

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY

6TH GR. HPED CURRICULUM PACING GUIDE

2025-2026

		This pacing guide for the 6 th grade curriculum is subject to change. Students and parents will be notified if a change occurs September 3 rd - February 29 th Calendar (Part 1 of 2)
CLASS	6 TH HPED	
TEACHER		

PROJECT PHASE	STARTING	ENDING	PROJECT PHASE	STARTING	ENDING
OPENING DAY PROCEDURES	9.3	9.9	BASKETBALL	11.30	12.11
PROJECT ADVENTURE (TEAM BUILDING)	9.10	9.18	NUTRITION	12.14	12.18
FITNESS (FITT,DAILY FIT LOG)	9.21	9.25	VOLLEYBALL/NITRO BALL	1.4	1.22
FITNESS TESTING PART 1	9.28	10.2	FITNESS STATION/ INTRO DANCE	1.25	1.29
SOCCER /SOCCER BATTLE BALL	10.5	10.16	FITNESS TESTING PART 2	2.1	2.9
BULLYING, SAFE/INJURY PREVENTION	10.19	10.27	DRUG/ALCOHOL/TOBACCO	2.10	2.29
ARCHERY	10.28	11.25	NO SCHOOL		

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
S M T W T F S 6 7 8 9 10 1 2 1 3 4 5 6 7 8 9	S M T W T F S 4 5 6 7 8 9 10 1 1 2 3 4 5 6 7 1 1 2 3 4 5 6 7	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 1 1 2 3 4 5 6 7 8 9 10 11 12	S M T W T F S 6 7 8 9 10 11 12 1 3 4 5 6 7 8 9 1 3 4 5 6 7 8 9	S M T W T F S 3 4 5 6 7 8 9 1 1 2 3 4 5 6 0 1 2 3 4 5 6 1 7 8 9 10 11 12	S M T W T F S 7 8 9 10 11 12 1 1 2 3 4 5 6 1 1 2 3 4 5 6 4 5 6 7 8 9 10

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

[illegible]

Time Frame	Topic Project Adventure/ Team Building	Standards	Resources Printed Technology	Assessments	
6 th Gr. HPED 9/ 10- 9/18	TSWBAT:				
	<ul style="list-style-type: none">● Apply rules and safety procedures, practice sportsmanship and teamwork, and cooperatively participate in a variety of group and individual fitness activities.● Develop fundamental physical skills and progress to complex movement activities as physically able.● Develop the personal skills necessary to comfortably and enjoyably participate in cooperative activities.● Acquire skills to move safely.● Understand concepts of physical fitness.● Recognize patterns of growth and development.● Use listening and observation skills to gain understanding.	<p>HE.5-6.2.1.6.A.1</p> <p>HE.5-6.2.1.6.A.2</p> <p>{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p> <p>{HE.5-6.} Social and emotional development impacts all components of wellness.</p> <p>{HE.5-6.2.2.6.A.1} Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others</p>	Adventure Curriculum for Physical Education (Middle School) by Project Adventure	<p>www.pecentral.org</p> <p>Google Forms</p>	<ul style="list-style-type: none">● Class Participation is based up Grading System- 5 points is the highest points earned for the day● Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship, offensive and defensive skills)● Pre/Post Tests on Google Forms● Student self-evaluation

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	<ul style="list-style-type: none"> • Use communication strategies and skills effectively to present ideas to others. • Analyze and reflect of ideas while paying attention and listening in a variety of situations. • Use a variety of effective listening strategies. • Encourage group members to offer ideas and points of view. • • Respect that a solution may require honoring and other points of view. 	<p>{HE.5-6.2.2.6.B.1} Use effective decision-making strategies.</p> <p>{HE.5-6.} Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>{HE.5-6.2.5.6.A.1} Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p>{HE.5-6.2.5.6.A.3} Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).</p> <p>{HE.5-6.} Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.</p> <p>{HE.5-6.2.5.6.A.4} Use self-evaluation and external feedback to detect and correct errors in one's movement performance.</p> <p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in</p>			<ul style="list-style-type: none"> • Student to student evaluations
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>games, sports, and other activity situations</p> <p>{HE.5-6.2.5.6.B.1} Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</p> <p>{HE.5-6.2.5.6.B.2} Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p> <p>{HE.5-6.} Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p> <p>{HE.5-6.2.5.6.C.1} Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>{HE.5-6.2.5.6.C.2} Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety</p> <p>{HE.5-6.} There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.</p> <p>{HE.5-6.2.6.6.A.2} Determine to what extent various activities improve skill-related fitness versus health-related fitness.</p>			
--	--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

