

6th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Movement, Teamwork, and Lifelong Fitness

Version May/2025

1. Introduction

The Role of Physical Education in 6th Grade

In 6th grade, physical education focuses on building coordination, endurance, and strategic thinking through individual and team-based sports. The curriculum introduces structured warm-up routines, emphasizes cardiovascular and muscular development, and promotes social responsibility through cooperative gameplay. Activities are adapted across seasons and ability levels to develop physical literacy and self-awareness.

By the end of this course, students will:

- ✓ **Demonstrate coordination, control, and fluidity in various sports contexts.**
- ✓ **Understand how movement supports physical health and mental focus.**
- ✓ **Show sportsmanship and ethical behavior during physical challenges.**
- ✓ **Develop fitness habits through goal setting and reflection.**
- ✓ **Apply tactical thinking in gameplay, teamwork, and personal growth.**

2. Core Competence Areas

PE.1 Warm-Up, Flexibility, and Physical Literacy

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Perform structured warm-ups for different sports and conditions.
- ✓ Use dynamic and static stretching to improve range of motion.
- ✓ Demonstrate basic motor skills with accuracy and control.

Competencies

PE.1.A.1 – Designing and leading warm-up routines.

- Build warm-ups focused on mobility, activation, and coordination.
- Lead partner-based or team warm-up exercises with feedback.

PE.1.A.2 – Building foundational movement confidence.

- Lead dynamic warm-ups and apply cooldown routines for muscle recovery.
 - Understand and apply principles of joint mobility, stretching, and injury prevention.
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PE.2 Endurance and Personal Fitness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Monitor heart rate and effort levels during sustained activity.
- ✓ Set personal fitness goals and reflect on improvement.
- ✓ Understand the role of aerobic and anaerobic activity in health.

Competencies

PE.2.A.1 – Engaging in cardiovascular fitness training.

- Participate in running games, interval training, and aerobic circuits.
- Record effort levels using RPE (Rate of Perceived Exertion) or heart rate.

PE.2.A.2 – Promoting long-term health habits.

- Track fitness progress over time.
 - Understand hydration, sleep, and nutrition’s role in performance.
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PE.3 Sport-Specific Skill Development and Application

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate technique in specific sports including athletics, team games, and throwing events.**
 - ✓ **Analyze performance and apply feedback to improve.**
 - ✓ **Collaborate strategically in game situations.**
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Competencies

PE.3.A.1 – Practicing and refining sport-specific techniques.

- Develop accuracy and form in skills such as sprinting, dribbling, passing, and shot put.
- Execute throwing, jumping, and striking skills with precision and control.

PE.3.A.2 – Competing and collaborating through team play.

- Apply tactical decision-making in competitive games.
 - Understand rules, roles, and strategies in team sports and athletic disciplines.
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PE.4 Health Education and Lifelong Fitness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Describe the benefits of daily activity for physical and mental health.**
- ✓ **Create and follow a personal daily sports plan or fitness regimen.**
- ✓ **Understand nutrition, sleep, and hydration as components of health.**

Competencies

PE.4.A.1 – Promoting daily movement and lifestyle health.

- Design a personalized activity log to meet recommended movement guidelines.
- Evaluate lifestyle habits and identify barriers to active living.

PE.4.A.2 – Integrating wellness practices into everyday life.

- Connect training, recovery, and nutrition to energy, focus, and performance.
 - Track personal improvements over time using fitness journals and reflection.
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PE.5 Fair Play, Safety, and Ethics in Sport

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate respect, inclusion, and positive sportsmanship.**
- ✓ **Apply safety protocols in athletic environments.**
- ✓ **Reflect on ethics and integrity in sport.**

Competencies

PE.5.A.1 – Modeling respectful behavior and responsibility.

- Use inclusive language and behaviors in games and cooperative tasks.
- Respond to success and failure with emotional regulation and reflection

PE.5.A.2 – Practicing safe and ethical sport.

- Use protective gear appropriately, respect boundaries, and follow safety rules.
 - Debate ethical issues such as doping, cheating, and equity in sport.
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PE.6 Sport in Social and Cultural Contexts

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Explore how sport influences culture, identity, and community.**
- ✓ **Compare sports and physical traditions from different cultures.**
- ✓ **Understand sport's role in media, activism, and social change.**

Competencies

PE.6.A.1 – Understanding sport as a global language.

- Research traditional and emerging sports across continents.
- Recognize symbols, rituals, and values embedded in global sporting events.

PE.6.A.2 – Investigating the role of sport in society.

- Analyze how sport is portrayed in media and used for political or social purposes.
- Reflect on how sport shapes personal identity, belonging, and well-being.

3. Assessment and Evaluation

Formative Assessments – Active Observation and Reflection

- ✓ **Skill-specific rubrics and self-assessments.**
- ✓ **Partner observation and movement journals.**
- ✓ **Daily reflections on participation and mindset.**

Summative Assessments – Fitness and Application

- ✓ **Personal fitness plan and SMART goals.**
- ✓ **Technique evaluation in sport-specific drills (e.g., shot put form).**
- ✓ **Knowledge quiz on training principles and sport history.**

Authentic Assessment – Real-World Applications

- ✓ **Design and lead a warm-up or stretching session.**
- ✓ **Analyze and reflect on changes in endurance and strength.**
- ✓ **“Sport in My Life” digital project or video journal.**

4. Instructional Strategies for Online Learning

Skill-Based and Inquiry-Based Learning

- ✓ Scaffold movement skills through progressions.
- ✓ Encourage questioning, reflection, and exploration of new sports.

Project-Based and Culturally Responsive Learning

- ✓ Create fitness plans, training stations, and cultural games week.
- ✓ Study the role of dance, martial arts, and indigenous movement traditions.

Technology-Integrated Learning

- ✓ Use heart rate monitors, pedometers, apps like Strava, or digital logs track progress.
- ✓ Record video for technique analysis and feedback.
- ✓ Design digital posters on topics like “Fair Play” or “My Favorite Sport”.

Inclusive and Growth-Oriented Culture

- ✓ Promote encouragement, self-efficacy, and mutual respect.
- ✓ Foster a safe and inclusive space for all physical abilities.
- ✓ Celebrate growth, not just athleticism.