

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			
Space Awareness Students will...			
M.MC.06.01	Demonstrate selected space awareness movement concepts with mature form of non-loco-motor, loco-motor, and selected manipulative skills (e.g., roll, underhand throw, overhead throw) in modified, dynamic settings.	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES: BOWLING, BEAN BAG TOSS Assessment:
Motor Skills			
Manipulative Students will...			
M.MC.06.02	M.MS.06.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in controlled settings.	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES – ping pong strikes Assessment:
M.MC.06.03	M.MS.06.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, and punt in isolated settings.	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES – ping pong volley Assessment:
Outdoor Pursuits Students will...			
M.OP.06.01	demonstrate use of movement concepts in outdoor pursuits with self and equipment in controlled settings.	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES – Cross Country Skiing Assessment:
M.OP.06.02	demonstrate use of loco-motor skills in outdoor pursuits with self and equipment in controlled settings.	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES – Biking, hiking, rope climbing, Cross Country Skiing, Obstacle Course, Rock Climbing Assessment:
Net/Wall Games Students will...			
M.NG.06.01	demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES – ping pong BADMINTON Assessment:
M.NG.06.02	demonstrate selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	LEISURE ACTIVITIES	Activities: LEISURE ACTIVITIES – ping pong BADMINTON Assessment:
CONTENT KNOWLEDGE			
Feedback Students will...			
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 Students will...			
K.MC.06.15	apply knowledge of movement concepts while performing non-	ALL UNITS	Activities:



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	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.		Demonstrate verbally and/or physically age appropriate knowledge of skills Assessment:
	Outdoor Pursuits <i>Students will...</i>		
K.OP.06.01	apply knowledge of selected elements of the seven principles of Leave No Trace (Teen version) in controlled settings.	LIFELONG LEISURE ACTIVITIES	Activities: BASE CAMP SET UP Assessment:
K.OP.06.03	distinguish between the function of equipment associated with selected outdoor pursuits.	LIFELONG LEISURE ACTIVITIES	Activities: CAMPING EQUIPMENT FUNCTIONALITY DEMO Assessment:
K.OP.06.04	apply knowledge of safety features of outdoor pursuits in controlled settings.	LIFELONG LEISURE ACTIVITIES	Activities: CAMPFIRE ETIQUETTE Assessment:
K.OP.06.05	identify selected elements of decision-making skills related to engaging in outdoor pursuits.	LIFELONG LEISURE ACTIVITIES	Activities: LEAVE NO TRACE Outdoor ethics Assessment:
K.OP.06.06	identify governmental, non-profit, and/or private areas used for outdoor pursuits.	LIFELONG LEISURE ACTIVITIES	Activities: COMPUTER LAB Research on local and regional sites Assessment:
K.OP.06.07	distinguish between appropriate and inappropriate resource-related behaviors in selected outdoor pursuits in controlled settings.	LIFELONG LEISURE ACTIVITIES	Activities: LEAVE NO TRACE Outdoor behaviors/etiquette Assessment:
	Net/Wall Games <i>Students will...</i>		
K.NG.06.01	distinguish among selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	LESUIRE ACTIVITIES	Activities: LESUIRE ACTIVITIES Journaling, task cards, peer teaching and/or question and answer Assessment:
K.NG.06.02	distinguish among selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	LESUIRE ACTIVITIES	Activities: LESUIRE ACTIVITIES Journaling, task cards, peer teaching and/or question and answer 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	FITNESS	Activities:



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	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	FITNESS, ALL UNITS AND DAILY ACTIVITIES - Understand heart rate zones...Resting and target Adjusting workouts accordingly Assessment:
Personal/Social Behaviors Students will...			
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 Students will...			
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 Students will...			
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 Students will...			
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 Students will...			
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:
Physical Activity and Nutrition Students will...			
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,	ALL UNITS	Activities: Demonstrate verbally and physically



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	and/or heart rate monitors to train in target heart rate zones) with internal or external feedback.		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>			
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:

