

# Grade 6

Adopted 2011

## Physical Education and Leisure

### **2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.**

#### Body Awareness

1. Refine basic musculoskeletal techniques necessary to participate in selected movement forms [PEL.2.6.1](#)

#### Spatial Awareness

2. Apply spatial awareness while performing two or more elements of individual, dual, and team activities [PEL.2.6.2](#)

#### Balance and Weight Bearing Activities

3. Practice and refine the sequences of rolling, balance, and weight transfer demonstrating smooth transition [PEL.2.6.3](#)

#### Rhythms and Dance

4. Perform a variety of dances [PEL.2.6.4](#)

#### Manipulative Skills

5. Utilize learned motor skills to perform the following:
  - individual activities
  - dual activities
  - team activities
  - recreational activities[PEL.2.6.5](#)

#### Knowledge and Strategies

6. Apply appropriate rules and strategies to improve performance in various physical activities [PEL.2.6.6](#)

#### Academic Integration

7. Integrate academic content into physical activities [PEL.2.6.7](#)

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**3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.**

Cardiorespiratory Endurance

1. Calculate the intensity of exercise [PEL.3.6.1](#)
2. Apply safe practices of the FITT principle as it relates to cardio-respiratory endurance:
  - <li>Frequency</li><li>Intensity</li><li>Time</li><li>Type</li></ul> [PEL.3.6.2](#)

Body Composition

3. Understand the relationship between caloric intake and caloric expenditure as it relates to levels of fitness [PEL.3.6.3](#)

Flexibility

4. Participate in exercises that can successfully increase flexibility [PEL.3.6.4](#)

Muscular Strength and Endurance

5. Participate in a variety of muscle building activities [PEL.3.6.5](#)
6. Evaluate benefits that result from muscular endurance [PEL.3.6.6](#)

Student Fitness Outcomes

7. Participate in a nationally recognized health-fitness assessment:
  - <li>cardio-respiratory endurance</li><li>body composition</li><li>muscular strength and endurance</li><li>flexibility</li></ul> [PEL.3.6.7](#)

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**4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.**

Benefits of Lifetime Activities

1. Participate in a variety of lifetime activities [PEL.4.6.1](#)

Lifetime Sports and Recreation

2. Explore recreational activities in the community that meet the needs of various skill levels and interests [PEL.4.6.2](#)

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**5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.**

Personal Behavior

1. Understand the physical and environmental dangers associated with decisions made during different physical activities [PEL.5.6.1](#)

Social Behavior

2. Participate with students of diverse multicultural backgrounds [PEL.5.6.2](#)
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## Health and Wellness

### **6: Human Growth and Development Students shall understand characteristics relating to growth and development.**

#### Body Systems

1. Examine the relationship between organs, tissues, and cells that form body systems **HW.6.6.1**
  2. Identify the basic physical, social, and emotional changes that occur during life cycles **HW.6.6.2**
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### **7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.**

#### Communicable and Noncommunicable Diseases

1. Identify risky behaviors that increase the possibility of developing diseases **HW.7.6.1**
  2. Identify causes of noncommunicable diseases **HW.7.6.2**
  3. Recognize the warning signs of cancer:
    - change in bowel or bladder habits
    - a sore that does not heal
    - unusual bleeding or discharge
    - thickening or lump in the breast or elsewhere
    - indigestion or difficulty swallowing
    - obvious change in a wart or mole
    - nagging cough or hoarseness**HW.7.6.3**
  4. Identify how sexually transmitted infections (STIs) are transmitted:
    - body fluids
    - sharing needles (e.g., intravenous drug use, body piercing, tattoos)
    - blood
    - sexual contact
    - mother to infant**HW.7.6.4**
  5. Distinguish between the facts and myths associated with contracting STIs **HW.7.6.5**
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### **8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.**

#### Health Information, Services, and Products

1. Research local resources that provide health services for situations requiring health care **HW.8.6.1**

#### Environmental and Community Health

2. Examine how air, water, and soil quality affect health **HW.8.6.2**

#### Media and Technology

3. Determine the validity of media advertisements that promote good health **HW.8.6.3**

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**9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.**

