

# Grade 6

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Demonstrate smooth combinations of fundamental movement skills through rhythmic patterns.**

**Demonstrate improvement of form, strength, and accuracy in performing manipulative skills.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Analyze the critical elements that would enhance a peer's performance in a specialized skill.**

**Comprehend the importance of warm-up and cool down techniques during physical activity.**

**Create and modify activities that provide practice of selected skills to help improve physical performance, begin offensive and defensive strategies.**

**Participates regularly in physical activity.**

**Participate in physical activities in and out of the school's physical education setting.**

**Participate in moderate to vigorous physical activity (MVPA) on a regular basis.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Identify each health-related fitness component (i.e., cardiovascular endurance, muscle strength, flexibility, muscular endurance, and body composition) and the impact of physical participation on these components.**

**Establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness.**

**Examine pre-and post-fitness test scores after participation in fitness-enhancing activities.**

**Exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

**Follow rules and procedures and display sportsmanship while participating in physical activities.**

**Practice responsible decision-making during specific activities.**

**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Describe and practice positive feelings associated with physical fitness.**

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**Identify physical changes that occur in our bodies associated with physical activity.**