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# Sixth Grade Physical Education

Curriculum Guide

Dunmore School District

Dunmore, PA



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Curriculum Guide**

**Sixth Grade Physical Education**

**Prerequisite:**

- Sixth Grade Student

Students in Sixth Grade Physical Education meet once a week. Students will engage in a wide variety of activities designed to enhance their overall level of fitness. Students will continue to develop locomotor and non-locomotor skills. Students will continue to learn the correct techniques for using manipulatives including throwing, catching, striking, kicking, trapping, and dribbling. Students in sixth grade will understand the benefits of regular exercise and the importance of maintaining a healthy and active lifestyle. Students will learn to assess their overall fitness level and set goals for improvement.

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Year-at-a-glance

<b>Subject: Sixth Grade Physical Education</b>	<b>Grade Level: Grade 6</b>	<b>Date Completed: 2/19/2019</b>
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**36 Days**

Topic	Resources	Standards
Beginning of the year introduction to Third Grade Height/ Weight Squad Lines	Scale Paperwork provided by school nurse	10.3.3.D
Fitness Cardiovascular Training Mile Test	Stopwatch, Clipboard, Data sheets	10.3.3.D    10.4.3.A    10.4.3.B 10.4.3.C    10.4.3.D    10.5.3.D
Dodging Fleeing Games The Wall Octopus	Cones, Dodgeballs	10.3.3.D    10.4.3.A    10.4.3.D 10.5.3.A    10.4.3.B    10.4.3.E 10.5.3.F    10.4.3.C    10.4.3.F
Introduction to Sport Specific Activities I Kickball Soccer Scram (Bowling, Basketball)	Kickballs Soccer balls Bases Bowling pins Fitness Dice	10.3.3.D 10.4.3.A    10.4.3.B    10.4.3.C 10.4.3.E    10.4.3.F    10.5.3.A 10.5.3.F
Thanksgiving Activity Turkey Hunt	Cones Thanksgiving pictures	10.3.3.D    10.4.3.A    10.4.3.F 10.5.3.A
Throwing, Catching, Aiming and Dodging Skills I Pin Bombardment Bombardment	Bowling Pins Dodgeballs Cones Scoreboard	10.4.3.A    10.4.3.F    10.5.3.A 10.5.3.C    10.5.3.F    10.3.3.D

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<p>Introduction to Sport Specific Activities II Basketball Hockey Scooter Polo</p>	<p>Basketballs Hockey sticks/ puck Scooters Dodgeballs Hockey goals</p>	<p>10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.C 10.5.3.F 10.3.3.D</p>
<p>Obstacle Course</p>	<p>Cones Mats Hurdles Scooters Jump Ropes Bowling Pins</p>	<p>10.4.3.A 10.4.3.C 10.4.3.E 10.4.3.F 10.5.3.A</p>
<p>Throwing, Catching, Aiming and Dodging Skills II Castle Ball Sink The Ship</p>	<p>Mats Dodgeballs Bowling Pins Hula Hoops</p>	<p>10.4.3.A 10.4.3.B 10.4.3.C 10.5.3.A 10.5.3.D 10.5.3.F</p>
<p>Physical Fitness Testing</p>	<p>Pull-up bar Cones Mats Data Sheets Stopwatch</p>	<p>10.4.3.A 10.4.3. B 10.4.3.C 10.5.3.A 10.5.3.D</p>
<p>Introduction to Sport Specific Activities III Team Handball Bonkerball</p>	<p>Batting Tees Bats Balls Cones Scoreboard Dodgeballs Jerseys Stopwatch</p>	<p>10.3.3.D 10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.F</p>

