

# Sixth Grade

**Demonstrate competency in a variety of motor skills and movement patterns.**

## **Combinations of Movement Patterns and Skills**

- 1 Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities. **6.1.MP1**
- 2 Demonstrate simple and combined motor skills in a variety of games and activities. **6.1.MP2**
- 3 Perform a wide variety of locomotor movements in combination, using different pathways and directions, while moving around others and/or equipment. **6.1.MP3**

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## **Manipulative Skills**

- 1 Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues. **6.1.MS1**

**Apply knowledge of concepts, principles, strategies and tactics to movement and performance.**

## **Combinations of Movement Concepts**

- 1 Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities **6.2.MC1**
- 2 Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in games and activities **6.2.MC2**
- 3 Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences **6.2.MC3**

**Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

## **Physical Activity Knowledge and Engagement**

- 1 Describe how being physically active leads to better health **6.3.PA1**
- 2 Participate in a variety of physical activities. **6.3.PA2**

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## **Physical Fitness Knowledge**

- 1 Identify the components of skill-related fitness **6.3.PF1**
- 2 Identify each of the components of the FITT principle for different types of physical activity **6.3.PF2**

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## **Nutrition**

- 1 Identify food from each of the basic food groups and select appropriate servings and proportions for his/her age and physical activity levels. **6.3.N1**

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### **Stress Management**

- 1 Recognize physical activity as a positive way of dealing with stress. 6.3.SA1
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**Demonstrate responsible personal and social behavior that exhibits respect for self and others.**

### **Social Interactions/Working with Others**

- 1 Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. 6.4.SW1
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### **Rules and Etiquette**

- 1 Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities. 6.4.RE1
  - 2 Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict 6.4.RE2
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### **Safety**

- 1 Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities. 6.4.SA1
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**Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.**

### **Health**

- 1 Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle. 6.5.H1
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### **Challenge**

- 1 Explain that physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging. 6.5.C1
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### **Self-Expression and Enjoyment**

- 1 Identify and use appropriate strategies to self-reinforce positive fitness behaviors. 6.5.SE1
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### **Social Interaction**

- 1 Use personal and social behaviors that show respect to self and others in physical activity settings. 6.5.SI1
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### **Advocacy**

- 1 State a health-enhancing position about being physically active, supported with accurate information, to improve the health of others. 6.5.A1