

Curriculum Guide for 6th Grade PE

Unit 1 - Aerobics
6.1, 6.2

How is taking care of our bodies important to God?
Why does God care if we are physically active?
How does God view our thoughts toward people that are not as active as we are?

3 weeks

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Know and locate the major parts of the body involved in aerobic activity• Locate their pulse• Measure their pulse rate• Increase their cardiovascular and respiratory endurance• Identify basic healthy lifestyle habits• Accomplish a 13 minute mile walk/run• Maintain an aerobic activity for twenty minutes• Create a warm up stretch routine	<ul style="list-style-type: none">• Audio visuals• Demonstration• Discussion• Hands on activities	<ul style="list-style-type: none">• Teacher-made activity sheets• Audio tapes of various music• Jump robes• Balls cones scooters mini trampoline• Stop watch	<ul style="list-style-type: none">• Class participation• Question and answer session• Students overall improvement in endurance measured by time

Unit 2 - Presidential Fitness Challenge

6.1

3 weeks

How are we to be “set apart” when it comes to the Presidentially Physical Fitness program?

How are we as Christians to encourage others that may be struggling with a task?

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Explain the importance of the President’s Fitness Program• Identify the events involved• Perform the events successfully	<ul style="list-style-type: none">• Discussion• Demonstration• Talk the students through practice trials	<ul style="list-style-type: none">• ‘<i>Presidential Fitness Booklet</i>’• Cones pull up bar• Stop watch• Individual fitness logs• Blocks• V-sit marker• Tape measure	<ul style="list-style-type: none">• Skills test• Time test

Unit 3 - Team Activities
6.1, 6.2, 6.3, 6.4, 6.5

28 Weeks

How does team work unite people?
What does a Christian see in the value of team work?

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Exemplify teamwork • Respond appropriately to opposing conflict • Demonstrate various team games • Perform according to the rules of that particular game • Hold a hockey stick correctly • Make a goal using a hockey stick from 35 feet • Dribble a basketball alternating hands while stationary and moving forward • Shoot a jump shot, lay-up, and foul shot • Strike a moving object • Catch a ball using a ball-glove • Serve, bump, and return a volleyball over a net • Successfully throw a football • Possess a basic understanding of football • Be able to work through theam challenges and find a solution 	<ul style="list-style-type: none"> • Discuss • Demonstrate • Hands on activities • Visual aids 	<ul style="list-style-type: none"> • Activity sheets from <i>Movement and Games</i> • <i>Rules and Officiating</i> • Teacher-made lesson plans • Balls • Hockey sticks • Goals cones discs ropes rings bases 	<ul style="list-style-type: none"> • Student participation • Skills test • Sportsmanship • Student observation • Written tests