

Teacher: CORE P.E. Grade 6  
 Course: P.E. Grade 6

Year: 2010-11  
 Month: All Months

S e p t e m b e r	FITNESS:TESTING WELLNESS							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Star
	what are the main components of fitness?  why is being physically fit important? why is testing one's fitness level important?	Presidential Fitness Testing  Resources: wood blocks pull-up bar yardstick track stopwatch	1. warm-up - walking, jogging, running. 2. muscular strength 3. muscular endurance 4. heart rate 5. flexibility 6. spatial awareness 7. start and stop signals		Fitnessgram 9/15/2010			PE. PH EDU dem com vari phy acti (gar exer prov con each PE. PH EDU com inte func skil tech on f incl asse und rela betw phy and prev illne and deat

Team Activity:SOCCER ~ 4 Days

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Star
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<p>Why is teamwork so important?          What are the roles and values associated with teamwork?          How can competency or proficiency in an activity impact your fitness level?          How can leadership effect group activity?          How can problem solving effect group activity?          How does age and ability impact involvement in physical activity?          How does an individual's actions and behaviors impact physical activity?          How does personal and social behaviors effect activity (variety of roles, etc.)?          How is skill level</p>	<p>Indoor Soccer Game</p>	<p>demonstrate and participate in indoor soccer skills - dribbling, passing, shooting, goal keeping          Recognize the importance of safety in indoor soccer.           Recognize the importance of safety in indoor soccer.           Recognize the importance of safety in indoor soccer.           Recognize the importance of safety in indoor soccer.</p>	<p>instep pass trapping shooting positions</p>	<p>Rules of the game          10/1/2010          Unit Test          10/1/2010</p>			<p>PE.          PH          EDU          know          skill          in c          and          usec          con          gam          spor          add          env          con          PE.          PH          EDU          com          inte          func          skill          tech          on f          incl          asse          und          rela          betw          phy          and          prev          illne          and          deat          PE.          PH          EDU          dev          leac          prob          solv          coo          team          part          grou          PE.</p>
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analyzed? What influences your decision to participate in physical activity?								PH EDU und role acti and bala coo com beh a po in w dev shan lead prob skil und phy emo soci of p in p acti
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**TEAM ACTIVITY: FOOTBALL**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Name the passing routes you were taught in the unit? How do you catch a low or a high pass? What is the point value system for field goal, touchdown, extra point? How many plays does your team get	1. Throwing and catching 2. basic positions 3. defensive play - man to man 4. offensive play- route running 5. punting and kicking 6. basic rules for modified game	1. throwing at a stationary target 10 yards away 2. catching with 2 hands away from the body 3. throwing and catching while running a specific route - in, out, curl 4. proper use of 3 or 5 step drop while	throwing catching 3 step drop 5 step drop patterns - in , out	rules of the game 10/4/2010 positions of the game 10/4/2010			PE. PHY EDU know skil in c and usec con gam spor add env con PE. PHY EDU

<p>before you turn the ball over?</p>		<p>throwing  5. understanding role of positions - quarterback, running back, center, wide receiver  6. understanding man to man concepts on defense  7. students will be able to play a modified football game  8. students will be able to officiate games while playing  9. students will demonstrate good sportsmanship</p>					<p>com  inte  func  skil  tech  on f  incl  asse  und  rela  betw  phy  and  prev  illne  and  deat  PE.  PH  ED  dev  lead  prob  solv  coo  tear  part  grov  PE.  PH  ED  und  risk  phy  is p  inco  perf  extr  env  con  reco  imp  safe  con  (equ  faci</p>
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Frisbee Activities

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can frisbee activities improve overall fitness?	rules, strategies, court boundaries, skills  Kan Jam - rules, strategies  Frisbee golf - rules, strategies, scoring Frisbee darts - rules, strategies, scoring Ultimate Frisbee	Ultimate Frisbee - throwing, catching,  Kan jam - throwing to a target, deflection to target  Frisbee golf - throwing to a target  Frisbee Darts - throwing to a target		self and peer assessment, observation, modeling 10/31/2010 References - links 10/31/2010	day 1 Day 2 and 3 - Ultimate frisbee Day 4 and 5 Day 6 and 7 Frisbee golf		PE.I.0 PERS HEAL FITNI STUD WILL THE NECE KNOW AND ESTA AND PHYS FITNI PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe variety

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**Lifetime Sports/activities**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does interacting with classmates	Teamwork Safety Leadup Games/Games	Know and understand the health related			weight lifting/cardiovascular exercise physical fitness		PE. PH EDU sho