--	--	--	--	--	--

Time Frame	Topic Fitness/FITT	Standards	Resources Printed Technology	Assessments	
6 th Gr. HPED 9/21- 25; 1/25-29	TSWBAT:				
	<ul style="list-style-type: none"> TSW:Track % body fat, resting heart rate, height, weight and BMI (BMI is automatically calculated based off a student's height and weight entries) over any time period. TSW:Compare data to healthy recommendations for each student's age 	<p>{HE.5-6.} Staying healthy is a lifelong process that includes all dimensions of wellness.</p> <p>{HE.5-6.2.1.6.A.1} Explain how health data can be used to assess and improve each dimension of personal wellness.</p> <p>{HE.5-6.2.1.6.A.2} Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.</p> <p>{HE.5-6.2.1.6.B.3} Create a daily balanced nutritional meal plan based on nutritional</p>	Hand out worksheets	Google Forms	<ul style="list-style-type: none"> Class Participation is based up Grading System- 5 points is the highest points earned for the day Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship, offensive and defensive skills) Pre/Post Tests on Google Forms Student self-evaluation Student to student evaluations

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	group.	content, value, calories, and cost.			
	<ul style="list-style-type: none"> TSW: Create a personal fitness plan to improve health data and track progress. 	<p>{HE.5-6.} Social and emotional development impacts all components of wellness.</p> <p>{HE.5-6.2.2.6.B.1} Use effective decision-making strategies.</p>			
	<ul style="list-style-type: none"> TSW: Define and apply the FITT Principle 	<p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p>			
	<ul style="list-style-type: none"> TSW: Be able to receive important information from the teacher via Classroom 	<p>{HE.5-6.2.6.6.A.5} Relate physical activity, healthy eating, and body composition to personal fitness and health.</p> <p>{HE.5-6.2.6.6.A.6} Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p>			

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

Time Frame	Topic Fitness Testing Part 1 &2	Standards	Res ources	Assessments
6 th Gr. HPED			Printed Technolog y	
9/28-10/2; 2/1-9	TSWBAT:			
	<ul style="list-style-type: none"> TSW develop the skills necessary to measure their own fitness and physical activity. TSW will also maintain regular participation in physical activity and analyze and evaluate their level of 	<p>{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p> <p>{HE.5-6.2.2.6.B.2} Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.</p> <p>{HE.5-6.2.2.6.C.3} Develop ways to proactively include peers with disabilities at</p>	<p>Workout Posters demonstratin g fitness exercising</p> <p>www.pecentral.org https://www.presidentschallenge.org Google Forms</p>	<ul style="list-style-type: none"> Class Participation is based up Grading System- 5 points is the highest points earned for the day Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship) Formal is done through record keeping and is based on the Presidential Fitness Testing

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	<p>involvement in physical activity.</p> <ul style="list-style-type: none"> TSW be able to find their resting heart rate before and after activity To prepare and motivate students to engage in physical activity outside of school and throughout life To provide opportunities for students to develop healthy habits while gaining an appreciation for its importance throughout life 	<p>home, at school, and in community activities.</p> <p>{HE.5-6.} Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p> <p>{HE.5-6.2.5.6.B.1} Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</p> <p>{HE.5-6.2.5.6.B.2} Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p> <p>{HE.5-6.} Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events</p>		<ul style="list-style-type: none"> Measuring Heart Rate <p>Fitness Testing: 8 PT Tests</p> <p>The Physical Fitness Test recognizes students for their level of physical fitness in five activities:</p> <ul style="list-style-type: none"> Sitl-ups (or partial curl-ups) Shuttle run Endurance run/walk Pull-ups (or right angle push-ups or flexed-arm hang) Push Up V-sit reach (or sit and reach) Vertical Leap Board Jump <p>Self-Evaluation and Goal Setting</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>contributes to enjoyment of the event.</p> <p>{HE.5-6.2.5.6.C.1} Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>{HE.5-6.2.5.6.C.2} Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</p> <p>{HE.5-6.} There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.</p> <p>{HE.5-6.2.5.6.C.3} Relate the origin and rules associated with certain games, sports, and dances to different cultures.</p> <p>{HE.5-6.2.6.A.6} Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p>			
--	--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

