

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		
	Motor Skills		
	Manipulative Students will...		
M.MC.06.04	M.MS.06.06 perform a four-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) in controlled settings.	WRESTLING	Activities: WRESTLING 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-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 Students will...		
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.	WRESTLING	Activities: WRESTLING – Design and demonstrate a sequence of moves Assessment:
	Participation Inside/Outside of Physical Education Students will...		
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 Students will...		
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: 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



The activities listed are recommendations. The P.E. Curriculum team left this document general enough to allow for schools to add their activities & resources/assessments. NOTE: Many ASSESSMENTS were left blank intentionally for districts to include their own.

6th Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
			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.	WRESTLING	Activities: WRESTLING 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.	WRESTLING	Activities: WRESTLING – workouts and match competition Assessment:
	Participation Outside of Physical Education <i>Students will...</i>		
A.PA.06.01	accumulate time in physical activities that are moderate to vigorous in intensity level (i.e., a minimum of 60 minutes per day for 7 days a week while maintaining 70% of target heart rate) while participating primarily in physical activities that focus on combining loco-motor and manipulative skills and applying strategies in modified game play outside of physical education.	WRESTLING	Activities: ANY LISTED OR APPROPRIATE CHOICE – Daily activity log with daily target heart rate listings 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	ALL UNITS	Activities: Demonstrate verbally and physically the ability to evaluate and adjust activity levels Journaling, task cards, question and answer



The activities listed are recommendations. The P.E. Curriculum team left this document general enough to allow for schools to add their activities & resources/assessments. NOTE: Many ASSESSMENTS were left blank intentionally for districts to include their own.

6th Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
	heart rate zones) with internal or external feedback.		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:

