

# 6 PE Standards

## Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

<u><i>Dance and Rhythms</i></u>	<u><i>Games and Sports: Invasion Games</i></u>	<u><i>Games and Sports: Net/Wall Games</i></u>	<u><i>Games and Sports: Target Games</i></u>
<b>S1.M1:</b> Dance and Rhythms	<b>S1.M2:</b> Throwing	<b>S1.M12:</b> Serving	<b>S1.M18:</b> Underhand Throw
	<b>S1.M3:</b> Catching	<b>S1.M13:</b> Striking	<b>S1.M19:</b> Striking
	<b>S1.M4:</b> Passing and Receiving	<b>S1.M14:</b> Forehand and Backhand	
	<b>S1.M5:</b> Passing and Receiving, Moving Target	<b>S1.M15:</b> Weight Transfer	
	<b>S1.M6:</b> Offensive Skills	<b>S1.M16:</b> Volley	
	<b>S1.M7:</b> Offensive Skills	<b>S1.M17:</b> Two-Hand Volley	
	<b>S1.M8:</b> Dribbling/Ball Control with Hands		
	<b>S1.M9:</b> Dribbling/Ball Control with Feet		
	<b>S1.M10:</b> Shooting on Goal		
	<b>S1.M11:</b> Defensive Skills		
<u><i>Games and Sports: Fielding/Striking Games</i></u>	<u><i>Outdoor Pursuits</i></u>	<u><i>Aquatics</i></u>	<u><i>Individual Performance Activities</i></u>
<b>S1.M20:</b> Striking	<b>S1.M22:</b> Outdoor Pursuits	<b>S1.M23:</b> Aquatics	<b>S1.M24:</b> Individual Performance Activities
<b>S1.M21:</b> Catching			

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**Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

<u>Games and Sports</u>	<u>Net/Wall Games</u>	<u>Target Games</u>
<b>S2.M1:</b> Creating Space with Movement	<b>S2.M7:</b> Creating Space Through Variation	<b>S2.M9:</b> Shot Selection
<b>S2.M2:</b> Creating Space with Offensive Tactics	<b>S2.M8:</b> Creating Space Using Tactics and Shots	
<b>S2.M3:</b> Creating Space Using Width and Length		
<b>S2.M4:</b> Reducing Space by Changing Size and Space		
<b>S2.M5:</b> Invasion Games - Reducing Space using Denial		
<b>S2.M6:</b> Transitions		
<u>Fielding/Striking Games</u>	<u>Individual Performance</u>	<u>Outdoor Pursuits</u>
<b>S2.M10:</b> Offensive Strategies	<b>S2.M12:</b> Movement Concepts	<b>S2.M13:</b> Movement Concepts
<b>S2.M11:</b> Reducing Space		

**Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

<b><u>Physical Activity Knowledge</u></b>	<b><u>Engages in Physical Activity</u></b>	<b><u>Fitness Knowledge</u></b>	<b><u>Nutrition</u></b>	<b><u>Stress Management</u></b>
<b>S3.M1:</b> Physical Activity Knowledge	<b>S3.M2-S3.M5:</b> Engages in Physical Activity	<b>S3.M6-S3.M14:</b> Fitness Knowledge	<b>S3.M17:</b> Nutrition	<b>S3.M18:</b> Stress Management

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		<b>S3.M15-S3.M16:</b> Assessment and Program Planning		
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**Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

<b><u>Personal Responsibility</u></b>	<b><u>Accepting Feedback</u></b>	<b><u>Working with Others</u></b>	<b><u>Rules and Fair Play</u></b>	<b><u>Safety</u></b>
<b>S4.M1-S4.M2:</b> Personal Responsibility	<b>S4.M3:</b> Accepting Feedback	<b>S4.M4:</b> Conflict Resolution and Accepts Others	<b>S4.M6:</b> Rules and Fair Play	<b>S4.M7:</b> Safety
		<b>S4.M5:</b> Working with Others		<b>S4.M8:</b> Sun Safety and Aquatic Safety

**Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

<b><u>Health</u></b>	<b><u>Challenge</u></b>	<b><u>Self-Expression/ Enjoyment</u></b>	<b><u>Social Interaction</u></b>
<b>S5.M1-S5.M2:</b> Health	<b>S5.M3:</b> Challenge	<b>S5.M4-S5.M5:</b> Self-Expression/ Enjoyment	<b>S5.M6:</b> Social Interaction