



## **Sixth Grade Essential Skills for Physical Education (PE)**

### **September:**

- I can communicate feelings towards others in a socially acceptable manner.
- I can identify the effects of practice on performance of a physical skill.

### **October:**

- I can identify 3 activities that increase your heart rate into your target zone.
- I can demonstrate applying rules and safe participation during physical activity while exhibiting good sportsmanship.

### **November:**

- I can identify opportunities in school and community for regular participation in physical activity.
- I can in a group, make modifications to an existing game to increase involvement by all participants.

### **December:**

- I can work in a group to achieve goals in cooperation and have a positive outcome
- I can record my heart rate after 5 different activities.

### **January:**

- I can identify at least 1 activity I do outside of P.E. class for enjoyment and to enhance physical fitness,
- I can demonstrate personal responsibility by accepting constructive feedback from peers and teacher.

### **February:**

- I can identify a practice activity to improve a physical skill.
- I can demonstrate mature form of loco-motor and non-loco-motor manipulative skills.

### **March:**

- I can participate in some form of physical activity outside of P.E., record it daily, have a parent sign it, and return it to teacher.
- I can explain the difference between aerobic and anaerobic activity.

**April:**

- I can identify a new activity to try and why you picked that activity.
- I can cooperate and communicate with other teammates by complimenting them on their play.

**May:**

- I can set a fitness goal for the summer, listing activities I can do to help achieve this goal.
- I can demonstrate joy and enthusiasm while participating in physical activity.