DRISCOLL ISD PHYSICAL EDUCATION

6th Grade PE Syllabus

2026–2027 School Year

Driscoll Dragons Physical Education
Grade: 6th Grade
Course: Physical Education (PE)

Course Purpose

Sixth Grade Physical Education is designed to help students develop the skills, knowledge, fitness, responsibility, and confidence needed to maintain an active and healthy lifestyle.

Students will build upon previously learned movement and sport skills while developing greater independence, teamwork, leadership, sportsmanship, and personal responsibility.

The program also helps prepare students for the increased expectations of junior high physical education and athletics.

PE Schedule

PE Days: ☐ MWF (Monday • Wednesday • Friday)
PE Days: ☐ TTHF (Tuesday • Thursday • Friday)

Assigned Schedule: ☐ MWF ☐ TTHF

Students should come prepared for physical activity on their assigned PE days. Athletic or tennis shoes are strongly recommended for safe participation.

Course Goals

Sixth Grade students will have opportunities to:

- Improve overall physical fitness.
- Develop cardiovascular endurance, strength, flexibility, agility, and coordination.
- Refine fundamental movement and sport skills.
- Apply skills during individual and team activities.
- Learn basic offensive and defensive strategies.
- Develop teamwork and communication skills.
- Demonstrate leadership and responsibility.
- Practice appropriate competition and sportsmanship.
- Understand the importance of lifelong physical activity.
- Develop confidence through physical activity.

- Prepare for future participation in PE, athletics, and recreational activities.

Skills & Activities

Instruction may include:

Fitness & Conditioning

- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility
- Agility
- Coordination
- Balance
- Fitness circuits
- Personal fitness concepts

Sport & Movement Skills

- Throwing
- Catching
- Passing
- Kicking
- Dribbling
- Striking
- Footwork
- Movement combinations
- Offensive and defensive fundamentals

Individual & Team Activities

- Modified team sports
- Small-sided games
- Individual challenges
- Partner activities
- Cooperative activities
- Recreational games
- Fitness challenges
- Lifetime physical activities

9-Weeks Overview of Instruction

1st 9 Weeks – Fitness, Fundamentals & Team Building

- PE procedures and safety expectations
- Fitness fundamentals
- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility
- Agility and coordination
- Movement skill review
- Cooperative challenges
- Team building
- Leadership and sportsmanship

2nd 9 Weeks – Sport Skills & Skill Development

- Throwing, catching, and passing
- Kicking and receiving
- Hand and foot dribbling
- Striking skills
- Accuracy and ball control
- Footwork and movement
- Skill combinations
- Modified sport activities
- Rules and fair play

3rd 9 Weeks – Team Activities & Game Strategy

- Modified team sports
- Offensive concepts
- Defensive concepts
- Positioning and spacing
- Passing and movement
- Communication
- Small-sided games
- Team strategy
- Fitness development
- Sportsmanship and responsible competition

4th 9 Weeks – Lifetime Fitness, Leadership & Junior High Preparation

- Personal fitness activities
- Fitness circuits and challenges
- Recreational and lifetime activities

- Cooperative challenges
- Team and individual games
- Leadership opportunities
- Personal responsibility
- Skill and fitness review
- Sportsmanship
- Preparation for junior high PE and athletics

Note: The instructional sequence may be adjusted based on facilities, weather, equipment availability, student needs, school events, and the MWF/TTHF rotation.

Dragon PE Expectations

Sixth Grade students are expected to demonstrate increasing maturity and personal responsibility.

Students should:

- **Be Safe** – Follow safety procedures and maintain appropriate self-control.
- **Be Respectful** – Treat classmates, teachers, facilities, and equipment appropriately.
- **Be Responsible** – Follow directions, take care of equipment, and come prepared.
- **Give Your Best Effort** – Participate actively and work toward improvement.
- **Be a Good Teammate** – Communicate, cooperate, and encourage others.
- **Show Sportsmanship** – Compete appropriately and accept results respectfully.
- **Lead Positively** – Make choices that contribute to a successful learning environment.

