

**PETERS TOWNSHIP SCHOOL DISTRICT**  
**CORE BODY OF KNOWLEDGE (CBK)**

**PHYSICAL EDUCATION**

**GRADE 6**

For each of the sections that follow, students may be required to understand, apply, analyze, evaluate or create the particular concepts being taught.

**COURSE DESCRIPTION**

The 6<sup>th</sup> grade PE course will comprise of various physical activities such as hand eye coordination games, team sports, and cooperative games. Students will also be required to participate in five different fitness tests. The course will be taught during one of the 6<sup>th</sup> grade rotations which consist of 24 total classes.

**STUDY SKILLS**

- Practice the 5 different fitness tests outside of school.
- Come to class prepared with appropriate attire
- Know and practice appropriate sportsmanship

**MAJOR UNIT THEMES:**

**1. FITNESS TESTING**

- physical, mental, and social parts of the health triangle
- perform fitness conditioning and station training
- perform various fitness tests
- demonstrate a knowledge of physical fitness
- wear appropriate dress

**2. HAND EYE COORDINATION**

- defining mental and emotional health
- demonstrate various activities
- applying hand eye coordination to a variety of sports skills
- wear appropriate dress

### **3. TEAM SPORTS**

- demonstrate appropriate skills and knowledge for recreational games
- demonstrate a knowledge of game strategy and rules
- abide by the safety rules during game play
- wear appropriate dress

### **4. COOPERTATIVE GAMES:**

- Physical, mental, and social changes which occur during adolescence and puberty
- work well with other students in order to accomplish a common goal.
- value the importance of teamwork and sportsmanship
- wear appropriate dress
- participate in a variety of team building activities

### **MATERIALS (and Supplemental materials used in course):**

- Testing procedures and evaluation standards available at [www.presidentschallenge.org](http://www.presidentschallenge.org) for the physical fitness test.
- Ready to Use P.E. Activities for Grades 5-6 by *Joanne M. Landy, Maxwell J. Landy.*

Revised September 2014