



Physical Education - Grade 6 Unit 4 - Spartan Challenge

Unit Focus

Students will build on their unit in teamwork and cooperation as they navigate various group games and activities. They will be expected to practice and employ their teamwork skills as they work to develop physical skills such as running, jumping, throwing, and general fitness movements. Ultimately, students will participate in a large group cooperative team fitness challenge. During this event, students will employ not only teamwork skills but the physical skills they have practiced through the unit as they work to conquer the obstacle challenges set forth. Emphasis will be placed on groups collaboratively determining roles to accomplish the tasks.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education 6-8 - Demonstrates the ability to throw with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = second base to first base). (S1.M2.6) - Demonstrates the ability to catch with a mature pattern from a variety of trajectories using different objects in varying practice tasks. (S1.M3.6) - Demonstrates the ability to throw a leading pass to a moving receiver, while stationary (S1.M4.6a) - Demonstrates the ability to strike a stationary object with an implement, for accuracy with activities such as croquet, shuffleboard, and golf. (S1.M15.6) - Demonstrates the ability to catch, with a mature pattern, from different trajectories using a variety of objects in a varying practice task (S1.M17.6) - Describes how being physically active leads to a healthy body. (S3.M1.6) - Demonstrates the ability to exhibit personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors (S4.M1.6a) - Demonstrates self-responsibility by implementing specific corrective feedback to improve performance (S4.M2.6) - Demonstrates the ability to accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback. (S4.M3.6a)	<i>Students will be able to independently use their learning to...</i> T1 Identify a goal, determine an appropriate plan, evaluate its effectiveness, and make appropriate adjustments. T2 Respectfully and responsibly communicate with others from a variety of backgrounds and perspectives. T3 Demonstrate improved physical performance in skills and movement patterns.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Individuals self-monitor through past experiences to make adjustments and create opportunities to gain self-control. U2 Humans recognize that all people are different and we share a social responsibility to treat each other with respect and without bias. U3 Individuals can determine the degree of influence that others have on their own behaviors in order to anticipate negative or positive outcomes. U4 Communicating feelings can help others to understand and/or help. U5 Individuals tackle obstacles by using a variety of strategies and techniques that move them forward. U6 People choose when to demonstrate cooperation, collaboration, compromise and negotiation to build and maintain healthy relationships.	<i>Students will keep considering...</i> Q1 What are my unique strengths, weaknesses likes and dislikes? Q2 How can I help my group be productive? Q3 Do my actions and/or decisions have a negative or positive impact on my self or others? Q4 What strategies can I use to help me in this moment? Q5 What are my rights and responsibilities? Q6 How can the thinking of others inform my own?

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to cooperate with a small group of classmates during adventure activities, game play or teambuilding activities. (S4.M3.6b)
- Demonstrates the ability to identify the rules and etiquette for physical activities, games, and dance activities. (S4.M4.6)
- Demonstrates the ability to use equipment appropriately and safely, with the teacher's guidance. (S4.M5.6)
- Demonstrates the ability to recognize individual challenges and how to cope in a positive way, such as extending effort, asking for help or feedback, and/or modifying the tasks (S5.M2.6)
- Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity. (S5.M4.6)

Madison Public Schools Profile of a Graduate

- Idea Generation: Studying a problem, need or model (mentor text, political piece, documents, art work, etc.) to consider limitations and imagine new solutions/transformations. (POG. 2.1)

Acquisition of Knowledge and Skill

Knowledge

Students will know...

- K1** how to position feet and arms to throw an object.
- K2** importance of pacing especially between sprinting and endurance running.
- K3** safety involved with fitness activities and the equipment involved.
- K4** that the opinions and ideas of others are valid and deserve respect and consideration.
- K5** effective collaboration includes accountable talk, respect for the rights of others and understanding of the responsibilities of all group members.
- K6** how to demonstrate sportsmanship and teamwork as well as using encouraging, positive talk.
- K7** Vocabulary: Muscular strength, muscular endurance, flexibility, cardiorespiratory endurance

Skill(s)

Students will be skilled at...

- S1** demonstrating the ability to apply instruction and feedback to throw, catch, strike, run, jump and throw.
- S2** applying physical fitness skills and concepts to tackle obstacles.
- S3** working together to divide roles responsibly and respectfully to achieve a goal.
- S4** recognizing individual challenges and how to cope in a positive way, such as extending effort, asking for help or feedback, and/or modifying the tasks.
- S5** demonstrating respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity.