



SIXTH GRADE Learning Objectives for **Physical Education**



FITNESS

The learner will

- strengthen and stretch major muscle groups (leg, arm, shoulder, abdominal muscles, upper body, mid-body, lower body, lower back).
- increase flexibility.
- increase cardiovascular endurance.

MOVEMENT

The learner will

- use movement concepts automatically in physical activities.
- demonstrate competence in use of loco-motor skills automatically in physical activities.
- use non-locomotor skills automatically in physical activities.

GYMNASTICS

The learner will demonstrate competence in

- climbing.
- hanging.
- swinging.
- balancing.
- balancing while moving.
- springing and landing.
- falling and landing.
- doing a headstand.
- doing a forward roll.
- doing a backward roll.
- doing a cartwheel.
- doing a round-off.

RHYTHM AND DANCE (TO MUSIC OR BEAT)

The learner will

- develop patterns.
- identify even and uneven rhythms.
- sequence steps and movements.
- move rhythmically in different pathways, directions and levels.
- explore rhythm, body, effort and space awareness.
- explore rhythm and tempo.
- explore rhythm and energy.
- introduce novelty dances, folk and square dance.

GAME SKILLS

The learner will demonstrate competence in

- jumping.
- twirling.
- spinning/rolling.
- tossing/catching.
- back-skipping.
- Hula hooping.



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GAME SKILLS

The learner will demonstrate competence in

- tossing and catching 3 scarves.
- juggling 3 bean bags.

BALL SKILLS

The learner will

- practice skills for playing soccer.
- control dribbling, inside and outside of foot.
- pass with follow through and accuracy.
- pass with inside of foot.
- trap with inside of foot.
- trap with sole of foot.
- use instep and toe kicks.
- use tackling technique.
- punt kick.
- goal keep.
- volley kick.
- use advanced footwork.
- practice skills for playing baseball.
- throw and catch.
- use a mitt.
- throw overhand.
- pitch underhand.
- throw sidearm.
- field grounders.
- field fly balls.
- run bases.
- catch.
- bat.
- practice skills for playing basketball.
- dribble with one hand.
- dribble with right/left hand.
- bounce pass.
- perform two-handed chest passes.
- perform overhead passes.
- perform overhand shooting.
- perform lay-ups.
- perform jump shots.
- perform free throws
- play defense.
- rebound.

ROPE SKILLS

The learner will demonstrate competence in

- long rope jumping.
- entering and exiting.
- short rope jumping.
- different jumping patterns.
- one rope.
- partner jumping.
- double dutch.



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PARACHUTE

The learner will demonstrate competence in

- inflation techniques plus movement.
- balls/bean bag bounce.
- low organized games.
- rhythmical activities, sequence building routines/dances.

HOCKEY

The learner will demonstrate competence in

- stick handling, carrying, dribbling.
- passing, shooting, receiving, visual tracking.
- facing off.
- goaltending.
- defense.

TRACK AND FIELD

The learner will demonstrate competence in

- training runs.
- striding.
- standing start.
- sprinting.
- wind sprints.
- standing long jump.
- running long jump.
- middle distance running.

TEAM SPORTS

The learner will demonstrate competence in

- low organized games.
- relays.
- sportsmanship.
- teamwork.
- rules and strategies for basketball, soccer, hockey, tee-ball, softball, volleyball, cricket, Frisbee and flag football.