



The physical education standards in the middle school years focus on enhancing health-related and skill-related components of fitness and demonstrating knowledge and applying fitness principles and movement skills and strategies in a variety of physical activities. In each grade, the standards ask students to refine various movement concepts, strategies, and skills, analyze performance and provide feedback to peers, set and assess fitness goals, recognize diversity in skills of others, collaborate with students with varying abilities, and utilize safety procedures during physical activities.

#### Expectations for 6th Grade Students:

- **Movement Competence and Understanding:** Demonstrate beginning skills for a variety of activities, games, and sports; participate in activities that require problem solving, cooperation, and team building; demonstrate beginning strategies for a variety of activities, games, or sports.
- **Physical and Personal Wellness:** Understand and apply basic principles of training to improving physical fitness; recognize how health-related and skill-related fitness components contribute to a health-enhancing lifestyle that embraces physical fitness; identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness.
- **Social and Emotional Wellness:** Recognize diverse skill performance in self and in others and how diversity affects activities, games, and sport participation; choose to participate cooperatively and productively in group and individual physical activities.
- **Prevention and Risk Management:** Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury.

#### Throughout 6th Grade You May Find Students:

- Combining relationships, levels, speed, direction, and pathways in complex individual and group physical activities.
- Combining motor skills to play a lead-up or modified game.
- Developing a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy, and teaching the game to another person.
- Performing flexibility exercises that will stretch particular muscles areas for given physical activities.
- Distinguishing between health-related and skill-related fitness.
- Identifying where individuals can engage in regular physical activity to meet their personal fitness goals.
- Accepting differences among classmates in physical development, maturation, and varying skill levels.
- Contributing ideas and listening to the ideas of others in cooperative problem-solving activities.
- Describing and demonstrating the correct form to push, pull, and lift heavy objects.