



Shakopee Area Catholic School
Physical Education Standards and Benchmarks
Grade Level: 6

Students will demonstrate mature movement patterns.

- Students will demonstrate mature traveling skills like walking, running, galloping, hopping, skipping, sliding.
- Students will describe critical elements of correct movement patterns.
- Students will describe locomotor movements used in different sports/activities.

Students will perform basic rhythmic skills.

- Students will demonstrate slide (sashe)
- Students will move to a variety of musical rhythms.
- Students will demonstrate grapevine.
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Students will exhibit appropriate social behavior.

- Students will work cooperatively with others to achieve common goal.
- Students will demonstrate safety.
- Students will follow the rules.
- Students will participate in cooperative activities in both a leadership and follower role.
- Students will display appreciation of accomplishments of both the greater and less skilled individuals in group or team activities.

Students will demonstrate spatial awareness.

- Students will show how to move about the gym without running into walls or other people.
- Students will show how to give others space when exercising and during activities.
- Students will apply concept of left/right, backwards/forwards in movement.
- Describe basic strategies for offense/defense in simple lead-up games.

Students will perform with manipulative equipment.

- Students will practice/assess throwing technique with different sizes and shapes of balls (softballs, footballs, playballs).
- Students will practice serving, passing, and setting skills with volley-lites and analyze performance.
- Students will demonstrate kicking skills with a moving/stationary ball (football, soccer ball, kickball).

Students will create and demonstrate short jump rope routine.

- Students will practice passing, stick-handling, and shooting with hockey sticks.
- Students will demonstrate mature striking skills with softball bats and balls.
- Students will practice throwing and catching Frisbees.

Students will demonstrate fitness activities.

- Students will perform basic exercises and stretches.
- Students will identify activities that contribute to a healthy lifestyle.
- Students will participate in activities outside of school that are health enhancing and can be continued throughout lifetime.
- Students will assess individual fitness components and develop goals for improvement.