

1. Identify, differentiate and apply movement concepts and strategies used in the four basic categories of tactical games (net/wall, invasion, striking/fielding and target). (pe6.1.3.a)
2. Individually, with a partner or small group, design, refine and perform a creative movement sequence to express individuality. (pe6.1.2.a)
3. Participate and cooperate in a group game while demonstrating how absorption of force increases control of an object while passing/receiving, shooting or striking to maintain possession or reach a goal/target. (pe6.2.1.a)
4. Perform and describe how stationary and complex movement patterns are affected by center of gravity. (pe6.2.2.a)
5. Design a checklist of strategies to correct errors in skills, which will improve personal and/or peer performance. (pe6.3.2.a)
6. Modify and perform a specific motor skill based on feedback and discussion. (pe6.3.2.b)
7. Develop a personal fitness plan and apply the FITT principle. (pe6.4.2.b)
8. Create or perform activities that develop and maintain each component of health-related fitness. (pe6.4.2.a)
9. Identify activities that develop and maintain each component of skill-related fitness. (pe6.4.3.b)
10. Participate in the PACER test and compare and contrast current and previous scores to the healthy fitness zone. (pe6.5.1.a)
11. Participate in modified pull-up/push-up and curl-up test(s) and compare and contrast current and previous scores to the health fitness zone. (pe6.5.2.a)
12. Participate in the sit and reach/shoulder stretch and trunk lift test(s) and compare and contrast current and previous scores to the healthy fitness zone. (pe6.5.3.a)
13. In a small group, design a game, developing rules, procedures, and etiquette for safe physical activity settings. (pe6.6.1.b)
14. Demonstrate and compare cooperative strategies employed in physical activity settings. (pe6.6.3.a)
15. Demonstrate and use problem-solving techniques that maximize personal potential and demonstrate sensitivity to the rights and feelings of others while promoting good sportsmanship. (pe6.6.3.b)