



Grade Level: 6

Content: Physical Education

Year: 23-24

Course Description/Rationale

In middle physical education, students are introduced to a variety of physical activities that promote lifelong health and wellness. Students will have the opportunity to develop activity specific motor skills, gain knowledge and behaviors for active living, and understand the importance of moving at a health enhancing level of physical fitness. Through this progression, students will move onto high school with a foundation of skills to live a healthy life.

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Ultimate Frisbee	3 Weeks	<ul style="list-style-type: none"> - Throws with a mature pattern for distance or power appropriate to the practice task (S1.M2.6) - Passes and receives with hands in combination with locomotor patterns of running and change of direction & speed with competency in invasion games... (S1.M4.6) - Creates open space with movement: executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball, uses a variety of passes, pivots, and fakes, give & go. (S2.M2.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (S4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2,3,4
Ultimate Football	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Passing & Receiving - Throws, while stationary, a leading pass to a moving receiver. (S1.M5.6) - Creates open space with movement: executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball, uses a variety of passes, pivots, and fakes, give & go. (S2.M2.6) - Cooperates with a small group of classmates during 	1,2,3,4

		<p>adventure activities and gameplay or team building activities (S4.M5.6)</p> <ul style="list-style-type: none"> - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	
Volleyball	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Two hand volley - Two-hand-volleys with control in a variety of practice tasks. (S1.M17.6) - Striking - Strikes with a mature overhand pattern in a non dynamic environment for net/wall games such as volleyball, handball, badminton or tennis. (S1.M13.6) - Serving - Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball. (S1.M12.6) - Selects offensive shot based on opponents location (hit where the opponent is not) (S2.M8) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (s4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2,3,4
Eclipse Ball	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Forehand & backhand - Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. (S1.M14.6) - Striking - Strikes with a mature overhand pattern in a nondynamic environment for net/wall games such as volleyball, handball, badminton or tennis. (S1.M13.6) - Creates open space in net/wall games with a short-handled implement by varying force and direction. (S2.M7.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (s4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback 	1,2, 3,4

		(S4.M4.6)	
Spikeball	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) Identifies open spaces and attempts to strike objects into that space. (S2.M10.6) - Striking - Strikes with a mature overhand pattern in a non dynamic environment for net/wall games such as volleyball, handball, badminton or tennis. (S1.M13.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (s4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (s4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2, 3,4
Tchoukball/Han dball	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Catching - Catches, with a mature pattern, from different trajectories using a variety of objects in varying practice tasks. (S1.M21.6) - Transitions from offense to defense or defense to offense by recovering quickly. (S2.M6.6) - Creates open space by using locomotor movements(e.g., walking, running, jumping & landing) in combination with movement(e.g., varying pathways; change of speed, direction or pace). (S2.M1.6) - Selects appropriate shot and/or club based on location of the object in relation to the target. (S2.M9.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (S4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2, 3,4

Basketball	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Passing and Receiving- Passes and receives with hand in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as basketball, flag football, speedball or team handball. (s1.M4.6) - Offensive Skills - Performs pivots, fakes and jab steps designed to create open space during practice tasks. (S1.M6.6) - Offensive Skills - Performs the following offensive skills without defensive pressure: pivot, give & go, and fakes. (S1.M7.6) - Dribbling/Ball Control - Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks. (S1.M8.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (s4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2, 3,4
Badminton	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Serving - Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball. (S1.M12.6) - Forehand & backhand - Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. (S1.M14.6) - Creates open space in net/wall games with a short-handled implement by varying force and direction. (S2.M7.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (s4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2, 3,4

Pickleball	3 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Serving - Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball. (S1.M12.6) - Forehand & backhand - Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. (S1.M14.6) - Creates open space in net/wall games with a short-handled implement by varying force and direction. (S2.M7.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (S4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2, 3,4
Rollerblading	2 Weeks	<ul style="list-style-type: none"> - Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6) - Cooperates with a small group of classmates during adventure activities and gameplay or team building activities (S4.M5.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2, 3,4
Soccer	1 Week	<ul style="list-style-type: none"> - Foot dribbles, changing speed and direction in a variety of practice tasks. (S1.M9) 	1,2, 3,4
Disc Golf	2 Weeks	<ul style="list-style-type: none"> - Throws with a mature pattern for distance or power appropriate to the practice task (S1.M2.6) - Selects appropriate shot and/or club based on location of the object in relation to the target. (S2.M9.6) - Accepts differences among classmates in physical development, maturation and varying skills levels by providing encouragement and positive feedback (S4.M4.6) 	1,2,3,4

Lifetime/Leisure Activities	1-2 Weeks	<ul style="list-style-type: none"> - Participates in a variety of lifetime recreational team sports. (S3.M5) - Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game. (S5.M6) 	1,2, 3,4
Fitness Knowledge	On Going	<ul style="list-style-type: none"> - Describes how being physically active leads to a healthy body. (S3.M1) - Sets and monitors a physical activity goal. (S3.M8) - Employs correct techniques and methods of stretching. (S3.M9) - Describes the role of warm-ups and cool-downs before and after physical activity.(S3.M12) 	1,2, 3,4