Interpersonal Relationships and Human Sexuality

1. Identify appropriate ways to express affection within relationships:
  - <li>family</li><li>peers</li><li>romantic</li></ul> HW.9.6.1
  - 2. Describe how communication can affect the behavior of family life and peers:
    - <li>dynamic changes</li><li>communication enhancers</li><li>sibling rivalry</li><li>family pride</li><li>bullying</li></ul> HW.9.6.2
    - 3. Examine refusal skills and the importance of setting limits HW.9.6.3
    - 4. Understand abstinence as it relates to risky behaviors HW.9.6.4

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**10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.**

Medicine

1. Analyze possible consequences of prolonged use of non-prescription and prescription drugs:
  - <li>physical</li><li>financial</li><li>legal</li></ul> HW.10.6.1

Tobacco

2. Explain the effects of the major chemicals and tobacco products HW.10.6.2
3. Identify physical, psychological, and social consequences of tobacco use HW.10.6.3
4. Discuss tobacco as a gateway drug HW.10.6.4

Alcohol

5. Discuss alcohol as a gateway drug HW.10.6.5
6. Discuss the effects of alcohol on the body systems:
  - <li>nervous</li><li>circulatory</li><li>respiratory</li><li>digestive</li></ul> HW.10.6.6
  - 7. Discuss alcohol-related myths HW.10.6.7

Other Drugs

8. Examine the use and abuse of each drug category:
  - <li>prescription drugs</li><li>stimulants</li><li>depressants</li><li>hallucinogens</li><li>narcotics</li><li>illicit drugs</li><li>inhalants</li></ul> HW.10.6.8
  - 9. Discuss legal consequences of illicit drugs HW.10.6.9

Refusal Skills and Prevention Strategies

10. Demonstrate ways to resist peer pressure HW.10.6.10
11. Describe how the use of addictive substances effect one's relationship with others:
  - <li>family</li><li>friends</li><li>school</li><li>community</li></ul> HW.10.6.11

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**11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.**

Personal Health

1. Develop strategies and skills to demonstrate respect for others:
  - conflict resolution
  - bullying (Refer to local school/district Student Handbook) HW.11.6.1
2. Recognize the warning signs of depression and suicidal thoughts HW.11.6.2
3. Identify the benefits of safe behavior and the consequences of risky behavior HW.11.6.3
4. Discuss depression coping strategies HW.11.6.4

Personal Hygiene

5. Discuss how cleanliness and good grooming show consideration for self and others:
  - regular bathing
  - clean clothing
  - clean hair
  - deodorant
  - oral hygiene HW.11.6.5

Oral Health

6. Identify ways to maintain proper dental health that will reduce the risk of tooth decay and gum disease:
  - choose healthy snacks
  - avoid using tobacco products
  - take proper care of gums and teeth
  - use toothpaste and drinking water containing fluoride
  - use dental sealants HW.11.6.6
7. Discuss the oral health hazards of using tobacco products HW.11.6.7
8. Identify the risks of oral piercing on oral health HW.11.6.8

Safety

9. Discuss safety procedures for the following:
  - weather
  - transportation
  - food
  - fire
  - recreational (e.g., swimming, boating, camping, hunting, biking) HW.11.6.9
10. Demonstrate first aid procedures and recognize steps of CPR, AED use, choking, bleeding, universal precautions HW.11.6.10
11. Identify situations that threaten personal safety and may result in abuse:
  - physical
  - social
  - mental
  - sexual
  - social networking HW.11.6.11
12. Identify individuals and other sources to help and report abuse HW.11.6.12

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**12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.**

Healthy Eating Habits

1. Examine factors that contribute to personal eating behaviors [HW.12.6.1](#)
2. Describe the basic principles associated with the development of a healthy meal plan [HW.12.6.2](#)

Food and Nutrition

3. Examine nutrient deficiencies in the body [HW.12.6.3](#)
4. Create a healthy meal plan based on proper nutrition, using a nutritional guide (Refer to ChooseMyPlate or USDA) [HW.12.6.4](#)
5. Identify common eating disorders:
  - bulimia
  - anorexia nervosa
  - binge eating[HW.12.6.5](#)