

**6th Grade Physical Education
Standards and Student Outcomes**

State Standard	Exit Outcome	Assessment/Rubric
Skillfulness 1.C.1.a	Organize physical activities into the four basic categories of tactical games (net/wall, invasion, striking/fielding, and target)	Offensive Skills of Passing and Receiving to Maintain Possession Rubric Catching an Object in a Tactical Game Rubric
Skillfulness 1.C.1.b	Categorize movement concepts and strategies used in each game category such as: on-the-ball and off-the ball movements	Offensive and Defensive Strategies Rubric Striking in Tactical Situations Rubric
Biomechanical Principles 2.A.1.a	Calculate and demonstrate how applying force effects the movement of a projectile.	Use of Force with Overhand Throw Rubric Striking with Proper Force using an Implement or Body Part Rubric
Biomechanical Principles 2.A.1.c	Explain and show how efficient movements decrease injuries in a variety of activities such as: striking a soccer ball and the instep instead of the toes.	Calendar Reflection
Motor Learning Principles 3.B.1.b	Investigate the importance of self-evaluation and feedback in the improvement of motor skills: Analyze and improve a specific motor skill based on feedback and discussion.	Providing Feedback to a Peer for Motor Skill Rubric
Exercise Physiology 4.B.1.a	Develop and explore personal fitness goals.	Health Related Fitness Reflection Worksheet
Exercise Physiology 4.B.1.b	Organize a fitness plan using the FITT guidelines	FITT Guideline Rubric Physical Activity FITT Guidelines Template

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Exercise Physiology 4.C.1.a	Predict activities that maintain or improve the specific health-related fitness components: cardio respiratory endurance/aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition.	Physical Activity Reflections
Exercise Physiology 4.C.1.b	Identify, compare, and implement the components of a fitness plan such as: goals, baseline scores, and physical activity log.	Physical Activity Log and Reflections
Physical Activity 5.A.1.a	Assess and predict aerobic capacity/cardiorespiratory fitness through standardized fitness tests.	Aerobic Fitness Testing Rubric
Physical Activity 5.A.1.b	Choose and use aerobic activities to improve personal goals related to aerobic capacity/cardiorespiratory fitness.	Fitness Reflection for Aerobic Capacity
Physical Activity 5.B.1.a	Assess and predict muscular strength and muscular endurance fitness through standardized fitness tests.	Strength and Endurance Fitness Testing Rubric
Physical Activity 5.B.1.b	Choose and use appropriate activities to improve personal goals related to muscular strength and endurance.	Fitness Reflection for Muscular Strength and Endurance
Physical Activity 5.C.1.a	Assess and predict flexibility through standardized fitness tests.	Flexibility Fitness Testing Rubric
Physical Activity 5.C.1.b	Choose and use aerobic activities to improve personal goals related to	Fitness Reflection for Flexibility

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	flexibility.	
Physical Activity 5.D.1.a	Identify the need for measuring body composition and its relationship to maintaining a healthy body.	
Social Psychological Principles 6.A.1.b	Investigate rules, procedures, and etiquette for safe physical activity settings.	Self-Control and Safe Practices Rubric
Social Psychological Principles 6.B.1.a	Assess the relationship between effort and skill improvement in a variety of physical activities.	Physical Activity Reflection
Social Psychological Principles 6.C.1.b	Choose and use problem-solving techniques which maximize personal potential and demonstrate sensitivity to the rights and feeling of others while promoting good sportsmanship.	Group Problem Solving Rubric
Social Psychological Principles 6.E.1.a	Identify and demonstrate strategies for effective time management to allow for daily physical activity in a personal activity plan.	