

Curriculum Guide for 6th Grade PE

Unit 1 - Aerobics
6.1, 6.2

How is taking care of our bodies important to God?
Why does God care if we are physically active?
How does God view our thoughts toward people that are not as active as we are?

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• Music• Jump ropes• Balls cones scooters• Stop watch• Portable Speaker	<ul style="list-style-type: none">• Class participation• Question and answer session• Students overall improvement in endurance measured by time

Unit 2 - Fitness Challenge

6.1

3 weeks

How are we to be “set apart” when it comes to the Youth Physical Fitness program?

How are we as Christians to encourage others that may be struggling with a task?

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Explain the importance of the Presidential Youth 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 Youth Fitness Website</i>• Cones• Stop watch• Mats• Tape measure Yardstick	<ul style="list-style-type: none">• Skills test• Time test• Skills checked by teacher

Unit 3 - Team Activities

6.1, 6.2, 6.3, 6.4, 6.5

28 Weeks

**How does team work unite people?
What does a Christian see in the value of team work?**

Objectives	Methods	Resources	Assessment
The students will <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 team challenges and find a solution	<ul style="list-style-type: none">• Discuss• Demonstrate• Hands on activities• Visual aids	<ul style="list-style-type: none">• Teacher-made lesson plans• Balls• Hockey sticks• Goals cones discs ropes	<ul style="list-style-type: none">• Student participation• Skills test• Sportsmanship• Student observation• Skills checked by teacher