



Course Title: Physical Education 6

Content Area: Physical Education

Grade Level: 6

Scope and Sequence

Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Team Handball	10.5.6. A 10.4.6.E 10.4.6. A	2 days	<ul style="list-style-type: none">Skills: Passing, Catching, ShootingRules of PlayModified Game	Teacher observation, open ended questions, practice skills	Guided practice Teacher Demonstration	Indoor Soccer Balls Goals Pinnies Whistle
Indoor Soccer	10.5.6. A 10.4.6. E 10.4.6. A 10.5.6. B	2 days	<ul style="list-style-type: none">Skills: Dribbling, Passing and Trapping, ShootingRules of PlayModified Game	Teacher observation, open ended questions, practice skills	Anticipated Guide Guided practice Teacher Demonstration	Indoor Soccer Balls Goals Pinnies Whistle
Ultimate Frisbee	10.5.6. A 10.4.6. E 10.4.6. A 10.5.6. B 10.5.6. F 10.5.6. C	2 days	<ul style="list-style-type: none">Skills: Throwing, CatchingRules of PlayModified Game	Teacher observation, open ended questions, practice skills	Anticipated Guide Guided practice Teacher Demonstration	Frisbees Whistle Pinnies
Personal Hygiene	10.1.6. B 10.2.6. A	2 days	<ul style="list-style-type: none">Healthy Skin, Hair and NailsHealthy Teeth and MouthHealthy Eyes and EarsCare for the Feet	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org CDC.gov BrainPOP



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Food and Nutrition	10.1.6. C 10.2.6. B 10.1.9. C	2 days	A. The Importance of Nutrition 1. What are the types of Nutrition 2. RDA guidelines B. Healthy Food Choices 1. My Plate 2. Healthy Eating Patterns C. Maintaining a Healthy Weight 1. Caloric Intake 2. Maintaining a Healthy Weight	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Myplate.gov BrainPOP
Childhood to Adolescents	10.1.6. A 10.1.9. A 10.1.6. B	2 days	<ul style="list-style-type: none">• Adolescence• Puberty• Your Reproductive System• Menstruation	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Dr. D's Birds and Bees BrainPOP
Follow the Rules	10.3.3. B 10.3.9. B 10.3.6. B 10.3.6. A	Through the Entire Course of Study	-Rules while in the swimming pool area	-Student Demonstration of Skills	Students will need to follow the rules at all time	American Red Cross- Longfellow's Whale Tales- Water Safety Packet Poster
Reach and Throw Don't Go	10.3.3. B 10.3.9. B 10.3.6. A	15 minutes	-Teaching different types of life saving techniques that could save either themselves or someone else	-Student demonstration of skills	Students can practice the skills more than once	Poster Rescue tubes Any type of flotation device



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Personal Flotation Device (PFD)	10.3.3. B 10.3.9. B 10.3.6. B 10.3.6. A	20 Minutes	-How to use PFDs, what is a proper fitting PFD, Swimming with a PFD on	- Student demonstration of skills	Students may stay close to the edge of the pool if they don't feel comfortable floating in the middle of the pool	Poster PFDs
Body Position	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	<p>A. Biggest indicator of a good swimmer.</p> <p>B. Three key points of:</p> <ol style="list-style-type: none"> 1. waterline above eyebrows 2. hips at surface 3. kick at surface <p>C. Streamlining</p> <ol style="list-style-type: none"> 1. long as possible from tip of fingers to tip of toes 2. narrow - everything between the shoulders and hips <p>B. Three ways to get your anchor up:</p> <ol style="list-style-type: none"> 1. put your head further back in the water 2. arch your back more 	Teacher created assessments – Five-point skills test on the Body Position	Students are allowed more than one attempt/time if needed.	Student will practice the body position with and without the kick board and in the superman position.



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			3. lift your belly button out of the water			
Catch	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	Part 1 of the arm stroke cycle: Catch 1. Catch is just after the hand enters the water. 2. Done by reaching a little further forward and sculling your hand down and around. 3. Most important part of the arm stroke because it is like the blade of a paddle and a canoe.	Teacher created assessments – Five-point skills test on the catch.	Students are allowed more than one attempt/time if needed.	Student with practice the catch with and without the kick board and in the superman position.
Recovery	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	Part 2 of the arm stroke cycle: Recovery Part of the stroke where hand is recovered from the end of underwater stroke back to the front to do the catch. 1. arm recovery is done out of water 2. finish underwater stroke all the way back with a straight arm 3. lift elbow and not the hand 4. bring elbow as far forward as possible hand comes along for the ride	Teacher created assessments – Five-point skills test on the recovery	Students are allowed more than one attempt/time if needed.	Student with practice the recovery with and without the kick board and in the superman position.



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			5. after elbow is as far forward as possible reach out another foot with hand and pierce the water with the thumb and index finger 6. elbow is always higher than the hand			
Pull/Push	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	Part 3 of the arm stroke cycle: Pull/Push Underwater part of the arm stroke that is part of the stroke that moves you through the water. 1. under body 18-24" between the shoulders 2. bend arm at elbow to strong pulling position that allows the five major muscle groups of the arms and shoulders to be used. 3. first part is a pull to middle of the chest, then a push back to the middle of the leg. 4. finish as far back as possible, to point where arm becomes straight and hand comes out at side midway between hip and knee.	Teacher created assessments – Five-point skills test on the pull/push.	Students are allowed more than one attempt/time if needed.	Student with practice the pull/push with and without the kick board and in the superman position.



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			5. finish push by throwing water off fingertips to the wall behind you.			
Flutter Kick	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	A. Called Flutter Kick 1. 6-8 inches deep 2. rate of 6 kicks to 1 stroke. B. Leg position 1. knees straight but flexible. 2. power comes from upper legs and is applied at feet.	Teacher created assessments – Five-point skills test on the flutter kick.	Students are allowed more than one attempt/time if needed.	Student with practice the flutter kick with the kick board and in the superman position.