

# Grade 6

Adopted 2010

## Motor Skills

### **1. Apply competent motor skills and movement patterns needed to perform a variety of physical activities.** 6.MS.1

1. Use some specialized skills that are refined and appropriate for modified game play. PE.6.MS.1.1
  2. Integrate locomotor and manipulative skills with a partner, in small-group, and in small-sided game situations. PE.6.MS.1.2
  3. Explain the importance of practice to improve skill level. PE.6.MS.1.3
  4. Use movement combinations in rhythmic activities. PE.6.MS.1.4
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## Movement Concepts

### **2. Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.** 6.MC.2

1. Apply principles of practice and conditioning that enhance movement performance. PE.6.MC.2.1
  2. Explain the mechanics of various skills or sequences of movement to improve performance. PE.6.MC.2.2
  3. Explain when and why to use strategies and tactics within game play. PE.6.MC.2.3
  4. Use information from a variety of sources, both internal and external, to guide and improve personal health. PE.6.MC.2.4
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## Health-Related Fitness

### **3. Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.** 6.HF.3

1. Apply strategies that result in the achievement of gender and age-related standards on approved fitness assessments. PE.6.HF.3.1
  2. Use a variety of self-paced aerobic activities, keeping in the appropriate target heart rate zone/perceived exertion levels, including cool-down and appropriate post-activity stretching. PE.6.HF.3.2
  3. Evaluate personal fitness programs in terms of the basic principles of training. PE.6.HF.3.3
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## Personal/Social Responsibility

### **4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.** [6.PR.4](#)

1. Use appropriate strategies to seek greater independence from adults when completing assigned tasks. [PE.6.PR.4.1](#)
2. Use well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations. [PE.6.PR.4.2](#)
3. Analyze conflicts that arise in competitive activities to determine the most appropriate ways of resolving the conflicts. [PE.6.PR.4.3](#)