Time Frame	Topic Soccer/ Soccer Battle Ball	Standards	Resources Printed Technology	Assessments
6 th Gr. HPED 10/5-16	TSWBAT: <ul style="list-style-type: none"> TSWBAT: demonstrate how to properly dribble a soccer ball using the cues. TSWBAT: demonstrate how to properly pass a soccer ball using the cues. TSWBAT: demonstrate how to proper offensive and defensive skills TSWBAT: Explain and perform <u>movement skills</u> that 	<p>{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p> <p>{HE.5-6.} Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p>	<p>Worksheets and handouts</p> <p>www.pecentral.org Soccer Website for drills and skills</p> <p>Google Forms</p>	<ul style="list-style-type: none"> Class Participation is based up Grading System- 5 points is the highest points earned for the day Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship, offensive and defensive skills) Pre/Post Tests on Google Forms Student self-evaluation

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	<p>combine mechanically correct movement in smooth flowing sequences in isolated settings</p> <ul style="list-style-type: none"> • TSWBAT: Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement • TSWBAT: demonstrate dodging, offensive and defensive skills. • TSWBAT: demonstrate aim for a targeted area (Such as a goal) • TSWBAT: explain why it is important to have good offensive and defensive skills • TSWBAT: identify why it is important to stretch and run 	<p>{HE.5-6.} Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.</p> <p>{HE.5-6.2.5.6.A.4} Use self-evaluation and external feedback to detect and correct errors in one's movement performance.</p> <p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p> <p>{HE.5-6.2.5.6.B.1} Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</p> <p>{HE.5-6.2.5.6.B.2} Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p>			<ul style="list-style-type: none"> • Student to student evaluations
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>{HE.5-6.} Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p> <p>{HE.5-6.2.5.6.C.2} Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</p> <p>{HE.5-6.} Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.</p>			
--	--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

Time Frame	Topic Bullying/Safety, Injury Prevent	Standards	Resources Printed Technology	Assessments
6 th Gr. HPED 10/19-27	TSWBAT:			
	<ul style="list-style-type: none"> TSW be able to list and identity different intentional and unintentional injuries. TWS be able to identify, list, demonstrate and recognize different ways to protect him/herself. TWS be able to explain what to do if abuse is suspected or occurs. TWS be able to summarize the components of the traffic safety system and explain how people contribute to making the system effective. TWS be able to identify, list, demonstrate and recognize different aspects of safety 		Please view curriculum USB Health Curriculum Flash Drive Google Form SmartBoard CyberBullying Movie ABC Government based website CDC NHS www.pecentral.org	<ul style="list-style-type: none"> Class Participation is based up Grading System- 5 points is the highest points earned for the day Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship) Formal is done through record keeping and is based on the class work, test/quizzes, homework, Bell Ringers

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	such as personal, online, traffic, fire, food safeties.			Please View Curriculum	<ul style="list-style-type: none"> Pre/Post Test Classwork/ Homework
--	---------------------------------------------------------	--	--	------------------------	----------------------------------------------------------------------------------------------

Time Frame	Topic Archery	Standards	Resources Printed Technology	Assessments	
6 th Gr. HPED 10/28-11/24	TSWBAT: <ul style="list-style-type: none">Participate in archery in a safe and responsible mannerSuccessfully perform archery skillsParticipation in archery activities promote my character developmentParticipation in archery activities enhance my physical, emotional and social well-being	{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others. {HE.5-6.} Personal core ethical values impact the behavior of oneself and others. {HE.5-6.2.2.6.C.1} Explain how character and core	Fish and Wild Life Basic Archery Instructor book , DVD, posters and worksheets NASP Materials	Smart Board PowerPoints, NASP DVD Google Forms http://naspschools.org	<ul style="list-style-type: none">Class Participation is based up Grading System- 5 points is the highest points earned for the dayInformal observation is noted by teacher(ex. Participation , prepared, sportsmanship)Formal is done through record keeping and is based on the class work,

