



# 6<sup>th</sup> Grade Physical Education Scope & Sequence

2012-2013

Time Period	Content Topics	CCRS	TEKS	TEKS Elaboration	Resources	Notes
Throughout the Year	Safety, Rules & Skills		2a 2b 2c 5a 5b 5c 5d 6a 6b 7a 7c	(A) know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills (B) make appropriate changes in performance based on feedback to improve skills (C) practice in ways that are appropriate for learning skills such as whole/part/whole, shorter practice distributed over time is better than one long session, or practicing is best in game-like conditions (A) use equipment safely and properly (B) select and use proper attire that promotes participation and prevents injury (C) include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment (D) identify potentially dangerous exercises and their adverse effects on the body (A) know basic rules for sports played such as setting up to start, restarting, violating rules (B) keep accurate score during a contest (A) participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations (C) identify and follow rules while playing sports and games		
Throughout the Year	Health & Nutrition		4a 4f 4g 4h 4i	(A) describe selected long-term benefits of regular physical activity (F) identify specific foods that contain protein, vitamins, and minerals that are key elements to optimal body function (G) recognize the effects of substance abuse on personal health and performance in physical activity (H) analyze ways outside influences affect decisions about care of the body such as alcohol and tobacco advertising and peer pressure (I) recognize that idealized images of the human body and		



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				performance as presented by the media may not be appropriate to imitate		
Throughout the Year	Social Development		7b 7d 7e 7f	(B) handle conflicts that arise with others without confrontation (D) accept decisions made by game officials such as student, teachers, and officials outside the school (E) accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice (F) modify games/activities to improve the game/activity		
Throughout the Year	Movement		1c 2a 3b	(C) perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences (A) know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills (B) participate in moderate to vigorous health-related physical activities on a regular basis		
First Semester	Fall Field Sports		1b 1f 1h 1i 1j 1k	(B) use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver (F) throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball (H) strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height (I) hand and foot dribble while preventing an opponent from stealing the ball (J) keep an object in the air without catching it in a small group such as volleyball and football (K) throw and catch a ball consistently while guarded by an opponent		



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Fall Semester	Fall Court Sports		1b 1f 1g 1j 1k	(B) use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver (F) throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball (G) strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously (J) keep an object in the air without catching it in a small group such as volleyball and football (K) throw and catch a ball consistently while guarded by an opponent		
Fall Semester	Fall Physical Fitness		3c 3d 4b 4c 4d	(C) establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness such as personal logs, group projects, and no space/or criterion referenced tests (D) identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, and impedance testing equipment (B) classify activities as being aerobic or anaerobic (C) describe the effects of aerobic exercise on the heart and overall health (D) analyze effects of exercise on heart rate through the use of manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data		



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Fall Semester	Fall Cooperative Movement		1a 1d 1e	(A) perform locomotor skills in dynamic fitness, sport, and rhythmic activities (D) move in time to complex rhythmical patterns such as 3/4 time or 6/8 time (E) design and refine a jump rope routine to music		
Spring Semester	Spring Cooperative Movement		1a 1d 1e	(A) perform locomotor skills in dynamic fitness, sport, and rhythmic activities (D) move in time to complex rhythmical patterns such as 3/4 time or 6/8 time (E) design and refine a jump rope routine to music		
Spring Semester	Spring Field Sports		1b 1f 1h 1i 1j 1k	(B) use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver (F) throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball (H) strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height (I) hand and foot dribble while preventing an opponent from stealing the ball (J) keep an object in the air without catching it in a small group such as volleyball and football (K) throw and catch a ball consistently while guarded by an opponent		



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Spring Semester	Spring Court Sports		1b 1f 1g 1j 1k	(B) use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver (F) throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball (G) strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously (J) keep an object in the air without catching it in a small group such as volleyball and football (K) throw and catch a ball consistently while guarded by an opponent		
Spring Semester	Leisure Sports		3a 4e 5e	(A) identify opportunities in the school and community for regular participation in physical activity (E) identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness (E) explain water safety and basic rescue procedures		
Spring Semester	Spring Physical Fitness		3c 3d 4b 4c 4d	(C) establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness such as personal logs, group projects, and no space/or criterion referenced tests (D) identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, and impedance testing equipment (B) classify activities as being aerobic or anaerobic (C) describe the effects of aerobic exercise on the heart and overall health (D) analyze effects of exercise on heart rate through the use of		



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				manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data		