

Northwestern Lehigh School District
GRADE 6 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
Introduction to Basic Fitness Concepts Trimester 1/2/3	10.3.6. D 10.4.6. A 10.4.6. B 10.4.6. C 10.4.6. D 10.4.6. E	R/A	• Teacher Guided Discussion "What is Physical Fitness?" • Teacher Guided Discussion/Types of Physical Fitness • Introduction Resting/Active Heart Rate • Edpuzzle: Heart Rate • Heart Rate Measurement & Evaluation • Student Created 10 Exercise Warm-Up Assignment • Teacher Evaluation • Student led Warm-Up Routines	• Student Chromebook • Edpuzzle.com • Google Classroom • Student Created Warm-Up Doc	8 days
Flag Football Unit Trimester 1/2/3	10.4.6. A 10.4.6. B 10.4.6. F 10.5.6. C 10.5.6. F	R/A	• Teacher Introduction/ Demonstration • Flag Football Skills/ Development Drills • Flag Football Lead-up Games • Flag Football Play • Student Demonstration/ Evaluation	• Flag Football Equipment	7 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 6 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

Soccer Unit Trimester 1/2/3	10.4.6. A 10.4.6. B 10.5.6. B 10.5.6. F	R/A	• Teacher Introduction/ Demonstration • Soccer Skill Development Drills • Soccer Lead-up Games • Basic Offensive & Defensive Strategy Demonstration • Soccer Play • Student Demonstration/ Evaluation	• Soccer Equipment	7 days
Fitness Training & Testing Trimester 1/2/3	10.4.6. A 10.4.6. B 10.4.6. C 10.4.6. D 10.5.6. C 10.5.6. D	R/A	• Introduction to Fitness • Edpuzzle/Components of Fitness • Five Components of Training Sessions • Student Demonstration/ Presidential Physical Fitness Testing Sessions	• Presidential Physical Fitness Award Paperwork & Equipment • Edpuzzle.com	10 days
Volleyball Unit Trimester 1/2/3	10.4.6. A 10.4.6. B 10.4.6. E 10.4.6. F 10.5.6. B 10.5.6. C 10.5.6. F	R/A	• Teacher Introduction/Demonstration • Volleyball Skill Development Drills • Volleyball Lead-up Games • Volleyball Play • Student Demonstration/ Evaluation	• Volleyball Equipment	7 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 6 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

Basketball Unit Trimester 1/2/3	10.4.6. A 10.4.6. B 10.5.6. B 10.5.6. F	R/A	• Teacher Introduction/Demonstration • Basketball Skill Development Drills • Basketball Lead-up Games • Half-Court Basketball Play • Student Demonstration/Evaluation	• Basketball Equipment	7 days
Floor Hockey Unit Trimester 1/2/3	10.4.6. A 10.4.6. B 10.5.6. F	R/A	• Teacher Introduction/Demonstration • Floor Hockey Skill Development Drills • Floor Hockey Lead-up Games • Floor Hockey Play • Student Demonstration/Evaluation	• Floor Hockey Equipment	7 days
Archery Unit Trimester 1/2/3	10.4.9. A 10.4.9. D 10.4.9. E 10.5.9. B 10.5.9. C		• Teacher Demonstration/Observation • Introduction to Archery • Archery Practice Sessions • Student Demonstration/Evaluation • Archery Skill Test	• Archery Equipment	7 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 6 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

Scope and Sequence - K – 12 Physical Education

CONTENT	K	1	2	3	4	5	6	7	8	9	10	11	12 Elective
I. Basic Movement													
- Locomotor Skills	I/B	B	R	R	R	R	R	R	R	R	R	R	R
- Physical Skills													
Agility	I	B	B	R	R	R	R	R	R	R	R	R	R
Hand Eye Coordination	I	B	B	R	R	R	R	R	R	R	R	R	R
Eye Foot Coordination	I	B	B	R	R	R	R	R	R	R	R	R	R
Speed	I	B	B	R	R	R	R	R	R	R	R	R	R
Power	I	B	B	R	R	R	R	R	R	R	R	R	R
Reaction Time	I	B	B	R	R	R	R	R	R	R	R	R	R
II. Physical Fitness Testing													
- Cardiovascular	NT	I/B	B	R	R	R	R	R	R	R	R	R	R
- Muscular Strength	NT	I/B	B	R	R	R	R	R	R	R	R	R	R
- Muscular Endurance	NT	I/B	B	R	R	R	R	R	R	R	R	R	R
- Flexibility	NT	I/B	B	R	R	R	R	R	R	R	R	R	R
- Body Composition	NT	NT	NT	NT	I/B	R	R	R	R	R	R	R	R
III. Low Organized Games													
- K,1,2 Playday & Funday Games (See K-2 Curriculum Document)	I/B	B	R	R	R	NT	NT	NT	NT	NT	NT	NT	NT
- 3,4,5 Elem. Challenge Games (See P.E. Curriculum Document)	NT	NT	I	I/B	R	R	NT	NT	NT	NT	NT	NT	NT
- 5 th Grade Finale Games (See P.E. Curriculum Document)	NT	NT	I/B	I/B	R	R	R	NT	NT	NT	NT	NT	NT
IV. Team Sports													
- Soccer	I/B	B	B	R	R	R	R	R	R	NT	NT	NT	NT
- Basketball	I/B	B	B	R	R	R	R	R	R	NT	NT	NT	NT
- Volleyball	NT	NT	NT	I/B	B	B	R	R	R	R	R	R	R
- Scooter Hockey	NT	NT	NT	I/B	B	R	NT	NT	NT	NT	NT	NT	NT
- Floor Hockey	NT	NT	NT	I/B	B	R	R	R	R	R	R	R	R
- Spongy Polo Hockey	NT	NT	NT	I/B	B	R	NT	NT	NT	NT	NT	NT	NT
- Flag Football	NT	NT	NT	NT	NT	NT	B	R	R		I/B	R	R
- Prison Dodgeball	NT	NT	NT	NT	NT	NT	B	R	R				R
- Speedball / Sprintball	NT	NT	NT	NT	NT	NT	B	R	R				
- Team Handball	NT	NT	NT	NT	NT	NT	NT	NT	NT	I/B	R	R	R
- Softball	NT	NT	NT	NT	NT	NT	NT	NT	B		I/B	R	
- Lacrosse	NT	NT	NT	NT	NT	NT	NT	NT	NT		I/B	R	R
- Badminton	NT	NT	NT	NT	NT	NT	NT	NT	NT		I/B		R
- Paddle Tennis	NT	NT	NT	NT	NT	NT	NT	NT	NT	I/B	R		R
- Scooter Soccer							B	R	R				
- Capture The Flag				I/B	B	B	I	B	R				
- Flickerball / Ultimate Football or Frisbee							I	B	R				
- Speedball / Soccer											I/B	R	R
NT = Not Taught I = Introduction B = Basic Content Development R = Reinforcement of Content													