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

<ul style="list-style-type: none"> • Figure out which is my dominant eye • Use the string bow tool to improve his/her archery skills • Identify the 11 Steps to Archery Success • Explain the means of range lines and whistle blasts? 	<p>ethical values can be useful in addressing challenging situations.</p> <p>{HE.5-6.} Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.</p> <p>{HE.5-6.2.2.6.C.3} Develop ways to proactively include peers with disabilities at home, at school, and in community activities.</p> <p>{HE.5-6.} Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>{HE.5-6.2.5.6.A.1} Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p>{HE.5-6.2.5.6.A.2} Explain concepts of force and motion and demonstrate</p>			<p>test/quizzes, homework, Bell Ringers</p> <ul style="list-style-type: none"> • Pre/Post Test Required in order to participate • Bow String Shooting Required in order to shoot live bows • Self-Evaluation • Final End of Unit Exam
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p> <p>{HE.5-6.} Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.</p> <p>{HE.5-6.2.5.6.A.4} Use self-evaluation and external feedback to detect and correct errors in one's movement performance.</p> <p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p> <p>{HE.5-6.2.5.6.B.1} Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</p> <p>{HE.5-6.2.5.6.B.2} Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p> <p>{HE.5-6.} Practicing appropriate and safe</p>			
--	--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p> <p>{HE.5-6.2.5.6.C.1} Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>{HE.5-6.2.5.6.C.2} Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</p> <p>{HE.5-6.2.5.6.C.3} Relate the origin and rules associated with certain games, sports, and dances to different cultures.</p> <p>{HE.5-6.2.6.6.A.6} Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p>			
--	--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

Time Frame	Topic Basketball	Standards	Resources Printed Technology	Assessments	
6 th Gr. HPED 12/1- 11	TSWBAT: <ul style="list-style-type: none">TSWBAT: comprehend the principle “BEEF” as it relates to shooting form.TSWBAT: grasp how the concept of spacing during play will enhance passing and offensive opportunities.TSWBAT: recognize the importance of balance and correct defensive position.TSWBAT: recognize which health-related components of fitness are achieved from playing basketball.	{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others. {HE.5-6.2.2.6.B.2} Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others. {HE.5-6.2.2.6.C.3} Develop ways to proactively include peers with disabilities at home.	CW/HW worksheets and handouts Please see curriculum	www.pecentral.org Basketball Website for drills and skills Google Forms	<ul style="list-style-type: none">Class Participation is based up Grading System- 5 points is the highest points earned for the dayInformal observation is noted by teacher(ex. Participation , prepared, sportsmanship, offensive and defensive skills)Pre/Post Tests on Google FormsStudent self-evaluation

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

<ul style="list-style-type: none"> • TSWBAT: show how to correctly pass a basketball using the cues to either the chest or bounce pass • TSWBAT: show how to correctly dribble a basketball using the finger pads, while maintaining his/her head in a forward upright position. • TSWBAT: display the correct form ("BEEF") while shooting a basketball. • TSWBAT: demonstrate correct defensive position. • TSWBAT: perform the layup shot demonstrating the proper mechanics. • TSWBAT: display good sportsmanship during play in victory or defeat. • TSWBAT: utilize the concept of teamwork during play. • TSWBAT: demonstrate behavior that is consistent with "safe" guidelines as outlined by the teacher. • TSWBAT: be sensitive to the differences in physical ability levels of other students 	<p>at school, and in community activities.</p> <p>{HE.5-6.} Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p> <p>{HE.5-6.2.5.6.B.1} Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</p> <p>{HE.5-6.2.5.6.B.2} Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p> <p>{HE.5-6.} Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive</p>			<ul style="list-style-type: none"> • Student to student evaluations
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>events contributes to enjoyment of the event.</p> <p>{HE.5-6.2.5.6.C.1} Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>{HE.5-6.2.5.6.C.2} Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</p> <p>{HE.5-6.} There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.</p> <p>{HE.5-6.2.5.6.C.3} Relate the origin and rules associated with certain games, sports, and dances to different cultures.</p> <p>{HE.5-6.2.6.A.6} Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p>			
--	--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
 6TH GR. HPED CURRICULUM PACING GUIDE
 2025-2026

Time Frame	Topic Nutrition	Standards	Resourc es Printed Technology	Assessments
6 th Gr. HPED				
12/14-23	TSWBAT:			
	<ul style="list-style-type: none">TSWBAT identify and explain key words such as nutrition and nutrientsTSWBAT explain and demonstrate her/his Food Label identification skills.TSWBAT summarize the	<p>{HE.5-6.} Eating patterns are influenced by a variety of factors.</p> <p>{HE.5-6.2.1.6.B.1} Determine factors that influence food choices and eating patterns.</p> <p>{HE.5-6.2.1.6.B.2} Summarize the benefits and risks associated with nutritional choices, based on eating patterns.</p>	<p>Classwork/HW handouts worksheets</p> <p>Please view curriculum</p>	<p>Start: Eating Disorder Movie 2006 Documentary THIN https://www.youtube.com/watch?v=W7fLaOFEmL4</p> <p>Brain POP Eating Disorders:</p> <p>My Anorexia Story: https://www.youtube.com/watch?v=sz-</p> <ul style="list-style-type: none">Class Participation is based up Grading System- 5 points is the highest points earned for the dayInformal observation is noted by teacher(ex. Participation , prepared, sportsmanship)

