

WGSD Curriculum

Physical Education

Course: Physical Education

Grade Level: Sixth

LG 1 Teamwork

HIGH PRIORITY STANDARDS

NASPE 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

NASPE 4: Exhibits responsible personal and social behavior that respects self and others.

LEARNING GOAL

Students will be able to work with others on a common goal.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Cooperating with a group of classmates in activities such as games, team sports, or team-building.
- Demonstrating good sportsmanship.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: cooperation, respect, common goal, sportsmanship.
- Performing processes such as:
 - Identifying character traits needed for successful team play and competition.

Level 1: Student demonstrates a limited understanding or skill with the learning goal by:

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LEARNING TARGETS

Students know how to:

- Participate in various games and activities demonstrating good sportsmanship.
- Follow teacher directions to ensure the safety of all students.
- Participate in a variety of game situations and activities applying cooperative skills.
- Students will demonstrate knowledge related to health-related fitness includes muscular strength, endurance, body composition, flexibility, and cardiovascular fitness.

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LG 2 Fitness and Wellness

HIGH PRIORITY STANDARDS

Show-Me Standard #4: In Health & Physical Education, students in Missouri Public Schools will acquire a solid foundation which includes knowledge of principle of movement and physical fitness

LEARNING GOAL

Students will understand the principles of fitness that are part of achieving and maintaining a healthy life.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying knowledge of fitness principles such as balance, movement, and endurance, to sports and games.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: goals, cardiorespiratory fitness, strength, balance, endurance, movement, flexibility.
- Performing processes such as:
 - Identifying the benefits of personal fitness and exercise.

Level 1: Student demonstrates a limited understanding or skill with the learning goal by:

LEARNING TARGETS

Students know how to:

- Demonstrate knowledge related to health-related fitness includes muscular strength, endurance, body composition, flexibility, and cardiovascular fitness.

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LG 3 Sports Skills

HIGH PRIORITY STANDARDS

NASPE 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

NASPE 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

NASPE 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or interaction

Show-Me Standard #4 – In Health/Physical Education, students in Missouri Public School will acquire a solid foundation which includes knowledge principles of movement and physical fitness

LEARNING GOAL

Students will understand the techniques, strategies, and rules of a variety of team, dual, and individual sports.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying elements of movement and performance to various activities.
- Using the correct rules and strategies for the sport being played.
- Applying safety principles and skill development in activities such as team, dual and individual sports.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: mechanics, focus, coordination, strategies.
- Performing processes such as:
 - Demonstrating movements that require focus, attention and good mechanics.
 - Identifying rules and scoring for various games and sports.

Level 1: Student demonstrates a limited understanding or skill with the learning goal by:

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Physical Education**

LEARNING TARGETS

Students know how to:

- Utilize throwing, catching and ball skills in a variety of activities and lead-up and small-sided games, conscious of proper technique.
- Follow teacher directions to ensure the safety of all students.
- Participate in a variety of game situations and activities applying learned skills.
- Demonstrate appropriate sportsmanship.