Participation & Assessment

Physical Education is a participation-based course. Students are expected to participate to the best of their individual abilities.

Assessment may include:

- Daily participation
- Effort and work habits
- Skill development
- Fitness concepts
- Following directions
- Safe participation
- Responsibility
- Cooperation and teamwork

- Sportsmanship
- Individual improvement

Athletic ability alone does not determine success in Physical Education.

Students can be successful by demonstrating **effort, participation, responsibility, improvement, teamwork, and positive character.**

Shoes & Clothing

Students should come prepared for physical activity on PE days.

Athletic or tennis shoes are strongly recommended.

Students should wear school-appropriate clothing that allows for safe and comfortable movement.

Footwear should fit securely and allow students to safely run, jump, change direction, and participate in physical activities.

Safety

Student safety is a priority.

Students are expected to:

- Follow instructions promptly.
- Stop activity when instructed.
- Maintain appropriate personal space.
- Stay within designated activity areas.
- Use equipment correctly.
- Demonstrate appropriate self-control.
- Avoid unsafe or reckless behavior.
- Report injuries or unsafe conditions immediately.

Unsafe behavior may result in temporary removal from an activity until the student is ready to participate safely.

Equipment & Facilities

Students are expected to take pride in Driscoll ISD facilities and equipment.

Students should:

- Use equipment only as instructed.
- Handle equipment responsibly.
- Return equipment when directed.

- Keep activity areas clean.
- Report damaged equipment.
- Never intentionally misuse or damage school property.

Sportsmanship & Character

Sixth Grade students are expected to demonstrate appropriate behavior during both cooperative and competitive activities.

Students should:

- Follow rules honestly.
- Respect classmates and teachers.
- Encourage teammates.
- Include others.
- Communicate appropriately.
- Accept winning and losing respectfully.
- Resolve disagreements appropriately.
- Demonstrate self-control.

Winning is never more important than safety, respect, teamwork, or sportsmanship.

Health & Fitness

Students will develop a greater understanding of concepts related to:

- Cardiovascular fitness
- Muscular strength
- Muscular endurance
- Flexibility
- Hydration
- Physical activity
- Healthy choices
- Personal fitness
- Recreation
- Lifelong wellness

Students will be encouraged to understand how regular physical activity contributes to overall health and well-being.

Illness, Injury & Participation

Students should immediately tell the PE teacher if they experience an injury, pain, dizziness, illness, or unusual discomfort during physical activity.

If an illness or injury affects a student's ability to participate, parents/guardians should follow Driscoll ISD procedures for communicating participation restrictions to the school.

Activities may be modified when appropriate to allow students to participate safely.

Leadership & Junior High Preparation

Sixth Grade is an important transition year. Students will be encouraged to develop habits that prepare them for increased expectations in junior high.

Students will work toward:

- Greater independence
- Personal responsibility
- Self-discipline
- Consistent effort
- Positive communication
- Teamwork
- Leadership
- Accepting feedback
- Appropriate competition
- Good sportsmanship

Students interested in future athletic participation are encouraged to develop strong habits in the classroom and in Physical Education.

Our Driscoll Dragon Promise

As Sixth Grade Dragons, we will:

Be Safe.
Be Respectful.
Be Responsible.
Give Our Best Effort.
Lead by Example.
Support Our Teammates.
Show Good Sportsmanship.
Represent Driscoll with Pride.

Parent/Guardian Acknowledgment

We have reviewed the **Driscoll ISD 6th Grade Physical Education Syllabus** and understand the expectations for participation in Physical Education.

Student Name: _____

PE Schedule: ☐ MWF ☐ TTHF

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

DRISCOLL DRAGONS

Respect • Responsibility • Effort • Teamwork • Leadership • Sportsmanship