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	<p>Dietary Guidelines for Americans.</p> <ul style="list-style-type: none"> TSWBAT recognize the importance of eating healthy foods in the correct portion through the MyPlate TSWBAT understand how fats and sugars effect the body TSWBAT understand how blood pressure works and is related to exercise and good nutrition TSWBAT determine factors that influence food choices and eating patterns TSWBAT summarize the benefits and risks associated with nutritional choices based on eating patterns TSWBAT create a daily balanced nutritional meal plan based on nutritional content, value, calories and cost TSWBAT compare and contrast nutritional information 	<p>{HE.5-6.2.1.6.B.3} Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.</p> <p>{HE.5-6.2.1.6.B.4} Compare and contrast nutritional information on similar food products in order to make informed choices.</p> <p>{HE.5-6.} Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p> <p>{HE.5-6.2.2.6.B.1} Use effective decision-making strategies.</p>		<p>nPMTXduo</p> <p>Cause and Effect: How Media effects you</p> <p>Google Forms</p>	<ul style="list-style-type: none"> Formal is done through record keeping and is based on the class work, test/quizzes, homework, Bell Ringers Pre/Post Test Classwork/ Homework
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	----------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	<p>on similar food products in order to make informed choices</p> <ul style="list-style-type: none"> TSWBAT use effective decision making strategies TSWBAT identify and understand different eating disorders 				
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--	--

Time Frame	Topic Volleyball/Nitro Ball	Standards	Resources Printed Technology	Assessments	
6 th Gr. HPED 1/4 - 15	TSWBAT:				

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

<ul style="list-style-type: none"> • Use proper form and technique while performing the skills in class. (Bump, set, Serve, and Blocking) • Participate in all drills to increase accuracy in the game of Volleyball and Nirto Ball. • Name the key words of the skills that we cover as a class • TSWBAT: grasp how the concept of spacing during play will enhance passing and offensive opportunities. • TSWBAT: recognize the importance of balance and correct defensive position. • TSWBAT: recognize which health-related components of fitness are achieved from playing volleyball. • TSWBAT: show how to correctly pass a volleyball using the cues to either the bump or set pass • TSWBAT: demonstrate correct defensive position. • TSWBAT: perform the bump, set, serve, or block demonstrating the proper mechanics. • TSWBAT: display good sportsmanship during play in victory or defeat. • TSWBAT: utilize the concept of teamwork during play. 	<p>{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p> <p>{HE.5-6.2.2.6.B.2} Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.</p> <p>{HE.5-6.2.2.6.C.3} Develop ways to proactively include peers with disabilities at home, at school, and in community activities.</p> <p>{HE.5-6.} Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>{HE.5-6.} There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</p> <p>{HE.5-6.2.5.6.B.1} Demonstrate the use of offensive, defensive, and cooperative strategies in</p>	<p>Classwork/HW handouts worksheets</p> <p>Please view curriculum</p>	<p>www.pecentral.org Volleyball Website for drills and skills</p> <p>Google Forms</p>	<ul style="list-style-type: none"> • Class Participation is based up Grading System- 5 points is the highest points earned for the day • Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship, offensive and defensive skills) • Pre/Post Tests on Google Forms • Student self-evaluation • Student to student evaluations
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

	<ul style="list-style-type: none"> • TSWBAT: demonstrate behavior that is consistent with “safe” guidelines as outlined by the teacher. • TSWBAT: be sensitive to the differences in physical ability levels of other students 	<p>individual, dual, and team activities.</p> <p>{HE.5-6.2.5.6.B.2} Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p> <p>{HE.5-6.} Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p> <p>{HE.5-6.2.5.6.C.1} Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>{HE.5-6.2.5.6.C.2} Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</p> <p>{HE.5-6.} There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.</p>			
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>{HE.5-6.2.5.6.C.3} Relate the origin and rules associated with certain games, sports, and dances to different cultures.</p> <p>{HE.5-6.2.6.6.A.6} Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p>			
--	--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

Time Frame	Topic Drug/Alcohol/Tobacco/Addiction	Standards	Resources Printed Technology	Assessments
------------	-----------------------------------------	-----------	------------------------------------	-------------

