

# HCPSS Physical Education

## Grade 6 Course Indicators/Objectives

### Standard 1: Motor Skills and Movement Patterns

- Demonstrates correct rhythm and pattern for one dance form. S1.G6.1
- Throws with a mature pattern for distance or power appropriate to the practice task. S1.G6.2
- Catches a variety of objects from different trajectories with a mature pattern in varying practice tasks. S1.G6.3
- Passes and receives with hands while changing direction and speed with competency. S1.G6.4a
- Throws, while stationary, a leading pass to a moving receiver. S1.G6.4b
- Performs pivots, fakes, and jab steps designed to create open space during practice tasks. S1.G6.5a
- Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes. S1.G6.5b
- Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks. S1.G6.6a
- Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks. S1.G6.6b
- Shoots on goal with power in a dynamic environment as appropriate to the activity. S1.G6.7
- Maintains defensive-ready position with weight on balls of feet, arms extended, and eyes on midsection of the offensive player. S1.G6.8
- Performs an underhand serve with control for net and wall games. S1.G6.9
- Strikes with a mature overhand pattern in a non-dynamic environment for net or wall games. S1.G6.10
- Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games. S1.G6.11
- Transfers weight with correct timing for a striking pattern. S1.G6.12
- Forehand volleys with a mature pattern and control using a short-handled implement. S1.G6.13
- Two-hand volleys with control in a variety of practice tasks. S1.G6.14
- Demonstrates an ability to propel an object for a modified target game. S1.G6.15
- Strikes a pitched ball with an implement with force in a variety of practice tasks. S1.G6.16
- Catches, with a mature pattern, from different trajectories, using a variety of objects in varying practice tasks while using an implement. S1.G6.17
- Demonstrates correct technique for basic skills in one self-selected outdoor activity. S1.G6.18

- Demonstrates correct technique for basic skills in one self-selected individual performance activity. S1.G6.19

## Standard 2: Concepts & Strategies

- Creates open space in combination with movement concepts. S2.G6.1
- Executes at least one of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go. S2.G6.2
- Reduces open space on defense by making the body larger and reducing passing angles. S2.G6.3
- Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass. S2.G6.4
- Transitions from offense to defense or defense to offense by recovering quickly. S2.G6.5
- Creates open space in net or wall games with a short-handled implement by varying force and direction. S2.G6.6
- Reduces offensive options for opponents by returning to midcourt position. S2.G6.7
- Selects appropriate shot based on location of the object in relation to the target. S2.G6.8
- Identifies open spaces and attempts to strike object into that space. S2.G6.9
- Identifies the correct defensive play based on the situation. S2.G6.10
- Varies application of force during dance or gymnastic activities. S2.G6.11a
- Makes appropriate decisions based on the weather, level of difficulty due to conditions, or ability to ensure the safety of self and others. S2.G6.11b

## Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Identifies three influences on physical activity. S3.G6.1
- Participates in a variety of moderate-to-vigorous physical activities (cardio-kick, step aerobics, aerobic dance, recreational team sports, outdoor pursuits, or dance activities). S3.G6.2
- Identifies the components of skill-related fitness. S3.G6.3a
- Sets and monitors a self-selected physical activity goal based on current fitness level. S3.G6.3b
- Employs correct techniques and methods of stretching. S3.G6.3c

## Standard 4: Responsible Personal and Social Behavior

- Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. S4.G6.1a

- Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors. S4.G6.1b
- Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. S4.G6.2
- Accepts differences among classmates in physical development, maturation, and skill level by providing encouragement and positive feedback. S4.G6.3a
- Cooperates with a small group of classmates. S4.G6.3b
- Identifies the rules and etiquette for activities. S4.G6.4

## Standard 5: Recognizes the Value of Physical Activity

- Describes how being physically active leads to a healthy body. S5.G6.1a
- Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. S5.G6.1b
- Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback, and/or modifying the tasks. S5.G6.2a
- Recognizes that skills will develop over time with appropriate practice. S5.G6.2b
- Describes how moving competently in a physical activity setting creates enjoyment. S5.G6.3a
- Identifies how self-expression and physical activity are related. S5.G6.3b