



Physical Education Scope and Sequence

Grade 6

Week	Skill/Concept	Suggested Activities
1	Group Dynamics	Identify and agree on a common goal when participating in a cooperative physical activity.
	Group Dynamics	Analyze possible solutions to a movement problem in a cooperative physical activity and come to a consensus on the best solution.
	Social Interaction	Identify and define the role of each participant in a cooperative physical activity.
	Self-Responsibility	Evaluate individual responsibility in group efforts.
	Self-Responsibility	Participate productively in group physical activities.
2	Movement Concepts	Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns.
	Movement Concepts	Explain how to increase force based on the principles of biomechanics.
	Movement Concepts	Analyze and correct errors in movement patterns.
	Combination of Movement Patterns and Skills	Develop a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy and teach the game to another person.
	Movement Concepts	Provide feedback to a partner to assist in developing and improving movement skills.
3	Movement Concepts	Volley an object repeatedly with a partner, using the forearm pass.
	Movement Concepts	Strike an object consistently, using a body part, so that the object travels in the intended direction at the desired height.
	Movement Concepts	Illustrate how the intended direction of an object is affected by the angle of the implement or body part at the time of contact.
	Fitness Concepts	Distinguish between effective and ineffective warm-up and cool-down techniques.
	Fitness Concepts	Identify contraindicated exercises and their adverse effects on the body.
4	Manipulative Skills	Strike an object consistently, using an implement, so that the object travels in the intended direction at the desired height.
	Manipulative Skills	Strike a ball continuously against a wall and with a partner, using a paddle for the forehand stroke and the backhand stroke.
	Combination of Movement Patterns and Skills	Combine relationships, levels, speed, direction, and pathways in complex individual and group physical activities.
	Manipulative Skills	Identify the time necessary to prepare for and begin a forehand stroke and a backhand stroke.
	Manipulative Skills	Illustrate how the intended direction of an object is affected by the angle of the implement or body part at the time of contact.
5	Manipulative Skills	Dribble and pass a ball to a partner while being guarded.

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	Combination of Movement Patterns and Skills	Combine motor skills to play a lead-up or modified game.
	Manipulative Skills	Identify opportunities to pass or dribble while being guarded.
	Movement Concepts	Identify practices and procedures necessary for safe participation in physical activities.
	Combination of Movement Patterns and Skills	Combine motor skills to play a lead-up or modified game.
6	Fitness Assessment	Assess the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition) by using a scientifically based health-related fitness assessment.
	Fitness Assessment	Compare individual physical fitness results with research-based standards for good health.
	Fitness Assessment	Develop individual goals for each of the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition).
	Fitness Assessment	Develop a one-day personal physical fitness plan specifying the intensity, time, and types of physical activities for each component of health-related physical fitness.
	Fitness Assessment	Measure and evaluate changes in health-related physical fitness based on physical activity patterns.
7	Fitness	Participate in moderate to vigorous physical activity a minimum of four days each week.
	Fitness	Develop individual goals for each of the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition).
	Fitness	Explain methods of monitoring heart rate intensity.
	Fitness	List the long-term benefits of participation in regular physical activity.
	Fitness	Compile and analyze a log noting the food intake/calories consumed and energy expended through physical activity.
8	Combination of Movement Patterns and Skills	Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.
	Movement Concepts	Identify practices and procedures necessary for safe participation in physical activities.
	Movement Concepts	Provide feedback to a partner to assist in developing and improving movement skills.
	Movement Concepts	Analyze and correct errors in movement patterns.
	Movement Concepts	Explain how impact force is reduced by increasing the duration of impact.
9	Combination of Movement Patterns and Skills	Develop a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy and teach the game to another person.
	Manipulative Skills	Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns.

Week	Skill/Concept	Suggested Activities
	Fitness	Participate in moderate to vigorous physical activity a minimum of four days each week.
	Self-Responsibility	Participate productively in group physical activities.
	Group Dynamics	Identify and agree on a common goal when participating in a cooperative physical activity.
10	Rhythmic Skills	Perform folk and line dances.
	Rhythmic Skills	Develop, refine, and demonstrate routines to music.
	Rhythmic Skills	Identify steps and rhythm patterns for folk and line dances.
	Rhythmic Skills	Explain how movement qualities contribute to the aesthetic dimension of physical activity.
	Group Dynamics	Analyze possible solutions to a movement problem in a cooperative physical activity and come to a consensus on the best solution.
11	Fitness Assessment	Assess the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition) by using a scientifically based health-related fitness assessment.
	Fitness Assessment	Compare individual physical fitness results with research-based standards for good health.
	Fitness Assessment	Develop individual goals for each of the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition).
	Fitness Assessment	Develop a one-day personal physical fitness plan specifying the intensity, time, and types of physical activities for each component of health-related physical fitness.
	Fitness Assessment	Measure and evaluate changes in health-related physical fitness based on physical activity patterns.
12	Fitness	Participate in moderate to vigorous physical activity a minimum of four days each week.
	Fitness	Develop individual goals for each of the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition).
	Fitness	Explain methods of monitoring heart rate intensity.
	Fitness	List the long-term benefits of participation in regular physical activity.
	Fitness	Compile and analyze a log noting the food intake/calories consumed and energy expended through physical activity.
13	Combination of Movement Patterns and Skills	Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.
	Movement Concepts	Identify practices and procedures necessary for safe participation in physical activities.
	Movement Concepts	Provide feedback to a partner to assist in developing and improving movement skills.
	Movement Concepts	Analyze and correct errors in movement patterns.

Week	Skill/Concept	Suggested Activities
	Movement Concepts	Explain how impact force is reduced by increasing the duration of impact.
14	Combination of Movement Patterns and Skills	Develop a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy and teach the game to another person.
	Manipulative Skills	Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns.
	Fitness	Participate in moderate to vigorous physical activity a minimum of four days each week.
	Self-Responsibility	Participate productively in group physical activities.
	Group Dynamics	Identify and agree on a common goal when participating in a cooperative physical activity.
15	Rhythmic Skills	Perform folk and line dances.
	Rhythmic Skills	Develop, refine, and demonstrate routines to music.
	Rhythmic Skills	Identify steps and rhythm patterns for folk and line dances.
	Rhythmic Skills	Explain how movement qualities contribute to the aesthetic dimension of physical activity.
	Group Dynamics	Analyze possible solutions to a movement problem in a cooperative physical activity and come to a consensus on the best solution.