

# 6th Grade Physical Education



## **Course Description**

*During 6th grade the students will participate in physical activities with the goal of improving their health. Additionally, they will understand individual fitness concepts so that physical fitness becomes a learned and dedicated lifelong practice. Students will begin to track their progression in a variety of Fitness Gram tests. Also, the students will learn to further develop sportsmanship, teamwork, respect, leadership, and responsibility. Finally, the students will learn correct rules and skills of individual and team sports as well as other fitness type activities.*

## **Instructor:**

*Teacher Names - Brody Hamel, Sarah Jackson, Heidi Peterson, Mark Valentini  
Classroom #130*

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[heidi.peterson@central301.net](mailto:heidi.peterson@central301.net), [mark.valentini@central301.net](mailto:mark.valentini@central301.net)*

*Phone: Boys Locker Room - 847-717-8129*

*Girls Locker Room - 847-717-8130*

*Main Office at PK - 847-717-8100*

## **Course Materials Required:**

- Central Phys Ed Shirt and Shorts are required*
- Deodorant is recommended*

## **Course Outline**

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<b>Unit</b>	<b>Approximate Dates</b>	<b>Topics</b>	<b>Student Activities</b>
<i>Fitness Testing</i>	<i>August 27-31 May 14-18</i>	<i>Muscular Strength Muscular Endurance Aerobic Capacity Flexibility</i>	<i>Push-Up Test Curl-Up Test PACER Run Test Sit and Reach Test One Mile Run</i>
<i>Fitness Units</i>	<i>2nd and 3rd quarter</i>	<i>Fitness Center Weight Room</i>	<i>Abdominal workouts Upper body Strength Lower body Strength Aerobic Capacity (treadmills/ellipticals/bikes) Balance Stretching</i>
<i>Team Sports</i>	<i>Various times throughout the year</i>	<i>Flag Football Soccer Basketball Volleyball Floor Hockey Track and Field Softball</i>	<i>Skill based practice Agility practice (fitness component of the sport) Introduction to rules and game-play. Modified games</i>
<i>Individual Sports</i>	<i>Various times throughout the year</i>	<i>Badminton Pickle Ball Track and Field</i>	<i>Skill based practice Agility practice (fitness component of the sport) Introduction to rules and game-play Modified games</i>

## Major Course Assignments/Assessments

- *Fitness Gram Testing*

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- Basketball, Soccer, Health Components, Basketball, Volleyball, Badminton/PickleBall, Track and Field, Softball Assignments
- Fitness Summative
- Team Sports Summative
- Individual Sports Summative
- Mile Run
- Health Assignments (2nd and 3rd quarter)

## Grading Procedures:

- Students will earn a grade based on four criteria described below. During 2nd and 3rd quarter the students will be in a Health rotation that will account for the written portion of the their PE grade.

Grades will be determined by the following category weights:

Category	Percentage
Participation	25%
Sportsmanship	25%
Responsibility	25%
Written Work	25%

## Absences/Make-up Work:

Students who are absent from school will be allowed to make up work for equivalent academic credit. The time allowed to makeup work will generally be one school day for every school day missed, starting with the first day the student returns to school. In

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*extenuating circumstances a student may ask his/her teacher for additional time to make up work. It is the responsibility of the student (and his/her parent/guardian), not the teachers, to get the assignments, complete them, and turn them in, and to arrange a time with the teacher to make up any missed quizzes or tests. Incomplete work or failure to do the work may result in a lowering of grades.*

## Timeframe for makeup work:

*The time allowed to makeup work will generally be one school day for every school day missed, starting with the first day the student returns to school.*

## Procedure to follow to receive and submit makeup work:

- 1. Student will talk to the teacher either in person or via email to find out what work they missed.*
- 2. Student will complete assignment using the timeframe for makeup work.*
- 3. Student will submit assignment.*

## **Resources:**

<http://www.cooperinstitute.org/fitnessgram>