate several (3		
		or more) motor skills and movement		

			1	
		patterns needed to perform a variety of		
		physical activities.		
		Lifestyle/Physical Activity:		
		1. I can explain the benefits of		
		participation in a variety of activities in		
		competitive and recreational settings.		
		2. I will compare and contrast the		
		benefits of a physically active lifestyle as		
		opposed to a sedentary lifestyle.		
		3. I will model teamwork, through		
		sportsmanship and fair play, to reinforce		
		interpersonal skills to be implemented in		
		daily life.		
		4. I will incorporate a variety of		
		activities and have the ability to modify		
		them throughout my life.		
		Movement Concepts and Strategies:		
		1. I will explain and perform each		
		exercise correctly.		
		2. I can explain the difference between		
		successful and unsuccessful strategies,		
		tactics, and movement concepts. 3. I can distinguish what muscle groups		
		3. I can distinguish what muscle groups I am using during a specific movement		
		pattern.		
		4. I can apply specific movement		
		patterns to their respective health related		
		fitness component.		
		Social Interaction:	Words	
		1. I can demonstrate safe practices in	Related to	Fitness
		all physical activity settings.	Unit	Log
		2. I can apply correct rules and		
		procedures in all physical activity settings.		Checklist
		3. I can demonstrate appropriate		
	Pickle Ball	sportsmanship behavior and fair play.		
3rd		4. I am accepting and respectful of		Performan
Marking	Badminton	diversity within the class.		ce Task
Period		Personal Fitness:		
	Speedball	1. I am able to identify the differences		Observatio
		between health and skill related fitness		n
	Aerobic	components.		
	Activities	2. I can calculate my maximum heart		Skills
		rate to determine their target heart rate		Assesment
		ZONE.		
		3. I can describe the importance of		

	1		1	I
		 participating in regular health enhancing activities. Movement/Motor Skills: I can identify the strength training equipment and the muscle groups associated with the exercise. I can demonstrate proficiency in basic strength training exercises. I am able to demonstrate several (3 or more) motor skills and movement patterns needed to perform a variety of physical activities. Lifestyle/Physical Activity: I can explain the benefits of participation in a variety of activities in competitive and recreational settings. I will compare and contrast the benefits of a physically active lifestyle as opposed to a sedentary lifestyle. I will model teamwork, through sportsmanship and fair play, to reinforce interpersonal skills to be implemented in daily life. I will explain and perform each exercise correctly. I can explain the difference between successful and unsuccessful strategies, tactics, and movement concepts. I can apply specific movement patterns to their respective health related fitness component. 		Pre and Post Testing of skills and fitness
	Soccer	Social Interaction:	Words	Fitness
		1. I can demonstrate safe practices in	Related to	Log
4th	Wiffle Ball	all physical activity settings.	Unit	
Marking		2. I can apply correct rules and		Checklist
Period	Rhythmic	procedures in all physical activity settings.		
	Activities	3. I can demonstrate appropriate		
		sportsmanship behavior and fair play.		
L				

		A 1	Dest
	.	4. I am accepting and respectful of	Performan
	Lacrosse	diversity within the class.	ce Task
		Personal Fitness:	
		1. I am able to identify the differences	Fitness
		between health and skill related fitness	Gram
		components.	
		2. I can calculate my maximum heart	Observatio
		rate to determine their target heart rate	n
		zone.	
		3. I can describe the importance of	Skills
		participating in regular health enhancing	Assesment
		activities.	
		Movement/Motor Skills:	Pre and
		1. I can identify the strength training	Post
		equipment and the muscle groups	Testing of
		associated with the exercise.	skills and
		2. I can demonstrate proficiency in	fitness
		basic strength training exercises.	1111033
		3. I am able to demonstrate several (3	
		or more) motor skills and movement	
		patterns needed to perform a variety of	
		physical activities.	
		Lifestyle/Physical Activity:	
		1. I can explain the benefits of	
		participation in a variety of activities in	
		competitive and recreational settings.	
		2. I will compare and contrast the	
		benefits of a physically active lifestyle as	
		opposed to a sedentary lifestyle.	
		3. I will model teamwork, through	
		sportsmanship and fair play, to reinforce	
		interpersonal skills to be implemented in	
		daily life.	
		4. I will incorporate a variety of	
		activities and have the ability to modify	
		them throughout my life.	
		Movement Concepts and Strategies:	
		1. I will explain and perform each	
		exercise correctly.	
		2. I can explain the difference between	
		successful and unsuccessful strategies,	
		tactics, and movement concepts.	
		3. I can distinguish what muscle groups	
		I am using during a specific movement	
		pattern.	
L	I	la	I

	4. I can apply specific movement patterns to their respective health related	
	fitness component.	