

Physical Education 6 (0060) Course Overview Curriculum Document

Course Description

The Appleton Area School District 6th Grade physical education program will provide diverse activities, including adventure, net games, invasion, and outdoor pursuits, aimed at enhancing health-related fitness. Students will also focus on social and emotional learning, applying these skills to improve overall well-being. Get ready for an engaging and holistic approach to physical education!

Credits	Prerequisites
NA	None
Board Approved	Revised
October 2005, 3/4/24	October 2005, January 2012, January 2024

Required Assessments

District-wide, standards-based common summative assessments

Textbooks/Resources

Course Essential Understandings	Course Relevance Questions
<p>As a result of successfully completing this course, students will</p> <ul style="list-style-type: none"> demonstrate how to work in a group to communicate and solve problems in a unique physical environment. Develop eye-hand coordination proficiency to net games and invasion activities. Develop basic strategies in net games and invasion activities. Apply movement concepts to outdoor pursuits. understand how to apply the FITT formula to maintaining intensity in activities that improve fitness levels. 	<p>How does developing skills and teamwork improve fitness and impact health outcomes?</p>

Unit Overviews

Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Unit # - Adventure	<i>Adventure is a lifetime activity. In doing this activity we provide a possibility of interest later in life. Adventure Education is learning through adventure-centered experiences that require the use of communication, problem solving, and trust to be successful. The experiences are developed in an individual capacity and transferred to a group dynamic to create success for a group</i>	<ul style="list-style-type: none"> Ice Breakers Acquaintance activities Communication Problem Solving Trust Climbing skills Group application 	S4.M1.7 S4.M1.8 S4.M3.7 S4.M3.8 S4.M4.8 S4.M5.8 S4.M6.7 S4.M7.8 S5.M3.7 S5.M6.8	S4.M1.7 S4.M1.8 S4.M3.7 S4.M3.8 S4.M4.8 S4.M5.8 S4.M6.7 S4.M7.8 S5.M3.7 S5.M6.8
Unit # - Net Games	<i>Net Games are lifetime activities. In doing this activity we provide a possibility of interest later in life. Students are able to competently demonstrate a net/wall game with correct technique, rules, and movement concepts. At middle school we introduce more skills and basic strategies in an effort to develop physical literacy.</i>	<ul style="list-style-type: none"> how to transition from offense/defense communicating with teammates. how to play in accordance with the rules of the game. decipher game strategy and shot selection used in game play. demonstrating mature forms of serving, overhead passes, forearm passes, short/long-handled implement forehand and backhand with appropriate power and accuracy. transitioning from offense/defense by recovering quickly communicating with teammates. 	S1.M13.8 S1.M12.8 S1.M14.8 S1.M15.8 S1.M16.8 S2.M7.8 S2.M8.8 S3.M8.8 S4.M5.8 S5.M6.8	S1.M13.8 S1.M12.8 S1.M14.8 S1.M15.8 S1.M16.8 S2.M7.8 S2.M8.8 S3.M8.8 S4.M5.8 S5.M6.8
Unit # - Outdoor Pursuits	Outdoor Pursuits is a lifetime activity. In doing these activities we provide a possibility of interest later in life. Students will apply a variety of movement concepts from target games, invasion strategies and snowshoeing that take place in a natural setting. <i>Golf, disc golf, foot golf and snowshoeing.</i>	Students will apply a variety of movement concepts from target games, invasion strategies and snowshoeing that take place in a natural setting. <ul style="list-style-type: none"> Grip alignment Stance 	S1.M22.6 S2.M9.8 S2.M13.7 S3.M8.8 S4.M5.8 S5.M6.8	S1.M22.6 S2.M9.8 S2.M13.7 S3.M8.8 S4.M5.8 S5.M6.8

		<ul style="list-style-type: none"> ● mature form ● proper use of force ● follow through ● Application 		
Unit # - Invasion	<i>Invasion is a lifetime activity. In doing this activity we provide a possibility of interest later in life. Students are able to competently demonstrate an invasion game with correct technique, rules, and movement concepts. At middle school we introduce more skills and basic strategies in an effort to develop physical literacy.</i>	<ul style="list-style-type: none"> ● <i>how to transition from offense/defense</i> ● <i>communicating with teammates.</i> ● <i>how to play in accordance with the rules of the game.</i> ● <i>decipher game strategy and shot selection used in game play.</i> ● <i>Demonstrating a mature form of throwing, catching, dribbling</i> ● <i>transitioning from offense/defense by recovering quickly</i> ● <i>communicating with teammates.</i> 	S1.M2.8 S1.M3.7 S1.M4.6 S1.M4.7 S1.M5.7 S1.M6.7 S1.M8.8 S1.M9.8 S1.M11.6 S2.M2.8 S2.M3.8 S2.M5.8 S2.M6.8 S3.M8.8 S4.M5.8 S5.M6.8	S1.M2.8 S1.M3.7 S1.M4.6 S1.M4.7 S1.M5.7 S1.M6.7 S1.M8.8 S1.M9.8 S1.M11.6 S2.M2.8 S2.M3.8 S2.M5.8 S2.M6.8 S3.M8.8 S4.M5.8 S5.M6.8
Unit #-Fitness	<i>Fitness is a lifetime activity. In doing this activity we provide a possibility of interest later in life. Students are able to competently demonstrate fitness, correct technique, rules/etiquette, and movement concepts. At middle school we introduce more skills and basic strategies in an effort to develop physical literacy.</i>	<ul style="list-style-type: none"> ● <i>the 5 components of fitness</i> ● <i>the FITT formula</i> ● <i>the relationship and benefits of Nutrition and living a healthy lifestyle.</i> ● <i>major muscle groups and identify muscles and functions</i> ● <i>interpret heart rate and use of technology to measure intensity.</i> ● <i>students will know essential fitness terminology used when participating in fitness type activities</i> ● <i>utilize and interpret technology to measure heart rate</i> ● <i>performing a variety of strength/endurance movements</i> ● <i>proper use and safety associated with using fitness equipment</i> 	S3.M1.8 S3.M8.8 S3.M13.8 S3.M11.6 S3.M11.7 S3.M11.8 S3.M14.6 S3.M16.8 S4.M5.8 S5.M1.8 S5.M6.8	S3.M1.8 S3.M8.8 S3.M13.8 S3.M11.6 S3.M11.7 S3.M11.8 S3.M14.6 S3.M16.8 S4.M5.8 S5.M1.8 S5.M6.8