

Physical Education

Sixth Grade

Requirements: California P.E. standards for grades 1-6 require a minimum of 200 minutes each 10 days of Physical Education. This includes physical activity, understanding games and rules, personal hygiene, nutritious food choice and healthy living choices.

Background:

Students at this age are better able to combine various skills in cooperative activities. Despite their desire for independence, they have a genuine desire to help others and should be given ample opportunities to do so. They are interested in team play and should have the rules of good sportsmanship modeled and expected of them.

Movement Skills:

At this age students are ready to combine physical skills with cooperative effort. Students should be given the opportunity to experience traditional sports such as bowling, foot-bag skill game, and throwing games. Games that facilitate good eye hand coordination are appropriate. Games from other cultures and geographic regions should be introduced. For example, tribal dances, high-life from Ghana etc. should be learned and practiced. Cooperation among their peers as well as good sportsmanship skills should be expected. They should be able to provide positive feedback as well as receive it in a respectful manner. Students should learn concepts related to Newton's third law of motion. That is, when struck, an object will rebound in the opposite direction with the same amount of force with which it is hit. The harder an object is hit, the greater the force and direction of the object. Sixth graders should understand the health-fitness connection and should be expected to attain a certain level of fitness. Personal hygiene should be discussed particularly in relation to hormonal and physical changes.

Objectives:

Students will be able to:

- Throw a variety of objects demonstrating both accuracy and distance.
- Design and play in small group games that involve cooperation with others.
- Demonstrate with accuracy the physical skills required maintain muscular strength, endurance, flexibility and cardio-respiratory functioning.
- Participate in games, sports and activities according to their interest level.
- Recognize the function of games and sports in cultures.
- Use games and sports as a tool to get to know others and work in a cooperative manner.