

## GRADE 6 PHYSICAL EDUCATION FRAMEWORK

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### EXPECTATIONS

#### CLASS EXPECTATIONS

The student is expected to:

- Engage in activities at a level one stage that develop and maintain cardiovascular endurance.
- Engage in activities at a level one stage that develop and maintain muscular strength.

- Engage in activities at a level one stage that develop and maintain flexibility.
- Understand the proper attitudes toward winning and losing.
- Follow rules and safety procedures.

## **THEMES & CONTENTS**

The Performance Indicators (shown at the end of this Framework) are developed through the practice and performance of the Themes and Content below.

### **BASKETBALL**

- Able to show and use the proper grip
- Able to describe and use BEEEF critical points when shooting in a stationary position from inside the paint to the Free-Throw line

### **SOCCER**

- Receive the ball using the inside part of the dominant foot, in a stationary drill situation
- Able to identify basic offensive and defensive situations in a 5x5 game situation

### **VOLLEYBALL**

- Able to show and use the proper grip
- Able to use proper set and bump technique in a stationary drill situation
- Able to use 2 to 3 touches in a 2x2 game situation

### **AMERICAN FOOTBALL**

- Able to use the proper grip on the football when throwing in a stationary drill situation
- Able to catch the football in a stationary drill situation

### **LACROSSE**

- Able to show and use the proper grip on the stick
- Pass and Scoop in a stationary drill situation

### **TOUCH RUGBY**

- Able to show and use the proper grip on the rugby ball
- Able to identify and use the 2touch rule in a 4x4 game situation

### **HOCKEY**

- Able to identify and use the proper grip on the stick
- Identify basic differences in Street, Ice, Roller and Field Hockey

### **ULTIMATE FRISBEE**

- Able to identify and use the proper grip on the Frisbee
- Catch the Frisbee off the air using two hands

### **KICKBALL**

Need to know when running bases:

- Kicker must run to 1<sup>st</sup> base after kick
- Cannot have two runners in the same base
- Needs to step every base

Need to know when Fielding:

- When to pass the ball to pitcher
- When to tag base or player

**SOFTBALL**

- Pass and Catch in a stationary drill situation
- Able to show and use a proper grip on the bat

**TENNIS**

- Able hit the ball in a controlled way to a partner

**BADMINTON**

- Move to hit the birdie to a partner, in a non-competitive drill situation

**PERSONAL FITNESS**

- Jog for at least eight minutes without stopping/walking
- Perform 10 proper push ups, 20 proper sit ups and 20 proper back work
- Able to follow and perform a set of 10 stretching drills

**PERSONAL BEHAVIOR WHILE IN TASK**

- Follow rules and safety procedures

**PERFORMANCE INDICATORS**

**MOVEMENT FORMS & SKILLS DEVELOPMENT**

The student will combine locomotors and manipulative skills into specialized sequences and apply sequences to partner and small group play. DOK 2

The student will demonstrate skill (**at level 3**) in a variety of individual and team activities. DOK 1

The student will identify and use basic defensive principles in team sports (e.g. man-to-man defence in basketball and soccer). DOK 2 E

**PERSONAL FITNESS**

The student engages in activities at a level one stage that develop and maintain cardiovascular endurance (e.g., 6' walk/jog/run and other endurance activities/games). DOK 1 E

The student engages in activities at a level one stage that develop and maintain muscular strength (e.g., push-ups, sit-ups, jump rope, isometric strength activities). DOK 1 E

The student engages in activities at a level one stage that develop and maintain flexibility (e.g., lower back stretches, hamstring stretch, trunk twist, and arm-shoulder stretches). DOK 1 E

**SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY**

The student understands the proper attitudes toward winning and losing. DOK 1 E

The student will follow rules and safety procedures. DOK 1

The student will understand the origins and evolution of the sports covered in class. DOK 1