



# Diocese of Greensburg Curriculum Physical Education Grade 6

Unit	Standards	Content	Skills
<p><b>Physical Fitness</b></p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b>  <b>PA: Grade 6</b></p> <hr/> <p><b>10.4 Physical Activity</b>  <b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p> <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. • success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p><b>10.5 Movement</b></p>	<p>Fitness Testing</p> <ul style="list-style-type: none"> <li>• Push-ups</li> <li>• Sit-ups</li> <li>• Distance Running</li> <li>• Sit and Reach</li> <li>• Vertical Jump</li> <li>• Throwing</li> </ul> <p>Lifetime Fitness</p> <ul style="list-style-type: none"> <li>• Upper Body Exercises</li> <li>• Lower Body Exercises</li> <li>• Total Body Exercises</li> <li>• Stretching &amp; Flexibility</li> <li>• Warm-up</li> </ul> <p>Heart rate</p> <ul style="list-style-type: none"> <li>• Blood Pressure-</li> <li>• Systolic Blood Pressure</li> <li>• Diastolic Blood Pressure</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Learn to identify ways to measure heart rate.</li> <li>• Identify physical fitness strengths and weaknesses.</li> <li>• Identify ways to improve physical fitness &amp; flexibility,</li> <li>• Identify exercises pertaining to specific muscle areas.</li> <li>• Identify ways to prepare for physical performance.</li> <li>• Identify and perform proper techniques of various exercises.</li> <li>• Identify and create physical fitness goals that promote respect for lifetime health.</li> </ul>

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	<p><b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. • Newton's Laws of Motion • application of force • static/dynamic balance • levers • flight</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		

Unit	Standards	Content	Skills
<p><b>Individual Sports and Activities</b></p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b>  <b>PA: Grade 6</b></p> <hr/> <p><b>10.4 Physical Activity</b>  <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p> <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. • success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p><b>10.5 Movement</b>  <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Dance</li> <li>• Track &amp; Field</li> <li>• Badminton</li> <li>• Pickleball</li> <li>• Jump Rope</li> <li>• Juggling</li> <li>• Cup stacking</li> </ul>	<p>The students will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate creative movement</li> <li>• Explore ways that physical activities can be used for self-expression</li> <li>• Perform proper body movements for gymnastics while following specific safety instructions</li> <li>• Identify body awareness</li> <li>• Collaborate with classmates creatively in physical education</li> <li>• Identify rhythm to numerous songs</li> <li>• Perform dance steps in rhythm <ul style="list-style-type: none"> <li>○ Tumbling Skills <ul style="list-style-type: none"> <li>▪ Forward Roll</li> <li>▪ Backward Roll</li> <li>▪ Log Roll</li> <li>▪ Egg Roll</li> <li>▪ Cartwheel</li> <li>▪ Roundoff</li> </ul> </li> <li>○ Balance Activities <ul style="list-style-type: none"> <li>▪ Forward Walk</li> <li>▪ Backward Walk</li> <li>▪ Kick Walk</li> <li>▪ Airplane</li> <li>▪ Straight Jump</li> </ul> </li> <li>○ Jumping Skills <ul style="list-style-type: none"> <li>▪ Toe Touch</li> <li>▪ Pike</li> <li>▪ Jumping Jack</li> <li>▪ Tuck Jump</li> </ul> </li> </ul> </li> <li>• Exhibit proper accuracy and control while performing the following skills <ul style="list-style-type: none"> <li>○ Striking/Hitting</li> <li>○ Jumping</li> <li>○ Running technique</li> </ul> </li> <li>• Identify game rules and regulations</li> <li>• Recognize and communicate with teammates/opponents</li> <li>• Identify and demonstrate understanding of defensive/offensive strategies</li> </ul>

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	<p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. • Newton’s Laws of Motion • application of force • static/dynamic balance • levers • flight</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> <li>• Demonstrate proper hand, eye, implement coordination and spatial awareness</li> <li>• Demonstrate proper technique for handling implements</li> <li>• Participate in games and activities following the rules of the game</li> </ul>
<p><b>Fall/Winter Activities and Team Sports</b></p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b>  <b>PA: Grade 6</b></p> <hr/> <p><b>10.4 Physical Activity</b>  <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Soccer</li> <li>• Hockey</li> <li>• Tennis</li> <li>• Game strategies</li> <li>• Rules of the games</li> <li>• Sportsmanship</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Exhibit proper accuracy and control while performing the following skills <ul style="list-style-type: none"> <li>○ Throwing</li> <li>○ Catching</li> <li>○ Passing Skills</li> <li>○ Setting</li> <li>○ Striking</li> <li>○ Jumping</li> <li>○ Kicking Skills</li> <li>○ Running</li> </ul> </li> <li>• Identify game rules and regulations</li> </ul>

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	<p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p> <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. • success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p><b>10.5 Movement</b>  <b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. •</p>		<ul style="list-style-type: none"> <li>• Recognize and communicate with teammates/opponents</li> <li>• Identify and demonstrate understanding of defensive/offensive strategies</li> <li>• Demonstrate proper hand, eye, foot coordination and spatial awareness</li> <li>• Participate in games and activities following the rules of the game</li> <li>• Demonstrate sportsmanship</li> </ul>

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	<p>cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. • Newton's Laws of Motion • application of force • static/dynamic balance • levers • flight</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p><b>Winter/Spring Activities and Team Sports</b></p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b>  <b>PA: Grade 6</b></p> <hr/> <p><b>10.4 Physical Activity</b></p> <p><b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. • heart rate monitoring • checking blood pressure • fitness assessment</p> <p>D. Describe factors that affect childhood physical activity preferences. • enjoyment • personal interest • social experience • opportunities to learn new activities • parental preference • environment</p> <p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. •</p>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Hockey</li> <li>• Badminton</li> <li>• Pickleball</li> <li>• Baseball</li> <li>• Softball</li> <li>• Track &amp; Field</li> <li>• Rules of the game</li> <li>• Game strategies</li> <li>• Sportsmanship</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Exhibit proper accuracy and control while performing the following skills <ul style="list-style-type: none"> <li>○ Throwing/Pitching</li> <li>○ Catching</li> <li>○ Shooting</li> <li>○ Striking/Hitting</li> <li>○ Serving</li> <li>○ Dribbling</li> <li>○ Passing</li> <li>○ Fielding</li> <li>○ Jumping</li> <li>○ Running technique</li> </ul> </li> <li>• Identify game rules and regulations</li> <li>• Recognize and communicate with teammates/opponents</li> <li>• Identify and demonstrate understanding of defensive/offensive strategies.</li> <li>• Demonstrate proper hand, eye, implement coordination and spatial awareness.</li> <li>• Demonstrate proper techniques for handling implements</li> <li>• Participate in games and activities following the rules of the game</li> </ul>

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	<p>success-oriented activities • school-community resources • variety of activities • time on task</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities. • leading • following • teamwork • etiquette • adherence to rules</p> <p><b>10.5 Movement</b></p> <p><b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>B. Identify and apply the concepts of motor skill development to a variety of basic skills. • transfer between skills • selecting relevant cues • types of feedback • movement efficiency • product (outcome/result)</p> <p>C. Describe the relationship between practice and skill development.</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness. • cardiorespiratory endurance • muscular strength • muscular endurance • flexibility • body composition</p> <p>E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. • Newton’s Laws of Motion • application of force • static/dynamic balance • levers • flight</p> <p>F. Identify and apply game strategies to basic games and physical activities. • give and go • one on one • peer communication</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> <li>• Demonstrate sportsmanship</li> </ul>



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