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<b>General Topic</b>	<b>Essential Knowledge, Skills &amp; Vocabulary</b>	<b>Resources &amp; Activities</b>	<b>Assessments</b>	<b>Suggested Time (In Days)</b>
<b>Beginning of the year introduction to Fifth Grade Physical Education.</b>	<b>Essential Knowledge/ Skills</b> Rules Squads Height / Weight	<b>Equipment:</b> Scale  Data sheets provided by the school nurse.	Instructor Observation	<b>1 day</b>
<p><b>PA Academic Standards: Health, Safety and Physical Education:</b> 10.3.3 D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety)</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Fitness</b>				<b>2 days total</b>
<b>Cardiovascular Training</b>	<p><b>Essential Knowledge/Skills:</b> Proper ways to warm up Important concepts for aerobic exercise Proper cool-down period</p> <p><b>Vocabulary:</b> Warm-up Heart rate Breathing Pacing Cool-down</p>	<p><b>Equipment:</b> Stop watch Clipboard</p>	Teacher Observation	<b>1 day</b>
<b>Mile Test</b>	<p><b>Essential Knowledge/Skills:</b> Proper ways to warm up Important concepts for aerobic exercise Proper cool-down period</p> <p><b>Vocabulary:</b> Warm-up Heart rate Breathing Pacing Cool-down</p>	<p><b>Equipment:</b> Stop watch Data Sheets Clipboard</p>	Teacher Observation	<b>1 day</b>
<p><b>PA Academic Standards: Health, Safety, and Physical Education</b>            10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety).            10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.            10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p>				

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10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate.

10.5.3.D. Identify and use principles of exercise to improve movement and fitness activities.

- frequency/how often to exercise
- intensity/how hard to exercise
- time/how long to exercise
- type/what kind of exercise.

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Dodging Fleeing Activities</b>		<b>Teacher generated resources</b>		<b>4 days total</b>
<b>The Wall</b>	<p><b>Essential Knowledge/Skills:</b> Different strategies for the game Fitness components necessary for the activity</p> <p><b>Vocabulary:</b> Chasing Dodging Running Fitness</p>	<p><b>Equipment:</b> Cones</p>	Teacher Observation	<b>2 days</b>
<b>Octopus</b>	<p><b>Essential Knowledge/Skills:</b> Different strategies for the game Fitness components necessary for the activity</p> <p><b>Vocabulary:</b> Chasing Throwing Dodging Running Fitness</p>	<p><b>Equipment:</b> Cones Dodgeballs</p>	Teacher Observation	<b>2 days</b>
<p><b>PA Academic Standards: Health, Safety, and Physical Education</b></p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety)</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health</p> <p>10.4.3.D. Identify likes and dislikes related to participation in physical activities.</p> <p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• heart rate</li> </ul>				



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- breathing rate
- 10.4.3.F. Recognize positive and negative interactions of small group activities.
- roles (e.g., leader, follower)
  - cooperation/sharing
  - on task participation
- 10.5.3.A. Recognize and use basic movement skills and concepts.

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Introduction to Sport Specific Activities I</b>				<b>6 days total</b>
<b>Kickball</b>	<p><b>Essential Knowledge/Skills:</b>            Rules of the game            Proper way to kick            Team Building</p> <p><b>Vocabulary:</b>            Kicking            Catching            Foul Ball            Home run</p>	<p><b>Equipment:</b>            Kickball            Scoreboard            Bases</p>	Teacher Observation	<b>2 days</b>
<b>Soccer</b>	<p><b>Essential Knowledge/Skills:</b>            Different styles of dribbling            Different ways to pass            Trapping            Team building            Moving in space</p> <p><b>Vocabulary:</b>            Dribble            Pass            Trapping.            Throw-in            Handball            Header            Shooting</p>	<p><b>Equipment:</b>            Soccer balls            Scoreboard            Nets</p>	Teacher Observation	<b>2 days</b>

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<b>Scram</b>	<p><b>Essential Knowledge/Skills:</b>          Proper way to bowl          Proper way to shoot a basketball          Dribbling          Fitness components necessary for the game          Rules of the game          Team building</p> <p><b>Vocabulary:</b>          Bowling          Catching          Shooting          Jumping jacks          Mountain Climbers          Stomach Crunches          Squats          Burpees          Super Burpees</p>	<p><b>Equipment:</b>          Bowling Pins          Kickballs          Basketball Hoops          Fitness Dice          Scoreboard          Cones</p>	Teacher Observation	<b>2 days</b>
<p><b>PA Academic Standards: Health, Safety, and Physical Education</b></p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety)</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health</p> <p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• heart rate</li> <li>• breathing rate</li> </ul> <p>10.4.3.E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.4.3.F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> <li>• roles (e.g., leader, follower)</li> <li>• cooperation/sharing</li> <li>• on task participation</li> </ul> <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p> <p>10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.</p>				

