

Physical Education 6th Grade Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>Health Inspections (September) - State Required</p> <p>Fitness Tests – (Sept)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a • Movement Principals/Basic Principles of Training: 6.2c, 6.3a,b, 6.4a • Community Activity Participation: 6.5 • Assessment: 6.2a, 6.3a 	<p>Wrestling - (Nov)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a • Movement Principals/Basic Principles of Training: 6.2a,d, 6.4d • Conflicts and Decision-making/Safety Rules: 6.4b • Biomechanical Principles: 6.4a • Offense/Defense Strategies: 6.4b • Assessment: 6.4c,d 	<p>Bowling – (Jan-Feb)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a,c • Movement Principals/Basic Principles of Training: 6.2a,d, 6.4d • Conflicts and Decision-making/Safety Rules: 6.4b • Assessment: 6.2b 	<ul style="list-style-type: none"> • Fitness Tests – (April) Locomotor/Manipulative Skills: 6.1a • Movement Principals/Basic Principles of Training: 6.2c, 6.3a,b, 6.4a • Community Activity Participation: 6.5 • Assessment: 6.2a, 6.3a

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<p>Football – (Sept-Oct)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a • Movement Principals/ Basic Principals of Training: 6.1d, 6.2b,c,d, 6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c • Community Activity Participation: 6.5 • Assessment: 6.4c,d 	<p>Basketball – (Nov-Dec)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a • Movement Principals/ Basic Principals of Training: 6.1d, 6.2b,c,d, 6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c • Community Activity Participation: 6.5 • Assessment: 6.4c,d 	<p>Indoor Team Games (Mat Ball, Pin Dodge Ball, BBK, Whiffle Ball, Doodle Bug, Team Hand Ball, Queen’s Court) – (Jan-Feb)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a • Movement Principals/ Basic Principals of Training: 6.1d, 6.2b,c,d, 6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c • Community Activity Participation: 6.5 • Assessment: 6.4c,d 	<p>Outdoor Track and Field - (April)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1c, 6.2a,b,c • Movement Principals/ Basic Principals of Training: 6.3b, 6.4d, • Conflicts and Decision-making/Safety Rule: 6.4a,b,c

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<p>Soccer – (Oct)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a,c • Movement Principals/ Basic Principals of Training: 6.2a,b,c,d, 6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c • Community Activity Participation: 6.5 • Assessment: 6.4c,d 	<p>Weight Training – (Nov-Dec)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a, • Biomechanical Principles: 6.2a,b,c,d • Community Activity Participation: 6.5 <p>Volleyball – (Dec-Jan),</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1a • Movement Principals/ Basic Principals of Training: 6.2a,b,c,d, 6.3b,6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c • Community Activity Participation: 6.5 • Assessment: 6.4c,d 	<p>Indoor Track and Field – (Feb-March)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 6.1c, 6.2a,b,c • Movement Principals/ Basic Principals of Training: 6.3b, 6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c <p>Rhythm and Dance – (March-Apr)</p> <ul style="list-style-type: none"> • Movement Principles/ Biomechanical Principles: 6.1b 	<ul style="list-style-type: none"> • Outdoor Team Games (Kick Ball, Mat Ball) – (Apr-May) • Locomotor/Manipulative Skills: 6.1a • Movement Principals/ Basic Principals of Training: 6.1d, 6.2b,c,d, 6.4d • Conflicts and Decision-making/Safety Rule: 6.4a,b,c • Community Activity Participation: 6.5 • Assessment: 6.4c,d

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			<p>Softball – (May-June)</p> <ul style="list-style-type: none">• Locomotor/Manipulative Skills: 6.1a• Movement Principals/ Basic Principals of Training: 6.1d, 6.2b,c,d, 6.4d• Conflicts and Decision-making/Safety Rule: 6.4a,b,c• Community Activity Participation: 6.5• Assessment: 6.4c,d