Physical Education 6 Course Overview

Unit	Major Concepts	Skills	Summative Assessments
Fitness (all three trimesters)	Health Related Components of Fitness: Cardiovascular, Muscular Strength and Endurance and Flexibility, Fitness Testing, Goal Setting, Fitness Planning	Static and Dynamic Stretches, Proper use of various cardio and weight equipment, Finding resting and target heart rate, Jump Ropes, Hula hoops	Observation, Equipment safety quiz, Aerobic Benefits, Flexibility Search, Fitness Assessments
Individual/Dual Sports *badminton	Court play, intro to scoring, sportsmanship and etiquette	Serve, forehand, backhand, positioning	Student referee
Team Sports *Soccer *Volleyball *Ultimate *Team handball *Basketball *Flag football *Flag rugby *Cooperative games	Offense/Defense, Open spaces, Communication, Sportsmanship and teamwork, Safety	Throwing and Catching, Striking object with body parts, Move into open spaces, positioning, guarding Use of skills in small-sided games or in isolation	Teacher Observation, Teacher Checklist, Teacher/Student Discussion, Authentic Assessment (Actual Performance), Self Assessment, Peer Assessment, Cognitive Assessment