

Course Title:	6th Grade Physical Education
Grade(s):	6th

Course Description
In PE, students learn the importance of being active, making healthy choices, and treating others with respect. They are expected to participate fully, stay self-motivated, and show good citizenship and sportsmanship in every class. Students should cooperate with all classmates, follow directions, and maintain a positive attitude. Proper athletic attire—T-shirt, athletic shorts or sweatpants, and sneakers—is required. Our program focuses on healthy habits, fair play, good decision-making, and encouraging others while building foundational fitness and teamwork skills.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Tennis	In this unit, students are introduced to the fundamental skills of tennis, including proper grip, footwork, forehand and backhand strokes, and basic serving techniques. They will practice rallying with partners, learn scoring basics, and apply skills in modified gameplay. The focus is on cooperation, sportsmanship, and developing hand-eye coordination while building confidence in a fun, active environment.	September/October
Unit 2: Track and Field	In this unit, students explore the core events of track and field, including running, jumping, and throwing activities. They learn proper form for sprints, distance running, long jump, and basic throwing techniques while focusing on personal improvement. Students practice teamwork, encouragement, and sportsmanship as they participate in a variety of skill stations and friendly challenges designed to build confidence, fitness, and coordination.	September/October
Unit 3: Omnikin	In this unit, students learn the fundamentals of Omnikin ball, a fast-paced,	October/November

	cooperative game that emphasizes teamwork and communication. They practice safe ball-handling skills, movement strategies, and offensive and defensive concepts while working in large groups. The focus is on collaboration, sportsmanship, and staying active as students engage in fun, high-energy gameplay designed to build confidence and cooperation.	
Unit 4: Invasion Unit	In this unit, students are introduced to a variety of invasion-style games where teams work to move an object into an opponent's space to score. They learn key skills such as passing, receiving, spacing, movement without the ball, and basic offensive and defensive strategies. The focus is on teamwork, communication, and sportsmanship as students participate in fast-paced, cooperative gameplay. This unit helps build coordination, decision-making, and confidence in a fun, active environment.	October/November
Unit 5: Volleyball	In this unit, students learn the basics of volleyball through fun, active skill-building and team-based activities. Students practice essential skills such as serving, forearm passing (bumping), setting, and scoring. They also learn how to move safely on the court, communicate effectively with teammates, and understand the flow of a rally.	December/January
Unit 6: Fitness Unit (Obstacle Course and Olympics)	In this unit, students set personal fitness goals and explore the importance of physical fitness and learn how different types of exercise contribute to overall health. They practice a variety of activities that build the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance and flexibility. They apply these skills while navigating fun obstacle courses that challenge their agility, balance, and coordination. Students take part in fitness Olympic events that promote teamwork, friendly competition, and goal setting. Throughout the unit, the focus remains on effort, motivation, sportsmanship, and encouraging others while developing confidence and healthy lifelong habits.	January/February
Unit 7: Adventure Unit	In this unit, students will participate in team-building and adventure-based activities that promote cooperation, problem-solving, communication, and trust. Through challenges and group tasks, students will develop confidence, strengthen social skills, and learn the value of working together to achieve common goals.	February/March

Unit 8: Pickleball	In this unit, students are introduced to the fast-growing sport of pickleball through engaging skill practice and beginner-friendly gameplay. Students learn the foundational skills needed to play, including proper grip, ready position, forehand and backhand strokes, serving, and safe court movement.	March/April
Unit 9: Breakdancing	Students will learn basic breakdancing moves. The unit focuses on rhythm, coordination, creativity, and safe movement. Students will practice short routines, build confidence, and explore breakdancing as a fun form of self-expression and physical fitness.	April/May
Unit 10: Disc Golf	In this unit, students will learn the basic throws, rules, and scoring of disc golf while practicing accuracy, control, and safe play. They will work in small groups to play short courses and build skills they can use for a fun, lifelong activity.	June