

6th Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
	MOTOR SKILLS AND MOVEMENT PATTERNS		
	Motor Skills		
	Rhythmic Activities <i>Students will...</i>		
M.RA.06.01	demonstrate two rhythms, simultaneously, in two different parts of the body.	AEROBICS	Activities: AEROBICS Assessment:
	CONTENT KNOWLEDGE		
	Feedback <i>Students will...</i>		
K.FB.06.01	describe how internal (prior knowledge) and external feedback improves motor skills and movement patterns, fitness, and physical activities in controlled settings.	ALL UNITS	Activities: Task cards ,journaling and question and answer Assessment:
	Movement Concepts <i>Students will...</i>		
K.MC.06.15	apply knowledge of movement concepts while performing non-loco-motor, loco-motor, and manipulative skills during participation in target, net/wall, invasion, and striking/fielding modified games and outdoor activities in controlled settings.	ALL UNITS	Activities: Demonstrate verbally and/or physically age appropriate knowledge of skills Assessment:
	Motor Skills <i>Students will...</i>		
K.MS.06.05	apply knowledge of movement concepts and skills to design (plan) a four-element movement sequence (e.g., simple rhythmic or aerobic activities) in controlled settings.	AEROBICS	Activities: AEROBICS - Design and demonstrate a routine Assessment:
	Rhythmic Activities <i>Students will...</i>		
K.RA.06.01	integrate rhythmic formations, positions, and steps with a partner or group in a rhythmic activity.	AEROBICS	Activities: AEROBICS Assessment:
	Participation Inside/Outside of Physical Education <i>Students will...</i>		
K.PA.06.01	compare and contrast physical activities for intensity and skill level.	ALL UNITS	Activities: ALL UNITS – Journaling, question and answer Assessment:
	Physical Activity and Nutrition <i>Students will...</i>		
K.AN.06.02	use the physiological indicators associated with moderate to vigorous physical activity to monitor and/or adjust participation/effort (e.g., palpating pulse, using pedometers, and/or heart rate monitors to train in target heart rate zones) with internal or external feedback.	ALL UNITS DAILY ACTIVITIES	Activities: FITNESS, ALL UNITS AND DAILY ACTIVITIES - Understand heart rate zones...Resting and target Adjusting workouts accordingly Assessment:
	Personal/Social Behaviors <i>Students will...</i>		
K.PS.06.01	explain the key behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in controlled settings.	ANY UNITS	Activities: Discussions, journaling or modeling characteristics of the “6 Pillars of Character” Assessment:
K.PS.06.02	explain the key behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in controlled settings.	ANY UNITS	Activities: Discussions, journaling or modeling characteristics of the “6 Pillars of Character” Assessment:
	Regular Participation <i>Students will...</i>		



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K.RP.06.01	choose to participate in activities that are personally challenging in controlled settings.	ALL UNITS	Activities: Activity log of activities included with journaling Assessment:
K.RP.06.02	explain why to choose to participate in physical activity, regularly, outside of physical education for personal enjoyment and benefit in controlled settings.	ALL UNITS TO INCLUDE ALL SEASONS	Activities: Question and answer, Journaling of community options and ideas Assessment:
	Social Benefits <i>Students will...</i>		
K.SB.06.01	use physical activity as a positive opportunity for social interaction in controlled settings.	ALL UNITS TO INCLUDE ALL SEASONS	Activities: Group work or peer teaching situations Assessment:
	Individual Differences <i>Students will...</i>		
K.ID.06.01	choose to participate with students of varying skill and fitness levels in dynamic settings.	ALL UNITS TO INCLUDE ALL SEASONS	Activities: Group work or peer teaching situations Assessment:
K.ID.06.02	understand differences between idealized body images and elite performances portrayed by the media and personal characteristics and skills.	ALL UNITS TO INCLUDE ALL SEASONS	Activities: Question and answer, Journaling of community options and ideas Assessment:
K.ID.06.03	choose to participate in activities that allow for self-expression in controlled settings.	AEROBICS	Activities: AEROBICS Assessment:
	Feelings <i>Students will...</i>		
K.FE.06.01	identify indicators of enjoyment for the aesthetic and creative aspects of skilled performance.	ALL UNITS	Activities: Journaling, task cards, peer teaching and/or question and answer Assessment:
	FITNESS AND PHYSICAL ACTIVITY		
	Participation During Physical Education <i>Students will...</i>		
A.PE.06.01	participate in physical activities that are vigorous in intensity level (i.e., a minimum of 60% of class time sustaining a minimum of 70% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, aquatics, and fitness-related activities inside physical education.	AEROBICS	Activities: AEROBICS – Routine work and full performances Assessment:
	Physical Activity and Nutrition <i>Students will...</i>		
A.AN.06.04	apply the physiological indicators associated with moderate to vigorous physical activity to monitor and/or adjust participation/effort (e.g., palpating pulse, using pedometers, and/or heart rate monitors to train in target heart rate zones) with internal or external feedback.	ALL UNITS	Activities: Demonstrate verbally and physically the ability to evaluate and adjust activity levels Journaling, task cards, question and answer Assessment:
	PERSONAL/SOCIAL BEHAVIORS AND VALUES		
	Feedback <i>Students will...</i>		



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B.FB.06.01	describe how internal (prior knowledge) and external feedback can be used to improve motor skills and movement patterns, fitness, and physical activities in controlled settings.	ALL UNITS	Activities: ALL UNITS – Journaling, task cards, question and answer Assessment:
	Personal/Social Behaviors <i>Students will...</i>		
B.PS.06.01	exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in controlled settings.	ALL Units "Six Pillars of Character"	Activities: Demonstrate knowledge and implementation of the "Six Pillars of Character" Assessment:



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