

Department: Physical Education

Course Title: Physical Education Grade 6

Grade Level: 6

Length of Course: 18 weeks

Primary Resources: PA Standards

Units of Study:

- Unit 1: Team Sports
- Unit 2 : Cardiovascular Activities
- Unit 3 : Lifetime Fitness
- Unit 4 : Cooperative Games
- Unit 5 : Fitness Activities
- Unit 6 : 6 point day assessment
- Unit 7 : Cardio Day Assessment

Curriculum-Based Assessments: Skill Assessment Rubric, Teacher Observation, Student – Teacher Dialogues, Demonstration of Skills, Heart Rate Monitor, Changing for class

Standardized Assessments: N/A

Description of Course: 6th Grade Physical Education is an 18 week semester course. Students will participate in many fitness, cooperative and team activities.