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- faking/dodging
- passing/receiving
- move MOVING to be open
- defending space
- following rules of play

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p><b>Thanksgiving Day Activity</b></p> <p><b>Turkey Hunt</b></p>	<p><b>Essential Knowledge/Skills:</b> Team Building Strategies for being successful at the game</p> <p><b>Vocabulary:</b> Teamwork Running</p>	<p><b>Equipment:</b> Orange Cones Colored Cones Thanksgiving themed pictures</p>	<p>Teacher Observation</p>	<p><b>1 day</b></p>
<p><b>PA Academic Standards: Health, Safety, and Physical Education:</b></p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play warm-up cool down)</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.4.3.F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> <li>• roles (e.g., leader, follower)</li> <li>• cooperation/sharing</li> <li>• on task participation</li> </ul> <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Throwing, Catching, Aiming and Dodging Skills I</b>				<b>4 days total</b>
<b>Pin Bombardment</b>	<p><b>Essential Knowledge/Skills:</b>            Proper way to throw            Proper way to bowl            Rules of the game            Team building</p> <p><b>Vocabulary:</b>            Throwing            Bowling            Catching            Team work            Defending</p>	<p><b>Equipment:</b>            Cones            Bowling Pins            Dodgeballs            Scoreboard</p>	Teacher Observation	<b>2 days</b>
<b>Bombardment</b>	<p><b>Essential Knowledge/Skills:</b>            Proper way to throw            Rules of the game            Team building</p> <p><b>Vocabulary:</b>            Throwing            Dodging            Catching            Team work</p>	<p><b>Equipment:</b>            Cones            Dodgeballs            Scoreboard</p>	Teacher Observations of Activity.	<b>2 days</b>

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**PA Academic Standards: Health, Safety, and Physical Education:**

10.3.3 D. Identify and use safe practices in physical activity settings (e.g. proper equipment, knowledge of rules, sun safety, guidelines of safe play).

10.4.3 A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3 B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.5.3 A. Recognize and use basic movement skills and concepts.

10.5.3 C. Know the function of practice.

10.5.3 F. Recognize and describe game strategies using appropriate vocabulary.

- faking/dodging
- passing/receiving
- move MOVING to be open
- defending space
- following rules of play

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Introduction to Sport Specific Activities II:</b>				<b>6 days total</b>
<b>Basketball</b>	<p><b>Essential Knowledge/Skills:</b> Proper way to dribble basketball Different ways to pass Proper way to shoot a basketball</p> <p><b>Vocabulary:</b> Dribbling Passing Shooting Catching Weaving</p>	<p><b>Equipment:</b> Basketballs Basketball hoops Cones Clipboard Scoreboard</p>	Teacher Observation	<b>2 days</b>
<b>Hockey</b>	<p><b>Essential Knowledge/Skills:</b> Proper way to hold a hockey stick Dribbling, passing and trapping the hockey puck Proper way to shoot</p> <p><b>Vocabulary:</b> Passing Dribbling Face/Off Goal keeping High sticking Shooting</p>	<p><b>Equipment:</b> Hockey Sticks Hockey Goals Hockey puck Cones Clipboard Stopwatch Scoreboard</p>	Teacher Observation	<b>2 days</b>



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<p><b>Scooter Polo</b></p>	<p><b>Essential Knowledge/Skills:</b>          Proper way to throw a ball          Different ways of passing          Team building          Rules of the game</p> <p><b>Vocabulary:</b>          Passing          Moving off of the pass          Throwing          Catching</p>	<p><b>Equipment:</b>          Scooters          Goals          Jerseys          Foam Coated Dodgeball</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>
<p><b>PA Academic Standards: Health, Safety, and Physical Education:</b>          10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safety)          10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.          10.5.3.A. Recognize and use basic movement skills and concepts.          10.5.3.C. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> <li>• faking/dodging</li> <li>• passing/receiving</li> <li>• move MOVING to be open</li> </ul>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Obstacle Course</b>	<p><b>Essential Knowledge/Skills:</b> Rules of the Game Fitness components necessary for the obstacle course</p> <p><b>Vocabulary:</b> Hopping Weaving Tumbling Team work Jump rope</p>	<p><b>Equipment:</b> Mats Cones Bowling pins Scooters Jump ropes Hula hoops Hurdles Balance Beam</p>	Teacher Observation	<b>2 days</b>
<p><b>PA Academic Standards: Health, Safety, and Physical Education:</b>            10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.            10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.            • heart rate            • breathing rate            10.4.3.E. Identify reasons why regular participation in physical activities improves motor skills.            10.4.3.F. Recognize positive and negative interactions of small group activities.            • roles (e.g., leader, follower)            • cooperation/sharing            • on task participation            10.5.3.A. Recognize and use basic movement skills and concepts.</p>				

