

Grade 6 PE Study Guide

[Texas Essential Knowledge and Skills \(TEKS\)](#)

Purpose of Physical Education

Physical Education helps students:

- **Develop motor skills** – skills that involve body movement.
 - **Practice fitness and wellness habits** for lifelong health.
 - Learn **teamwork, confidence, and respect**.
 - Improve **focus, behavior, and academic performance** through regular activity.
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1. Movement Patterns and Skills

► Locomotor Skills

Definition: Moving your body from one place to another.

Examples: Walking, running, hopping, skipping, galloping.

► Manipulative Skills

Definition: Using hands, feet, or objects to control something.

Examples:

- Throwing and catching a ball
- Dribbling a basketball
- Kicking a soccer ball

- Striking with a racket or bat

► Balance and Coordination

Definition: Being able to stay steady and control your body.

Examples:

- Walking on a balance beam
- Balancing on one foot
- Jumping and landing with control

► Movement Sequences

Definition: A series of movements performed in order.

Examples: A dance routine, a gymnastics sequence, or dribbling and shooting in basketball.

2. Performance Strategies

► Game Strategy

Definition: A plan to help your team win or perform well.

Examples: Passing the ball to keep it away from the other team, setting a screen in basketball, defending space in soccer.

► Rules and Etiquette

Definition: Knowing and following the rules, and showing respect in play.

Examples: Taking turns, not cheating, listening to the referee.

► Roles in Games

Definition: The jobs or positions players have during a game.

Examples: Goalkeeper, point guard, team captain, referee.

► Using Feedback

Definition: Listening to advice to get better.

Examples: A coach tells you to follow through when you shoot – you try it and improve.

♥ 3. Health, Physical Activity, and Fitness

► Aerobic Activity

Definition: Activity that keeps your heart rate up for a long time.

Examples: Running, biking, swimming, dancing.

► Anaerobic Activity

Definition: Short bursts of intense activity.

Examples: Sprinting, push-ups, jumping rope.

► Fitness Components

1. **Cardiovascular Endurance** – how long your heart and lungs can work (e.g., running laps).
2. **Muscular Strength** – how strong your muscles are (e.g., lifting weights).
3. **Muscular Endurance** – how long your muscles can work (e.g., doing sit-ups).
4. **Flexibility** – how far your joints can move (e.g., stretching, yoga).
5. **Body Composition** – the ratio of fat to lean tissue in your body.
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► Fitness Plan

Definition: A schedule that includes different types of physical activity.

Example: Mon–run, Tues–yoga, Wed–strength training, etc.

► Hydration and Nutrition

Definition: Drinking enough water and eating healthy food for energy.

Example: Drinking water before PE, eating fruits and proteins.

4. Social and Emotional Health

► Cooperation and Teamwork

Definition: Working together to reach a goal.

Example: Passing the ball to teammates, encouraging others.

► Respect for Others

Definition: Being kind and fair to everyone.

Example: Helping a classmate who is learning a new skill.

► Self-Management

Definition: Controlling emotions and actions.

Example: Staying calm after losing a game, following directions.

► Sportsmanship

Definition: Playing fair, being respectful whether you win or lose.

Example: Shaking hands after a game, not bragging or blaming.

5. Lifetime Wellness

► Physical Activities for Fun

Examples: Hiking, riding a bike, jumping rope, dancing, swimming.

► Physical Activity for Mental Health

Definition: Moving your body helps reduce stress and improves your mood.

Example: Taking a walk when you feel overwhelmed.

► Lifelong Fitness

Definition: Being active throughout your life.

Example: Adults doing yoga or joining sports leagues to stay healthy.

Fitness Testing and Technology

► Fitness Testing

Definition: Assessing your physical fitness levels.

Examples: Pacer test (cardio), push-ups (strength), sit-and-reach (flexibility).

► Using Tools and Technology

Examples: Pedometers, heart rate monitors, apps that track steps or exercise.