

Physical Education 6*

COURSE DESCRIPTION:

The 6th grade physical education course will introduce students to health related fitness components, dance, team sports, healthy choices, and lifetime activities. Through these units students will learn the essential principles to live a healthy, active lifestyle. The lessons will give the student exposure to many of the activities that can be incorporated into their daily lives today, tomorrow and in their future.

COURSE OBJECTIVES:

After completing this course, students should be able to:

- Identify the importance of health related fitness principles applied to their daily lives, specifically heart rate, goal setting, and warm-up/cool down.
- Understand, identify, and perform various dances from around the world: folk dance, hip hop, aerobic dance, square dance, and rhythmic gymnastics.
- Compare and contrast team sports, lifetime activities, and dance opportunities.
- Create written and visual materials such as journals, discussions, projects and activities fluently at a 6th grade level with very few grammar or spelling errors.
- Identify and describe Healthy choices that can be made in their life.

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

Unit I:

Fitness Basics – Topics Include:

- Target Heart Rate
- Fitness Testing
- Goal Setting
- Weight Training
- Principles/Safety

Health Related Fitness – Topics Include:

- Heart Rate
- Fitness Testing
- Goal Setting
- Warm-up/cool down

* = One semester (.5 credit) course

Physical Education 6* (continued)

COURSE OUTLINE (continued):

Unit II:

Dance – Topics Include:

- Folk Dances
- Hip Hop
- Aerobic Dance
- Square Dance
- Rhythmic Gymnastics

Unit III:

Team Sport – Topics Include:

- Basketball
- Frisbee
- Healthy Choices
- Conflict Resolution
- Smart Choices

Unit IV:

Lifetime Activities – Topics Include:

- Yoga/Pilates
- Kickboxing
- Golf
- Fitness Walking
- Badminton

* = One semester (.5 credit) course