

## 6th Grade Skill Development & Lead-up Games

Each Class will learn and explore 8-10 units within the school year. The individual teacher will determine each class's units.

Units can include:

- PE 101
- Line Dancing
- Tumbling
- Fitness Planning
- Nutrition Planning
- Weights
- Conditioning
- Yoga
- Create-A-Game
- Foot Golf
- Frisbee/Kan Jam
- Pigball
- Socci
- Spikeball
- Volley-Tennis
- Volley-Soccer
- Battledore
- Speedminton
- Floor Hockey
- Over the Line

Every class will have PE 101 as the first unit, and each class will have dance during the year.

**PE 101** is a unit that that our entire team of teachers has developed collaboratively. It is designed to get the year started in a fun and instructive way that will result in every student understanding their responsibilities and expectations for success throughout the year. Topics covered include:

- Learning how to open your locker
- Being issued a lock and locker
- Locker room procedures & expectations
- Fitness testing procedures and pre-test
- Class procedures & expectations
- Name games
- Cooperative games
- Fitness adventure games
- The 5 components of physical fitness
- FITT Principle
- Lap directions
- Outside boundaries
- Bars tutorial
- Sportsmanship
- Sports etiquette
- PE Literacy
- Heart rate & PEI
- Health
- Hygiene
- Hydration