

Grade 6

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 Demonstrates emerging forms of specialized skills in a variety of games and sports. 1.1.6

Dance, Movement, and Rhythmic Activities

- 2 Demonstrates emerging forms of specialized skills in dance, movement, and rhythmic activities. 1.2.6

Fitness Activities

- 3 Demonstrates emerging forms of specialized skills in a variety of fitness activities. 1.3.6

Lifetime Activities

- 4 Demonstrates emerging forms of specialized skills in lifetime activities. 1.4.6

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.6

Strategies and Tactics

- 2 Applies emerging forms of more complex strategies, tactics, and communication with support in small-sided game play and other physical activities. 2.2.6

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Defines the FITT principle and how it connects to the components of health-related fitness. 3.1.6

Additional Health-Enhancing Behaviors

- 2 Identifies strategies to improve health-enhancing behaviors. 3.2.6

Exhibits responsible personal and social behavior that respects self and others. 4

Self-awareness and management

- 1 Responds appropriately to successes and failures in physical activity settings. 4.1.6

Social awareness and relationship skills

- 2 Uses communication skills and strategies that promote positive relationships in physical activity settings. 4.2.6
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Responsible decision making

- 3 Identifies problem solving skills and conflict resolution tactics in physical activity settings. 4.3.6
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Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

Overall Wellness

- 1 Describes how being physically active leads to a healthy body and mind. 5.1.6
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Challenge

- 2 Demonstrates perseverance when challenged in physical activities. 5.2.6
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Self-Expression/Enjoyment

- 3 Describes how movement competence contributes to enjoyment in a variety of physical activities. 5.3.6
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Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

Personal and Community Resources

- 1 Identifies personal and community resources to support participation in a variety of physical activities with family and friends. 6.1.6
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Careers

- 2 Describes career options related to physical activity and fitness. 6.2.6