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<b>General Topic</b>	<b>Essential Knowledge, Skills &amp; Vocabulary</b>	<b>Resources &amp; Activities</b>	<b>Assessments</b>	<b>Suggested Time (In Days)</b>
<b>Throwing, Catching, Aiming and Dodging Skills II</b>				<b>4 days total</b>
<b>Castle Ball</b>	<p><b>Essential Knowledge/Skills:</b> Team Building Role acceptance Strategies to win the game</p> <p><b>Vocabulary:</b> Team work Throwing Blocking Team Leaders</p>	<p><b>Equipment:</b> Hula Hoops Cones Bowling Pins Dodgeballs</p>	Teacher Observation	<b>2 days</b>
<b>Sink The Ship</b>	<p><b>Essential Knowledge/Skills:</b> Rules of the game Proper way to throw Different strategies to be successful in the game</p> <p><b>Vocabulary:</b> Team work Throwing Rolling Catching Blocking Fitness</p>	<p><b>Equipment:</b> Dodgeballs Scooters Bowling Pins Mats</p>	Teacher Observation	<b>2 days</b>

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**PA Academic Standards: Health, Safety, and Physical Education:**

10.3.3.D. Identify and use safe practices in physical activity settings (e.g. proper equipment, knowledge of rules, sun safety, guidelines of safe play).

10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.5.3.A. Recognize and use basic movement skills and concepts.

10.5.3.C. Know the function of practice.

10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.

- faking/dodging
- passing/receiving
- move MOVING to be open
- defending space
- following rules of play

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Physical Fitness Testing</b>	<b>Essential Knowledge/Skills:</b> Fitness components necessary for fitness testing Knowledge of different muscle groups  <b>Vocabulary:</b> Strength Training Aerobic Anaerobic Muscle Groups Heart Rate	<b>Equipment:</b> Cones Mats Stopwatch Data Sheets Pull-up bar	Teacher Observation	<b>2 days</b>
<p><b>PA Academic Standards: Health, Safety, and Physical Education:</b></p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity. • heart rate • breathing rate</p> <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Introduction to Sport Specific Activities III:</b>				<b>4 days total</b>
<b>Team Handball</b>	<p><b>Essential Knowledge/Skills:</b>            Rules of the Game            Proper way to throw            Team Building            How to move into space</p> <p><b>Vocabulary:</b>            Teamwork            Passing            Moving to get Open</p>	<p><b>Equipment:</b>  <b>Jerseys</b>            Cones            Foam coated dodgeball            Stopwatch</p>	Teacher Observation	<b>2 days</b>
<b>Bonkerball</b>	<p><b>Essential Knowledge/Skills:</b>            Rules of the Game            Proper Way to Hold a Baseball Bat            Team Building            Proper Way to Throw</p> <p><b>Vocabulary:</b>            Batter-up / Swing Away            Catcher            Batter            Homerun            Ground out            Pop out</p>	<p><b>Equipment:</b>            Bats            Balls            Cones            Batting Tees            Scoreboard</p>	Teacher Observation	<b>2 days</b>

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**PA Academic Standards: Health, Safety, and Physical Education:**

10.3.3.D. Identify and use safe practices in physical activity settings (e.g. proper equipment, knowledge of rules, sun safety, guidelines of safe play).

10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3.F. Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation.

10.5.3.A. Recognize and use basic movement skills and concepts.

10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.

- faking/dodging
- passing/receiving
- move MOVING to be open
- defending space
- following rules of play