









Select a Course:	PE Health Grade 6
Teacher:	CORE PE Health Grade 6
Course:	PE Health Grade 6
Year:	2016-17
Months:	- All -

August	Responsibility			
	Enduring Understandings	Essential Questions	Standards	Knowledge & Skills
	<p>Enduring Understandings:</p> <p>Students will:</p> <ol style="list-style-type: none"> understand that our school has a shared responsibility model, commitment to best practice, collaboration, and a continuum of learning. understand that with practice and supports, students can become active agents for learning. understanding the development of a fitness plan is essential for self-improvement. 	<p>Essential Questions:</p> <ol style="list-style-type: none"> How can your actions toward yourself reflect on your classmates? Would your classmates consider you respectful? What is one example of demonstrating respect to yourself and others? 	<p>21A.StageG.3 - Demonstrate individual responsibility during group physical activity.</p>	<p>1. Students will understand the natural consequences of their choices, behaviors, and actions.</p> <p>2. Students will be able to act independently to make responsible decisions in class and in life.</p> <p>3. Students will demonstrate integrity when acting responsibly.</p>
Academic Language				
Safety				
Enduring Understandings	Essential Questions	Standards	Knowledge & Skills	
<p>Students will:</p> <ol style="list-style-type: none"> Safety is needed to protect all students in PE. Safety is the number one priority/focus in all units. Safety is defined as a state of being protected from all harm. 	<p>1. Why is safety important in PE?</p> <p>2. What can I do to be sure I keep myself and my classmates safe?</p> <p>3. Am I using the proper technique and warmup to ensure my safety.</p>	<p>19C.StageG.1 - Recognize potentially unsafe situations, facilities, and/or equipment.</p> <p>19C.StageE.1 - Demonstrate safety procedures/rules when participating in group physical activity.</p>	<p>How to protect themselves during PE.</p> <p>Understand the rules before beginning gameplay.</p> <p>How to appropriately clarify rules and procedures.</p>	
Academic Language				
Wellness				
Enduring Understandings	Essential Questions	Standards	Knowledge & Skills	
		22.A.3a - Identify and describe ways to		

<p> 1. Multiple basic skills into complex skills. 2. Having a well thought out strategy can improve performance. Interest affects choice. 3. Fitness and health components help to improve the quality of life. 4. Personal actions affect more than me. 5. Being fit helps to enjoy life.</p>	<p> What are the key components of good body position (athletic, ready) in a variety of sport specific activities? How does proper warm-up and cool down procedures affect performance and prevent injury? What are some basic principles of conditioning? How do my choices affect my personal health? What are the steps for developing a physical activity goal? What factors influence your physical activity goals? What is my target heart rate? How do you know if you are in a healthy target heart rate zone? How do you use perceived exertion to monitor exercise intensity? What is the correct form for the Fitness Gram test components? How do you self-advocate for your individual health needs? How does participating in physical activity make you feel? What are the physical and social benefits of participating in physical activity?</p>	<p>reduce health risks common to adolescents (e.g., exercise, diet, refusal of harmful substances). 22.A.3b - Identify how positive health practices and relevant health care can help reduce health risks (e.g., proper diet and exercise reduce risks of cancer and heart disease). 22.A.3c - Explain routine safety precautions in practical situations (e.g., in motor vehicles, on bicycles, in and near water, as a pedestrian). 22.A.3d - Identify various careers in health promotion, health care and injury prevention.</p>	<p> Demonstrate basic and specialized skills, as well as apply those skills tactically, in increasingly complex environments and in combination with other skills. Apply cognitive understanding to improve motor skill development and performance. Develop and implements an individual physical activity plan. Understand the fitness components necessary for enhancing a healthy level of fitness. Demonstrate safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction. Explain the intrinsic values and benefits of participation in physical activity that provides personal meaning</p>	<p> Tier 2 Vocabulary: heart-rate, cardiovascular, muscular strength, muscular endurance, flexibility, endurance, power Tier 3 Vocabulary: rest heart rate, target heart rate zone, recovery heart rate, agility, aerobic, BMI Body Mass Index, weight training, circuit training</p>
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 **Sportsmanship**

<p>Enduring Understandings ✕</p>	<p>Essential Questions ✕</p>	<p>Standards ✕</p>	<p>Knowledge & Skills ✕</p>	<p>Academic Language ✕</p>
<p> 1. Fairness is a component of sportsmanship 2. Behaving well is as important as playing well 3. You are accountable for how you treat people and</p>	<p> 1. Was I fair today? 2. How does my view of fairness affect my game play? 3. How do fair</p>	<p>24A.StageE.7 - Apply positive communication skills to avoid conflict. 21B.StageF.6 - Work cooperatively with others. 21A.StageE.5 - Follow rules and</p>	<p> Know how to manage emotions during conflict. Demonstrate fairplay.</p>	<p> Tier 2: Perspective, attitude, self-control Tier 3: Fairness, conflict resolution,</p>

	your surroundings.	players react to conflict?	instructions when participating in a group activity.	Exhibits appropriate behavior upon winning and losing.	responsibility
September	🏠 Respect To Self & Others				
	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
	🏠 Enduring Understandings: Students will understand that: Treatment toward others is important for a positive environment. Team play is much more effective when respect is present. Respect defined as admiration for someone or something, elicited by their abilities, qualities or achievements.	🏠 Essential Questions: 1. Why is respect important in PE and lifelong learning? 2. Would you be considered respectful by your team/classmates? 3. Have you demonstrated respect today? 4. Can you teach others to be respectful?	21B.StageF.6 - Work cooperatively with others. 21A.StageE.1 - Discuss the class procedures to be followed during participation in a group physical activity	🏠 Looks Like - Not talking while others are speaking Following Classroom Rules/Expectations Taking Turns Sharing Not Interrupting Being Kind To Others Encouraging Classmates Sounds Like - Please Thank You Excuse Me Sorry Can I help you?	🏠 1. Respect 2. Leadership 3. Responsibility 4. Integrity
October	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
November	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
December	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
January	🏠 Cooperation				
	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
	🏠 Students will understand that: 1. Working together is important in reaching a common goal. 2. Teamwork and cooperation are essential in fulfilling team needs. 3. Cooperation defined	🏠 1. Why is cooperation important in PE and lifelong learning? 2. Would you be considered cooperative by your team/classmates?	21A.StageE.10 - Demonstrate the ability to remain on task when participating in physical activity. 21B.StageE.2 - Perform cooperatively in a small group when participating in structured group physical activity.	🏠 1. The student will be able to use cooperation skills outside the classroom. 2. Give help to others when needed. 3. Respect other student's opinions during decision	🏠 1. Demonstrate 2. Explain 3. Cooperate

	<p>is “the actions of someone who is being helpful by doing what is wanted or asked for”.</p> <p>4. Cooperation and team building concepts will lead to success and lifelong learning.</p>	<p>3. How have you demonstrated cooperation today?</p> <p>4. Can you teach others how to be cooperative?</p>		<p>making.</p> <p>4. Accept assigned tasks with a positive attitude.</p>		
February	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
March	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
April	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
May	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
June	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
July	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