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

6 th Gr. HPED 2/10- 29	TSWBAT:				
	<ul style="list-style-type: none"> Define the stages of addiction. Determine reasons teens choose to use tobacco, alcohol and other drugs. Evaluate the dangers of experimenting with tobacco, alcohol or other drugs. Explain the negative consequences of drug addiction. Explore the choices involved in saying "YES" to a healthy lifestyle and "NO" to underage drinking Understand the ways that alcohol affects various internal organs "YES" to a healthy lifestyle and "NO" to underage drinking Understand the harmful effects of alcohol on the teenage brain. "YES" to a healthy lifestyle and "NO" to underage drinking To understand the high cost of smoking cigarettes. To increase the students' knowledge of the effects of tobacco use Students will define peer pressure. 	<p>{HE.5-6.} Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p> <p>{HE.5-6.2.1.6.D.1} Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.</p> <p>{HE.5-6.} Social and emotional development impacts all components of wellness.</p> <p>{HE.5-6.} Effective communication may be a determining factor in the outcome of health- and safety-related situations.</p> <p>{HE.5-6.2.2.6.A.1} Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.</p> <p>{HE.5-6.} Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.</p> <p>{HE.5-6.2.2.6.A.2} Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.</p>	CW/HW worksheets and handouts	<p>www.brainpop.com</p> <p>http://www.etr.org/healthsmart/f/common/mstob06actwhatstagepdf</p> <p>http://www.etr.org/healthsmart/about-healthsmart/sample-lessons/middle-school-experimentation-addiction-whats-the-truth-taod-lesson-6</p> <p>Governmental Health website</p>	<ul style="list-style-type: none"> Class Participation is based up Grading System- 5 points is the highest points earned for the day Informal observation is noted by teacher(ex. Participation , prepared, sportsmanship) Formal is done through record keeping and is based on the class work, test/quizzes, homework, Bell Ringers Pre/Post Test Classwork/ Homework

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

<ul style="list-style-type: none"> Students will be able to identify three types of direct pressure. Students will be able to identify three types of indirect pressure. Students will be able to define internal pressure. Students will be able to define external pressure. Students will state an example of each of the twelve types of refusal skills. Students will identify verbal and nonverbal refusal skills. 	<p>{HE.5-6.} Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p> <p>{HE.5-6.2.2.6.B.1} Use effective decision-making strategies.</p> <p>{HE.5-6.2.2.6.B.3} Determine how conflicting interests may influence one's decisions.</p> <p>{HE.5-6.2.2.6.B.4} Apply personal health data and information to support achievement of one's short- and long-term health goals.</p> <p>{HE.5-6.2.2.6.C.1} Explain how character and core ethical values can be useful in addressing challenging situations.</p> <p>{HE.5-6.} Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.</p> <p>{HE.5-6.2.2.6.C.2} Predict situations that may challenge an individual's core ethical values.</p> <p>{HE.5-6.} There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.</p> <p>{HE.5-6.2.3.6.B.1} Explain the system of drug classification and why it is useful in preventing substance abuse.</p>			
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>{HE.5-6.2.3.6.B.2} Relate tobacco use and the incidence of disease.</p> <p>{HE.5-6.2.3.6.B.3} Compare the effect of laws, policies, and procedures on smokers and nonsmokers.</p> <p>{HE.5-6.2.3.6.B.4} Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.</p> <p>{HE.5-6.2.3.6.B.5} Determine situations where the use of alcohol and other drugs influence decision-making and can place one at risk.</p> <p>{HE.5-6.2.3.6.B.6} Summarize the signs and symptoms of inhalant abuse.</p> <p>{HE.5-6.2.3.6.B.7} Analyze the relationship between injected drug use and diseases such as HIV/AIDS and hepatitis.</p> <p>{HE.5-6.} Substance abuse is caused by a variety of factors.</p> <p>{HE.5-6.2.3.6.C.1} Summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.</p> <p>{HE.5-6.2.3.6.C.2} Explain how wellness is affected during the stages of drug dependency/addiction.</p>			
--	--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

SUSSEX COUNTY CHARTER SCHOOL FOR TECHNOLOGY
6TH GR. HPED CURRICULUM PACING GUIDE
2025-2026

		<p>{HE.5-6.2.3.6.C.3} Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low self-esteem, genetics, and poor role models.</p> <p>{HE.5-6.} There are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.</p> <p>{HE.5-6.2.3.6.C.4} Determine effective strategies to stop using alcohol, tobacco and other drugs, and that support the ability to remain drug-free.</p>			
--	--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--