

6th Grade Physical Education

<p>7.5: Movement</p> <p>All students will achieve optimal wellness by learning and applying movement concepts and skills.</p>	<p>A. Movement Skills and Concepts</p> <ul style="list-style-type: none"> § Explain and select developmentally appropriate form when using movement skills in applied settings. § Demonstrate the use of the principles of force and motion to impact the quality of physical movement. § Invent ways to modify movement in response to dynamic, interactive equipments. § Formulate visual and verbal cues to improve performance during physical activity. § Assess the critical elements of a movement skill or skill combination and provide appropriate feedback. § Integrate a learned skill to another movement setting. § Discuss how the principles of force and motion impact the quality of movement. § Recommend how to modify movement in response to dynamic, interactive environments. § Analyze how a movement skill can be used in another movement setting (transfer). <p>B. Strategy</p> <ul style="list-style-type: none"> § Demonstrate and explain the use of offensive, Defensive, and cooperative strategies. <p>C. Sportsmanship</p> <ul style="list-style-type: none"> § Compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment. <p>D. Rules and Safety</p> <ul style="list-style-type: none"> § Summarize general and specific activity rules, describe how they enhance participation and safety, and follow them during activities. § Explain and demonstrate appropriate pre-activity procedures. § Select, use, and care for appropriate equipment used during physical activity. <p>E. Sport Psychology</p> <ul style="list-style-type: none"> § Describe and demonstrate the use of mental preparation strategies prior to participation in physical activity. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
<p>7.6: Fitness</p> <p>All students will achieve optimal wellness by learning and applying fitness concepts and skills.</p>	<p>A. Fitness and Exercise</p> <ul style="list-style-type: none"> § Connect the physical, social, and emotional benefits of regular participation in fitness activities. § Classify activities that improve skill fitness versus health-related fitness. § Explain how gender, age heredity, training, and health behaviors impact fitness. § Investigate technological advances that positively and negatively impact exercise and fitness. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>

	<ul style="list-style-type: none"> § Compare the relationship between physical activity, healthy eating, and body composition. B. Training <ul style="list-style-type: none"> § Compare and contrast the relationship between practice, training, and injury prevention. § Analyze the principles of training, including FIT, overload, progression, and specificity. § Critique the physical and behavioral effects of the use of anabolic steroids and other performance enhancing substances and discuss legal and completion issues related to their use. C. Achieving and Assessing Fitness <ul style="list-style-type: none"> § Engage in moderate to vigorous forms of physical activity that develop all components of fitness. § Monitor and assess physiological indicators before, during, and after exercise. § Assess personal fitness level, develop a personal fitness plan, and use technology to implement the plan. § Measure individual progress toward improving each component of fitness. 	
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