



### General Course Information

<b>Course Name: Sixth Grade Physical Education</b>	
Department: Physical Education	Grade Level(s): 6
Duration/Credits:	Prerequisites
BOE Approval Date:	Course Code
<b>Course Description:</b>	
<p>The sixth grade physical education program focuses on developing and refining movement patterns and skills to meet a variety of physical activities. Students will learn the basic rules, beginning strategies, and different types of sports and activities. They will identify the importance of physical fitness as a lifetime routine and develop habits of regular physical activity.</p>	
<b>Course Rationale:</b>	
<p>6th Grade Physical Education teaches students the benefits of engaging in regular physical activity. Fitness and wellness are the cornerstone principles of the physical education program.</p>	
<b>Course Objectives:</b>	
<p>The student will regularly participate in vigorous physical activity inside and outside of class.</p> <p>The student will distinguish between ethical and unethical behavior during physical activity..</p> <p>The student will follow social and safety skill rules and procedures with respect to self and others.</p> <p>The student will define basic concepts of physical fitness.</p> <p>The student will apply fundamental skills in lifetime and team sports.</p> <p>The student will participate in lead up games and activities in order to develop rule comprehension, strategies and proper etiquette.</p> <p>The student will participate in rhythmic physical activities.</p> <p>The student will actively participate in the FitnessGram Test twice a year.</p>	