

PE

Syllabus: Grade 6

Course Description

The primary objectives of this class are to improve physical fitness, increase knowledge and skills of lifetime sports, and develop awareness of healthy practices. Therefore, the physical education course is designed to provide students at this grade level with the opportunity to develop competency in many movement forms and their relation to fitness. The focus is on introductory skills and knowledge necessary for understanding and participating. The teaching at this level focuses on basic skill, lead up games, techniques and strategies that will give each students competency in each activity. This class is designed to meet the physical, mental, and social needs of the whole student.

Standards

The ministry of education adopted 7 standards for quality physical education learning outcome published by the National Association of Sports and Physical Education and added an eighth to include rules, strategy and safety. The eight standards run throughout the eight grade levels.

Competency Level

Each competency is a direct reflection of the standard of the curriculum. They are the means for achieving the curriculum standards at each grade level. The competencies are designed to be general enough for flexibility, but specific enough for the teacher to create specific lessons plans.

Objective

The suggested objectives in the curriculum are written to serve as an example of ways in which objectives can be written. Teachers are free to create their own objective to achieve the desired outcomes of each competency.

Resources/Books

Ministry of Education Physical Education Curriculum
Open Physed. Resources and website

Curriculum Standards:

I: Movement Form

II: Movement Concept

III: Physical Activity

IV: Physical Fitness

V: Responsible Behavior

VI: Respect for Others

Contact Hours:

Daily (Monday to Friday)

Class length: 45 min.

Class Rules

Students are expected to:

1. Come to class prepared
2. Give best effort
3. Follow directions
4. Demonstrate good listening skills
5. Follow rules during activities
6. Show good sportsmanship
7. Behave respectfully towards self, others, and PE equipment

Grading

Effort and Behavior & Activity

- 1 - Outstanding
- 2 - Satisfactory
- 3 - Needs Improvement
- 4 - Unsatisfactory

VII: Understanding Challenge

VIII: Decision Making

Course Requirements

1. **Special Condition** – Students with special conditions that will limit or prohibit them from participation in PE class should have a note form a doctor or a medical form to allow teacher to structure class for participation or to excuse the student.
2. **Absent** – A student that is absent must turn in a valid excuse in order for him/her to receive a make up assignment from PE teacher. If unexcused, student will be given a 1 point and will not be given a make up assignment.
3. **Clothing** – All students are required to attend physical education in their school PE uniform.
4. **Shoes** – Flat rubber soled only (sports shoes) no elevated soles, sandals, or slip-ons.
5. **Jewelry** – Students should remove all jewelries before participation in PE.
6. **Water Bottles** – All students are required to bring water bottle to PE class.

Content Theme

Gross Motor Development	Emotional & Behavioral Self Regulation	Relationship with others	Cognitive learning
Creates open space to create an advantage or with a specific purpose in dance, fitness, and sport activities.	Describes how moving competently creates enjoyment and self-expression.	Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game.	Identifies the rules and etiquette for physical activities/games and dance activities.
Maintains a physical activity log for at least two weeks and reflects on activity levels documented in the log.	Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.	Identifies & uses appropriate strategies to self-reinforce positive fitness behaviors.	Creates open space to create an advantage or with a specific purpose in dance, fitness, and sport activities.
	Safely & purposefully uses mature locomotor skills in rhythms/ patterns in PA environments.		Describes how physical activity positively impacts the body to promote good health.
			Describes how physical activity positively impacts the body to promote good health.
			Identifies foods from each food group that can be combined to build balanced meals.

Sample activities			
Basketball	Swimming	Baseball	Movement & Rhythmic
Volleyball	Fitness	Soccer	lead-up games
Table tennis	Athletics		