<p>help with the students social development? How will lifetime sports effect your fitness? What is the value of continuing lifetime fitness?</p>	<p>Rules/Regulations Strategy Sportsmanship Self-Motivation</p>	<p>components of fitness through strength training, fitness testing and aerobic conditioning. Demonstrate an understanding of one's level of personal fitness related to stress, healthy-eating and choice of leisure activities. Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength, endurance, flexibility, and body composition. Acquire knowledge and understanding of factors that effect movement and responses of body systems during physical activity. Develop a</p>			<p>testing tennis golf</p>	<p>info con awa alte ava thei thei com phy and able faci prog ava</p>
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		<p>desire to participate in order to maintain physical fitness.</p> <p>Participate in a variety of activities that develop health-related physical fitness.</p> <p>Demonstrate understanding and respect for differences among people in physical activity settings.</p> <p>Understand and apply the concept of team and lifetime sports activities.</p> <p>Analyze, achieve and maintain a healthful level of physical fitness.</p> <p>Develop a positive attitude towards physical activity by accepting challenges and extending their personal capabilities and</p>					
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TEAM ACTIVITIES: BADMINTON

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History: --Origin of Sport, Olympics --Renovation of Equipment	Identify orally year badminton became official United States sport (1908) Sequence orally recognition of badminton as Olympic sport (International Olympic Committee, 1978) Sequence visually and orally components of badminton raquet, net, shuttle cock (birdie)	underhand serve overhead smash forehand shot backhand shot drop shot				PE. PHY EDU com inte func skil tech on f incl asse und rela betw phy and prev illne and deat PE. PHY EDU dev lead prob solv coo tear part grou PE. PHY EDU dev coo coll wel spor and

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	<p>Rules: -Service -Modified Game</p>	<p>Identify visually and orally boundaries and lines of court</p> <p>Identify visually and orally service box (smaller lines inside the entire court)</p> <p>Identify visually and orally 3 serve rules (must be undrhand, served to opposite diagonal service box, must land inbounds inside the opposite service box)</p> <p>Identify visually and orally 5 rules when playing modified game: --birdie hitting line is an in-bound call --1 serve per side to clear net --1 shot per side to clear net</p>						

		<p>--once Server 1 loses serve Server 2 on service team serves</p> <p>--server can score maximum of 5 points per turn</p> <p>Rotate up to 2 players when student's team earns birdie back</p>					
	<p>Fundamental Techniques:</p> <ul style="list-style-type: none"> <li>-Serve</li> <li>-Shot</li> </ul>	<p>Serve underhand to opposite diagonal service box</p> <p>Rally with another student using an overhead clear or forehand shot</p>					
	<p>Game Play:</p> <ul style="list-style-type: none"> <li>-Officiating</li> <li>--Fair Play</li> </ul>	<p>Self-monitor spatial awareness on court when playing with partner</p> <p>Officiate modified game based on 5 rules during tournament play</p> <p>Score teams playing in modified game using scoreboard</p>					

		<p>State orally fair calls when playing in modified game</p> <p>Display good sportsmanship conduct when playing in modified game:  --positive encouragement when team players have made an error  --praise to opposite team when they execute a good shot  --positive reinforcement for team players between points (e.g., high 5s)</p>					
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**AQUATIC ACTIVITIES: SWIM**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
<p>why is it important to learn the basic technique of a swim stroke?  what is the importance of learning basic ways to help someone who is struggling in the pool?</p>	<p>1. rhythmic breathing  2. strokes - front crawl, elementary backstroke, breaststroke  3. treading water  4. floating - on front and back  5. introduction to diving  6. retrieval of objects under</p>	<p>1. stationary bobbing of body while rhythmically breathing for 20 seconds  2. students will perform proper kick techniques of all strokes using wall and kick board support.  3. students will be able to tread water</p>	<p>front crawl  elementary backstroke  rhythmic breathing  floating on back  floating on front</p>				<p>PE.  PH.  ED.  dem  abil  phy  info  proc  serv  PE.  PH.  ED.  com  inte  func  skil  tech</p>

	<p>water 7. underwater distance swim</p>	<p>using arms and legs for one minute 4. students will perform a surface dive to retrieve an object in the shallow end 5. students will use the aid of the wall to push off and swim underwater for half the width of the pool</p>					<p>on f incl asse und rela betw phy and prev illne and dear PE. PHY EDU dev imp pers plan self and und phy char resu train und heal of r part acti PE. PHY EDU und risk phy is p inco perf extr env con reco imp safe</p>
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**TEAM ACTIVITIES:FLOOR HOCKEY**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
what are the safety concerns in floor hockey? what are the basic skills of floor hockey?	1. forehand and backhand pass 2. proper grip and ability to control stick 3. wrist shot 4. spatial awareness 5. goalie strategies 6. play modified game and knowledge of rules	1. students will perform a forehand and backhand pass to a stationary partner 2. stick handling and spatial awareness while moving 3. performance of a wrist shot against the wall while stationary 4. use and understanding of goalie glove to freeze the puck	forehand pass backhand pass receiving a pass wrist shot				PE. PH ED dev lead prob solv coo team part grou PE. PH ED und risk phy is p inco perf extr env con

