

# Grade 6 Physical Education

## Course Description

6th grade physical education is a yearlong required course. Students continue to increase their knowledge and development of skills they learned at the elementary level. This course includes individual and team sports with emphasis on good sportsmanship as well as healthy competition. The five components of fitness are reintroduced along with the basic swimming skills. Participation in this class will assist the 6th grade students in achieving and maintaining a lifetime of physical wellness.

## Standards

### Essential Standards:

1.	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
2.	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

### Important Standards:

1.	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
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### Enhancing Standards:

1.	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
2.	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.