

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 6thGrade
 Section/Heading: 6A

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understands the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> 1. Plays safely and by the rules 2. Display good sportsmanship and Christian values. 3. Improve and refine physical skills 4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life-style. 5. Understands the physical challenges faced by people with disabilities. 6. Continues to follow rules and procedures with little reinforcement. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 6thGrade
 Section/Heading: 6A.2

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understands the social and personal responsibility associated with participation in group and individual physical activities.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate knowledge, rules and skills necessary to participate in team sports. 2. Demonstrate the knowledge and skills needed to participate in individual and recreational activities. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 6thGrade
 Section/Heading: 6B.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Uses movement concepts and principles in the development of motor skills.

Performance Indicators		
<ol style="list-style-type: none"> 1. Perform locomotor skills alone, with a partner, or in a group. 2. Demonstrate eye-hand and eye-foot coordination (overhand and underhand throwing, non dominant and dominant throwing, kicking and dribbling, catching in stationary and moving positions.) 		
Suggested Activities		Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 6thGrade
 Section/Heading: 6C.1

Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Uses a variety of basic and advanced movement forms.

Performance Indicators
1. Improve movement through rhythms and specific dance styles.

Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 6th Grade
 Section/Heading: 6D.1

Strand: Monitoring and Maintaining Physical Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Understands how to monitor and maintain a health-enhancing level of physical fitness.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate the basic knowledge, benefits and conditioning requirements as they apply to personal health, wellness, and fitness needs. 2. Demonstrate increased muscular strength, endurance, aerobic and anaerobic conditioning, flexibility and agility through fitness and recreational activities (age appropriate standardized fitness tests, develop a long-term plan that will further enhance their quality of life, acknowledge progress, knowledge resting working heart-rates and using proper cool-down technique). 		
Suggested Activities	Assessment	Resources