		5. be able to play modified game while keeping sticks below the knee and without body contact					reco imp safe con (equ faci wel emo con esse safe PE. PH EDU dev coo coll wel spor and othe PE. PH EDU wor con with acce goa acti dem con for invo
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**TEAM ACTIVITIES: BASKETBALL ~**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Why is teamwork so important?	rules, teamwork, sportsmanship, basic skills  3 on 3	dribbling, shooting, passing and catching 1. stationary dribbling with right and left	chest pass bounce pass dribbling traveling and double dribble rules knock out	Skills Assessment 1/31/2011 3 on 3 tournament 1/31/2011	Day 1 Day 2 Day 3 Day 4 Day 5 and 6		PE.I.0 PERS HEAL FITNE STUD WILL THE



	<p>5 on 5 Knockout Around the world 2 bounce</p>	<p>hand 2. dribbling while moving 3. perform chest and bounce pass with a partner while stationary 4. dribbling - pivoting - passing to a moving target 5. shooting - lay up, block jumper, and jump shot 6. participate in modified games - 1v1, 2v2, 3v3, PIG, knockout 7. demonstrate good sportsmanship</p>	<p>PIG</p>			<p>NECE KNOV AND ESTA AND PHYS FITNI PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe variety activit sports that pr condit each f PE.I.0 PHYS EDUC know skills comple need t the co games with a enviro constr PE.I.0 PHYS EDUC develo leader proble coope team v partici group</p>
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		defensive strategy of blocking shots 5.					<p>risk phy is p inco perf extr env con reco imp safe con (equ faci wel emo con esse safe PE. PH ED dev coo coll wel spor and othe PE. PH ED wor con with acco goa acti dem con for invo</p>
Fitness room/Weight training							

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
<p>Why is weight lifting important for a healthy lifestyle?</p> <p>How can muscular strength be developed to increase one's personal fitness level?</p>	<p>proper form for lifting weights, reps, sets, purpose of lifting weights, how to set up and adjust machines, spotting, breathing, heart rate monitors, chart progress, training movements, warm ups, safety, range of motion</p>	<p>Students will learn the proper form and execution to work the following body parts: biceps, triceps, forearms, deltoids, rhomboids, trapezius, latisimus dorsi, abdominals, pectoralis major and minor, gastrocnemius, quadriceps, hamstrings, gluteus maximus and minimus</p>	<p>muscular strength muscular endurance repetitions and sets proper spotting cardiovascular endurance</p>	<p>self and peer assessment, observation, written, lifting journal 3/3/2011</p>	<p>Day 1 Day 2 Day 3 Day 4 to 9</p>		<p>PE.I.0 PERS HEAL FITNE STUD WILL THE NECE KNOW AND ESTA AND PHYS FITNE PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe variety activit sports that pr condit each f PE.I.0 PHYS EDUC know skills comple need t the co games with a enviro constr</p>

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**M TEAM ACTIVITIES: VOLLEYBALL**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
When does your team rotate in the game of volleyball?	1.Underhand Serve 2. Bump	1.students will perform a bump with a partner/group 2. students	bump set volley overhand				PE. PHY EDU devel imp

<p>What are different ways you can contact a volleyball?          What are the boundaries of the court?          Are the lines in or out?</p>	<p>3. Set - just an introduction to this skill, students aren't expected to master this skill at this grade level.          4. rotation</p>	<p>will perform the underhand serve while stationary against the wall          3. students will then perform the underhand serve over the net          4.introduction to the two-handed set          5. understanding the rules of a modified game          6. proper rotation during game          7. show good sportsmanship</p>	<p>serve underhand serve modified rules of the game</p>				<p>pers          plan          self          and          und          phy          char          resu          train          und          heal          of r          part          acti          PE.          PH          ED          dev          leac          prob          solv          coo          team          part          grou          PE.          PH          ED          und          risk          phy          is p          inco          perf          extr          env          con          reco          imp          safe          con          (equ          faci          wel          emc          con</p>
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6th Grade Fitness

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	<p>5 Components of Health Fitness:</p> <ul style="list-style-type: none"> <li>• Body Composition</li> <li>• Cardiovascular Endurance</li> <li>• Flexibility</li> <li>• Muscular Strength</li> <li>• Muscular Endurance</li> </ul> <p>Defining Physical Fitness Muscle Recognition/Identification Heart Rates Nutrition:</p> <ul style="list-style-type: none"> <li>• Metabolic Rate</li> <li>• Caloric Balance/Expenditure</li> </ul> <p>Community Resources free to students</p>	<p>Monitor Heart Rate Rope Jumping Circuit Training Fitness Stations Resistance Training Core Training Aerobic Training Stretching</p>	<p>Introduction to proper spotting muscular strength muscular endurance anaerobic training aerobic training</p>				<p>PE.I.0 PERS HEAL FITNI STUD WILL THE NECE KNOW AND ESTA AND PHYS FITNI PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe variety activit sports that pr</p>

