

6th Grade At A Glance

Themes <i>Duration</i>	Movement	Fitness	Attitudes	Benchmarks (BM)
Orientation <i>One Week</i>	6.1 B Spatial Awareness 6.2 ABC Organization	6.5A Equipment Safety, 6.5B Proper Attire 6.5D Hydration & Sun Protection	6.7 A Etiquette 6.7 B Problem Solving 6.7 E Team Building	BM. 6.11
Health Related Fitness <i>Two Weeks</i>	6.1 CI Health Related Issues 6.2 B Skill Improvement (FG) 6.2 C Fitness Activities/ Stations	6.3B MVPA, 6.3C Measurement Components 6.4A Long Term Benefits of Exercise 6.4C Effects of Exercise 6.4F Nutrition 6.4 GHI Causes, Effects and Influences, 6.5A Safety Precautions 6.5C Warm-Up & Cool Down Activities	6.7D Cooperative Learning 6.7E Appreciate Individual Differences	BM. 6.7 BM. 6.8 BM. 6.9
Pedometers <i>One Week</i>	6.2AB Instant Activities	6.3C Self Assessments 6.3D Pedometers 6.4A Goals 6.4D Record Data 6.5A Proper Use of Equipment 6.5CD Warm-Up and Cool Down Activities	6.6B Accurate Scoring	BM. 6.6 BM. 6.8 BM. 6.9
Rhythm, Dance, and Balance <i>Two Weeks</i>	6.1C Yoga 6.1D Cha-Cha Slide 6.1E Rope Jumping 6.2A Motor Skills 6.2B Skills Development 6.2C Practice Time	6.4B Aerobic and Anaerobic	6.7D Cooperative Learning 6.7E Appreciate Individual Differences	BM. 6.2 BM. 6.6
Team Sports I <i>Four Weeks</i> <i>Football</i> <i>Softball</i> <i>Ultimate</i>	6.1B Agility & Balance 6.1C Coordination 6.1 F Power and Distance 6.1FGHIJK Throwing & Catching Skills 6.1 J Keep object in Air 6.2ABC Skill Development	6.3A Participation In & Out of School 6.3B MVPA 6.5A Proper Use of Equipment	6.6 AB Rules of the Game 6.7 A Etiquette 6.7 B Problem Solving 6.7 E Accepts Diversity 6.7 F Small Sided Games	BM. 6.1 BM. 6.4 BM. 6.5 BM. 6.11
Team Sports II <i>Three Weeks</i> <i>Basketball</i> <i>Hockey</i> <i>Soccer</i> <i>Volleyball</i>	6.1G Striking Ball w/Racquet 6.1H Striking Ball w/ Hockey Stick 6.1B Agility & Balance 6.1F Power & Distance 6.1I Hand/Foot Dribble 6.2ABC Skill Development	6.3A Participation In & Out of School 6.3B MVPA 6.5A Proper Use of Equipment	6.6 AB Rules of the Game 6.7 A Etiquette 6.7 B Problem Solving 6.7 C Follow Rules 6.7 F Small Sided Games	BM. 6.3 BM. 6.12

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Individual Sports I <i>Three Weeks</i> Badminton Pickle Ball Tennis	6.1 ABC Racquet Skills 6.1G Striking with Racquet 6.2 ABC Skill Development	6.3A Lifetime Sports 6.3 C Goal Setting 6.4 E Monitor Individual Progress 6.5A Proper Use of Equipment	6.6 AB Rules of the Game 6.7 C Cooperative Groups 6.7 F Small Sided Games	BM. 6.6
Individual Sports II <i>Two Weeks</i> Bowling Fitness Activities Other Approved Activities Tchoukball	6.1 ABF Skills in Accuracy/ Distance in Throwing 6.1B Spatial Awareness 6.1C Coordination 6.2 ABC Skill Development	6.3 A Appreciate Lifetime Sports 6.3 ABCD Benefits of PA 6.3 B MVPA 6.3 D Pedometer Technology 6.4 A Long-term Benefits 6.4 B Anaerobic vs. Aerobic 6.4F Nutrition, 6.4GH Drugs/Alcohol 6.5 C Safety Procedures 6.5 D Identify dangerous exercises 6.5 E Water Safety	6.6 AB Shows Responsibility	BM. 6.9 BM. 6.10

