

Northwestern School Corporation
Physical Education Curriculum
Course Outline
6th grade

Movement Forms

Students will:

- Demonstrate mature forms in locomotor, non-locomotor, and manipulate skills.
- Demonstrate basic competency in complex motor skills as they relate to sports activities.

Movement Concepts and Motor Skills

Students will:

- Identify basic concepts as they apply to movement and sports skills being practiced.
- Explain how practicing movement skills will improve performance.
- Describe basic strategies for offense and defense in simple lead-up games.

Physically Active Lifestyle

Students will:

- Identify activities that can contribute to an active lifestyle
- Participate in activities, outside of school, that are health enhancing and can be continued throughout a lifetime.
- Describe the elements of a healthy lifestyle

Health-enhancing Levels of Physical Fitness

Students will:

- Describe and monitor the intensity of exercise.
- Develop individual goals for each health-related fitness component.
- Assess individual fitness levels in each fitness component in relation to age.

Responsible Personal and Social Behaviors

Students will:

- Participate in cooperative activities in both a leadership and a follower role.
- Acknowledge and apply rules to game situations to ensure personal and group safety.

Understanding and Respect for Differences Among People in Physical Activity

Settings

Students will:

- Analyze, describe, and participate in simple forms of dances and games of various cultures from around the world.
- Display an appreciation of the accomplishments of both greater and less skilled individuals in a group or team activities.

Physical Activity Provides the Opportunity for Enjoyment, Challenge, Self-Expression, and Social Interaction

Students will:

- Recognize and participate in physical activities as an opportunity to socialize.
- Participate in challenging activities requiring the utilization of newly acquired skills.
- Identify the social, emotional and physical benefits of participation in physical activities.