

Curriculum Guide for 6th Grade PE

Unit 1 - Aerobics

6.1, 6.2

3 weeks

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Know and locate the major parts of the body involved in aerobic activity• Locate their pulse• Measure their pulse rate• Increase their cardiovascular and respiratory endurance• Identify basic healthy lifestyle habits• Accomplish a 13 minute mile walk/run• Maintain an aerobic activity for twenty minutes• Create a warm up stretch routine	<ul style="list-style-type: none">• Audio visuals• Demonstration• Discussion• Hands on activities	<ul style="list-style-type: none">• Teacher-made activity sheets• Audio tapes of various music• Jump robes• Balls cones scooters mini trampoline• Stop watch	<ul style="list-style-type: none">• Class participation• Question and answer session• Students overall improvement in endurance measured by time

Unit 2 - Presidential Fitness Challenge

6.1

3 weeks

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Explain the importance of the President's Fitness Program• Identify the events involved• Perform the events successfully	<ul style="list-style-type: none">• Discussion• Demonstration• Talk the students through practice trials	<ul style="list-style-type: none">• <i>'Presidential Fitness Booklet'</i>• Cones pull up bar• Stop watch• Individual fitness logs• Blocks• V-sit marker• Tape measure	<ul style="list-style-type: none">• Skills test• Time test

Unit 3 - Team Activities
6.1, 6.2, 6.3, 6.4, 6.5

28Weeks

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Exemplify teamwork • Respond appropriately to opposing conflict • Demonstrate various team games • Perform according to the rules of that particular game • Hold a hockey stick correctly • Make a goal using a hockey stick from 35 feet • Dribble a basketball alternating hands while stationary and moving forward • Shoot a jump shot, lay-up, and foul shot • Strike a moving object • Catch a ball using a ball-glove • Serve, bump, and return a volleyball over a net • Successfully throw a football • Possess a basic understanding of football • Be able to work through theam challenges and find a solution 	<ul style="list-style-type: none"> • Discuss • Demonstrate • Hands on activities • Visual aids 	<ul style="list-style-type: none"> • Activity sheets from <i>Movement and Games</i> • <i>Rules and Officiating</i> • Teacher-made lesson plans • Balls • Hockey sticks • Goals cones discs ropes rings bases 	<ul style="list-style-type: none"> • Student participation • Skills test • Sportsmanship • Student observation • Written tests