

ROBERTSON COUNTY SCHOOLS

PHYSICAL EDUCATION

MASTERY GUIDE

SIXTH GRADE

FIRST NINE WEEKS

- Demonstrate competence in modified versions of a variety of game-like situations.
- Use offensive and defensive strategies while playing in a game situation.
- Understand and apply the concepts of complex movement and game strategies to be utilized in a game situation.
- Make conscious decisions about applying rules, procedures, and etiquette.
- Display little evidence of off-task behaviors.
- Engage in at least one physical activity (dance, gymnastics, sport) outside the school setting.

SECOND NINE WEEKS

- Correctly perform recreational (square, folk, social, line, classical, ethnic) dance patterns.
- Recognize critical elements involved in advanced movement skills.
- Design and perform movement sequences (dance, gymnastics, jump rope, etc) using the concepts of space, effort, and relationships.
- Understand and apply basic safety concepts while participating in educational gymnastics.
- Observe a sports, gymnastics, or dance event, write an essay describing reactions to the event, and make a presentation to the class or small group based on the essay.

THIRD NINE WEEKS

- Participate in moderate to vigorous physical activity in the physical education setting.
- Design an appropriate daily plan to meet personal fitness goals.
- Discuss the value of appropriate warm-up, work-out, and cool-down in physical activity.
- Understand and identify aerobic and anaerobic physical activity.
- Demonstrate two or more activities that improve and maintain muscular strength, muscular endurance, flexibility, and cardio-respiratory functioning.
- Discuss the effect of physical activity on body composition.
- Show an interest in participating in physical activity.

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FOURTH NINE WEEKS

- Identify positive and negative peer pressure.
- Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity.
- Work cooperatively with both more and less skilled peers.
- Discuss and differentiate the differences associated with health related and skill related fitness.