

<b>Sixth Grade Physical Education Content Standards and Objectives</b>		
<b>Standard 1:</b>	Movement Forms (PE.S.1)	
(PE.S.1)	Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.6.1.01	perform independently in physical activity and/or exercise to improve skill/fitness.	#63 Tree Factory p.273
PE.6.1.02	perform basic skills necessary to participate in individual, dual, team, and lifetime activities.	
PE.6.1.03	perform lead-up activities that encompass elements of individual, dual, team, and lifetime activities.	
PE.6.1.04	perform social and/or multicultural dances.	
<b>Standard 2:</b>	Development of Motor Skills	
(PE.S.2)	Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.6.2.01	identify proper techniques necessary to perform a variety of movement forms (e.g., catching, running, throwing, striking, kicking).	
PE.6.2.02	perform basic body mechanics necessary to develop new motor skills (e.g., opposite hand-opposite foot, head-up, follow-through).	#63 Tree Factory p.273
<b>Standard 3:</b>	Physical Activity (PE.S.3)	
(PE.S.3)	Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.6.3.01	participate in physical activity in addition to physical education class (e.g., maintain an activity log, activity gram).	#54 I'd Like to Visit a Place Where... p.236
PE.6.3.02	participate in games, sports, dance and outdoor pursuits both in and outside school to improve performance and fitness (e.g., DDR).	#25 Birds and Worms p.111 #68 Name That Tree p.288
PE.6.3.03	identify lifestyle behaviors to increase physical activity (e.g., taking stairs, walk/ride bike to school).	#54 I'd Like to Visit a Place Where... p.236
<b>Standard 4:</b>	Physical Fitness (PE.S.4)	
(PE.S.4)	Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>

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PE.6.4.01	perform at the gender and age-appropriate health-related fitness standards as defined in FITNESSGRAM.	
PE.6.4.02	define the five components of FITNESSGRAM.	
PE.6.4.03	examine the fitness benefits of a variety of physical activities (e.g., stretching, walking).	
PE.6.4.04	describe the necessity of warm-up and cool-down activities.	
PE.6.4.05	practice the F.I.T.T. principle to achieve physical fitness	
<b>Standard 5:</b>	Responsible Personal and Social Behavior (PE.S.5)	
(PE.S.5)	Students will Identify and apply responsible, personal and social behaviors in physical activity settings.	
<b>Objectives</b>	<b>Students will</b>	<b>PLT Activity and Page</b>
PE.6.5.01	work cooperatively and productively in a group to accomplish a set goal/task.	#25 Birds and Worms p.111 #63 Tree Factory p.273
PE.6.5.02	make appropriate decisions when applying rules, procedures, etiquette, and safety.	
PE.6.5.03	practice behaviors that are supportive and inclusive in physical activity.	#25. Birds and Worms p.111