

6th Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
	MOTOR SKILLS AND MOVEMENT PATTERNS Movement Concepts		
	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:
	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:
	Health-Related Fitness <i>Students will...</i>		
K.HR.06.02	use the criterion-referenced cardio respiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand cycle Test).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – PACER Walk or Hand Cycle Test Assessment:
K.HR.06.03	use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) - Curl-up Push-up, Pull-up, modified pull-up, flexed arm hang Assessment:
K.HR.06.04	use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Back saver Sit and Reach, Shoulder Stretch).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Back saver Sit & Reach, Shoulder Stretch Assessment:
K.HR.06.05	use the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skin fold Measurement, Body Mass Index, Hydrostatic Weighing).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) - Assessment:
K.HR.06.06	identify a plan for improving or maintaining health-related fitness status with assistance from the teacher.	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL)-Use information to create an individual behavior plan to maintain or improve fitness level Assessment:
K.HR.06.07	understand how to self-assess health-related fitness status for muscular strength and endurance, flexibility, and body composition with teacher guidance.	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Partner work with health related fitness testing, Entering fitness data into evaluation program Assessment:
K.HR.06.08	understand how to identify the principles of training (frequency, intensity, type, time, overload, specificity).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Read and implement FITNESSGRAM results to increase fitness



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			level Assessment:
	Physical Activity and Nutrition <i>Students will...</i>		
K.AN.06.01	discuss the effects of physical activity and nutrition on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass).	FITNESS	Activities: FITNESS - Behavior management plan, Journaling Assessment:
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.	FITNESS 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>		
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:
	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



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			Assessment:
	FITNESS AND PHYSICAL ACTIVITY		
	Health-Related Fitness <i>Students will...</i>		
A.HR.06.02	meet the criterion-referenced cardio respiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand cycle Test).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – PACER Walk or Hand Cycle Test Assessment:
A.HR.06.03	meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) - Curl-up, Push-up, Pull-up, modified pull-up, flexed arm hang Assessment:
A.HR.06.04	meet the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Back saver Sit and Reach, Shoulder Stretch).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Back saver Sit & Reach, Shoulder Stretch Assessment:
A.HR.06.05	meet the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skin fold Measurement, Body Mass Index, Hydrostatic Weighing).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Evaluate BMI /BF for assessment and goal information Assessment:
A.HR.06.06	identify a plan for improving or maintaining health-related fitness status with assistance from the teacher.	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL)- Use an individual behavior plan to maintain or improve fitness level, Re-evaluate according to new testing and create new individual behavior plan to maintain or improve fitness level Assessment:
A.HR.06.07	self-assess health-related fitness status for muscular strength and endurance, flexibility, and body composition with teacher guidance.	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Health related fitness testing, Entering fitness data into evaluation program Assessment:
A.HR.06.08	identify the principles of training (frequency, intensity, type, time, overload, specificity).	FITNESS	Activities: FITNESSGRAM (OR LIKE MODEL) – Read and implement FITNESSGRAM results to increase fitness level Assessment:
	Physical Activity and Nutrition <i>Students will...</i>		
A.AN.06.01	apply the effects of physical activity and nutrition on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass).	FITNESS	Activities: FITNESS – Create and implement a yearlong behavior management plan Assessment:
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



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			Assessment:
	PERSONAL/SOCIAL BEHAVIORS AND VALUES		
	Feedback <i>Students will...</i>		
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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