

6th Grade Physical Education Curriculum Map

| Timeline/ Marking Period | Cur. Standards & Benchmarks- Essential Questions or Unit | Learning Targets | Vocabulary | Assessment |
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| 1st Marking Period | <p>Basic Weight Lifting</p> <p>Air Force Football</p> <p>Ultimate Frisbie</p> <p>Disc Golf</p> | <p>Social Interaction:</p> <ol style="list-style-type: none"> 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. <p>Personal Fitness:</p> <ol style="list-style-type: none"> I am able to identify the differences between health and skill related fitness components. I can calculate my maximum heart rate to determine their target heart rate zone. I can describe the importance of participating in regular health enhancing activities. <p>Movement/Motor Skills:</p> <ol style="list-style-type: none"> 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. <p>Lifestyle/Physical Activity:</p> <ol style="list-style-type: none"> 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 | Words Related to Unit | <p>Fitness Log</p> <p>Checklist</p> <p>Fitness Gram</p> <p>Performance Task</p> <p>Observation</p> <p>Skills Assessment</p> <p>Pre and Post Testing of skills and fitness</p> |

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

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| | | <p>patterns needed to perform a variety of physical activities.</p> <p>Lifestyle/Physical Activity:</p> <ol style="list-style-type: none"> 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. <p>Movement Concepts and Strategies:</p> <ol style="list-style-type: none"> 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. 4. I can apply specific movement patterns to their respective health related fitness component. | | |
| 3rd Marking Period | <p>Pickle Ball</p> <p>Badminton</p> <p>Speedball</p> <p>Aerobic Activities</p> | <p>Social Interaction:</p> <ol style="list-style-type: none"> 1. I can demonstrate safe practices in all physical activity settings. 2. I can apply correct rules and procedures in all physical activity settings. 3. I can demonstrate appropriate sportsmanship behavior and fair play. 4. I am accepting and respectful of diversity within the class. <p>Personal Fitness:</p> <ol style="list-style-type: none"> 1. I am able to identify the differences between health and skill related fitness components. 2. I can calculate my maximum heart rate to determine their target heart rate zone. 3. I can describe the importance of | Words Related to Unit | <p>Fitness Log</p> <p>Checklist</p> <p>Performance Task</p> <p>Observation</p> <p>Skills Assessment</p> |

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| | | <p>participating in regular health enhancing activities.</p> <p>Movement/Motor Skills:</p> <ol style="list-style-type: none"> 1. I can identify the strength training 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 patterns needed to perform a variety of physical activities. <p>Lifestyle/Physical Activity:</p> <ol style="list-style-type: none"> 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. <p>Movement Concepts and Strategies:</p> <ol style="list-style-type: none"> 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. 4. I can apply specific movement patterns to their respective health related fitness component. | | Pre and Post Testing of skills and fitness |
| 4th Marking Period | Soccer Wiffle Ball Rhythmic Activities | <p>Social Interaction:</p> <ol style="list-style-type: none"> 1. I can demonstrate safe practices in all physical activity settings. 2. I can apply correct rules and procedures in all physical activity settings. 3. I can demonstrate appropriate sportsmanship behavior and fair play. | Words Related to Unit | Fitness Log Checklist |

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| | Lacrosse | <p>4. I am accepting and respectful of diversity within the class.</p> <p>Personal Fitness:</p> <ol style="list-style-type: none"> 1. I am able to identify the differences between health and skill related fitness components. 2. I can calculate my maximum heart rate to determine their target heart rate zone. 3. I can describe the importance of participating in regular health enhancing activities. <p>Movement/Motor Skills:</p> <ol style="list-style-type: none"> 1. I can identify the strength training 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 patterns needed to perform a variety of physical activities. <p>Lifestyle/Physical Activity:</p> <ol style="list-style-type: none"> 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. <p>Movement Concepts and Strategies:</p> <ol style="list-style-type: none"> 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. | | <p>Performance Task</p> <p>Fitness Gram</p> <p>Observation</p> <p>Skills Assessment</p> <p>Pre and Post Testing of skills and fitness</p> |
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| | | 4. I can apply specific movement patterns to their respective health related fitness component. | | |
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