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**M a y TEAM ACTIVITIES:BASEBALL/SOFTBALL**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History and origin of sport Rules of game Throwing and Fielding Hitting	Rules: - outs per inning - balls and strikes per at bat - force outs vs. tag outs - strike zone  Throwing: - ability to throw to a stationary target 15 feet away - - Fielding a ground ball  - Fielding a ball hit in the air	throwing catching pop fly fielding a ground ball force out tag up tag out				PE. PHY EDU dev lead prob solv coo tear part grou PE. PHY EDU dev coo coll wel spor and othe PE. PHY EDU wor con with acce goa acti

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Track and Field							
Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Star
	Demonstrate general knowledge in a variety of track and field events. Define the following terms: sprint (dash), relay, baton, shot put, and discus.	Demonstrate proper running form. Demonstrate proper throwing techniques of the shot put and discus. Successfully demonstrate handling and receiving the baton.	relays batons field events short distance races long distance races				PE. PH EDU know skill in c and usec con gam spor add env con PE. PH EDU dev lead prob solv coo tear part grou PE. PH EDU und risk phy is p inco perf extr env con

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Tennis ~ Racquet Sport - Tennis

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
what is the proper serve rotation for doubles and singles? what is the proper	History - Origin of Sport Rules of the Game knowledge of proper	introduction to overhand serve - students will be taught the proper overhand	overhand serve forehand shot backhand shot volley modified service box	written 6/14/2011 skills 6/8/2011			PE. PH EDU und role acti and

scoring?	scoring	<p>serve.  Students are not required to overhand serve in a game.  forehand shot - using a partner, one on each side of the net, students will perform the proper forehand shot going back over the net to their partner.  Backhand shot - standing with a partner, one partner makes an underhand throw to their partner while the other partner hits a backhand shot back.  serve rotation for doubles and singles match</p>					<p>balan  coo  com  beh  a po  in w  dev  shan  lead  prob  skil  und  phy  emo  soci  of p  in p  acti  PE.  PH  ED  com  inte  func  skil  tech  on f  incl  asse  und  rela  betw  phy  and  prev  illne  and  dear  PE.  PH  ED  dev  lead  prob  solv  coo</p>
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Net Sports

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What is the serving rotation in PE class for doubles table tennis?	Pickleball Badminton Table Tennis Students will have knowledge of the rules and score of each game. Students will be able to play singles and doubles for each game. Students will be aware of safety regulations for each game.	Table Tennis: Singles: Center line plays no purpose, match is played best of 3 of 5 for PE class, play to 21 winning by 2 in PE class Doubles: Ball must go over center line on the serve to the diagonal side, alternate hits when volleying, take five serves before switching in class Rules: Rally scoring, edges of table are part of		Written Test 7/1/2011	Rule/Scoring Posters		
What is the serving rotation for doubles badminton?							
What is the serving rotation for doubles pickleball?							
How do you score each net game?							
What does the term "let" mean for each game?							

<p>How do you serve for each game?</p>		<p>legal play, each server serves five times in a row, then switches, if the score reaches 20 the team with the least amount of points will automatically serve, on the serve the ball must bounce once on the servers' side, then on the opponents' side, Let serve if the ball touches net on serve = no score</p> <p>Pickle Ball: Must be hit underhand, starting on the RH side Two Bounce Rule: each team must play their first shot off of a bounce, after, can volley without a bounce Non Volley Zone: no volleying in seven foot zone One foot</p>					
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must be behind the blue line when serving  
Serve is made into diagonal box on the opposite side  
Let= re-serve if the ball touches the net on the serve and lands on the proper service court  
When the receiving team wins the serve, the player in the RH court will always start play  
Play to 11, win by 2  
All volleying must be done with player's feet behind non volley zone  
Faults include hitting the ball out of bounds, not clearing the net, stepping into non volley zone and volleying the ball

Badminton:  
Play to 11, have to win

by 2  
Only the serving side can add a point to its' score  
Let- The shuttle hits the net on your side and goes over to the opposite side of the net, allowed one re-serve  
Underhand serves only in PE class  
Start on right service court  
If score is even, you will serve from right  
If score is odd, you will serve from left  
A point must be scored in the service box before you rotate which box you are serving from  
If shuttle hits net on serve, lose serve  
Rotate like tennis: initial server, initial receiver, initial receiver's partner,

		opponent who is due to serve from right, then to that player's partner and so on...					
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