

SIXTH GRADE PHYSICAL EDUCATION MONITORING SHEET

Tri. P.6.1

The student will demonstrate competence in locomotor, non-locomotor, and manipulative skill combinations and sequences in dynamic game, rhythmic, and fitness activities

- ___ P.6.1.a Combine locomotor and manipulative skills into specialized sequences, and apply sequences to partner and small-group game-play
- ___ P.6.1.b Demonstrate incorporating complex movement and sequences to a rhythm
- ___ P.6.1.c Demonstrate skill in a variety of individual and team activities representative of different countries

Tri. P.6.2

The student will apply movement principles and concepts to movement-skill performance

- ___ P.6.2.a Refine and adapt individual and group activity skills by applying concepts of
 - ___ relationship
 - ___ effort
 - ___ spatial awareness
 - ___ speed
 - ___ pathways
- ___ P.6.2.b Use feedback, using available technology when feasible [digital recordings], to improve skill performance
- ___ P.6.2.c Initiate skill practice to improve movement performance, and apply principles of learning
 - ___ whole/part/whole
 - ___ many short practices vs. one long practice
 - ___ practice in game-like situations
- ___ P.6.2.d Understand and apply basic offensive and defensive tactics in noncomplex, modified activities (e.g., partner or small-groups cooperative or competitive activities)

Tri. P.6.3

The student will use personal fitness assessment data to improve physical fitness

- ___ P.6.3.a Use measurement and assessment data (e.g., standardized assessments, software, Fitness Gram, heart rate monitors, Internet, pedometers)
- ___ P.6.3.b The student will participate in an annual standardized physical fitness assessment (For example, Presidential Youth Fitness Program)
- ___ P.6.3.c Describe and apply basic principles of training (e.g., FITT [Frequency, Intensity, Time, Type], overload, progression) and their relationship to implementing safe and progressive personal fitness programs

AND/OR

Maintain a PE contract which tracks his/her activities done according to the FITT principle (Frequency, Intensity, Time, Type) to be turned in at the end of each quarter

- Tri. P.6.4** The student will work independently and with others in physical activity settings
- P.6.4.a Acknowledge and understand the positive and negative influence of peer pressure on decisions and actions in physical activity settings
 - P.6.4.b Solve problems, accept challenges, resolve conflicts, and accept decisions with reason and skill
 - P.6.4.c Follow rules and safety procedures
 - P.6.4.d Use practice time to improve performance
- Tri. P.6.5** The student will identify and seek opportunities in the school, at home, and in the community for regular participation in physical activity