

6th Grade	Physical	Education	Curriculum					
Physical Education Grade	National or State Standard/Benchmark	Content Standard	Skill	Objective	Key Concepts/Cue Words	Materials/Resources	Assessment	Notes
6	Standard 1	Motor Skill	Cardiovascular Endurance	Demonstrate the form of running	Knees high, push off toes to heels, elbows bent 90 degrees	Stop watch, cones, score board	Students will perform a mile test based on individual improvement over a seven week period.	6th grade students come to P.E. for seven weeks
6	Standard 1	Motor Skill	Catching & Receiving	Demonstrate catching a lightweight ball that is lobbed from a distance of 6 feet and progressively greater heights.	Eyes on object	Lightweight balls	Catch with hands. Bend elbows in when contact with object.	
6	Standard 1,5	Motor Skill, Physical Activity	Throwing and catching frisbee or other object	Demonstrate throwing and catching a frisbee or other object from a distance of 20 yards	Eyes on object	Frisbees, balls	Students will catch frisbee with one or two hands. When throwing frisbee or other object at a target, student will have thumb on top, fingers on bottom with bent elbow until release.	
6	Standard 3,4	Physical Fitness	Flexibility	Students will develop a daily stretching routine.	Dynamic & Static stretching	N/A	Observation	
6	Standard 5,6	Personal, Social Domain	Cooperation, Following Directions, Respect, Responsibility, Self Control, Best Effort, Compassion, Constructive Competition	Demonstrates a proper attitude in both winning and losing. Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others.	Varies	N/A	Observation	

6	Standard 1,3,4,5,6	Aquatics	Water Exercises, Treading Water, Water Safety, Lap Swim, Stroke Work		Relax	Pool	Observation	
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