

# Grade 6

## Motor Skills and Movement Patterns [S1.G6](#)

### Dance & Rhythms

- 1 Demonstrates correct rhythm and pattern for one dance form. [S1.G6.1](#)
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### Throwing

- 2 Throws with a mature pattern for distance or power appropriate to the practice task. [S1.G6.2](#)
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### Catching

- 3 Catches a variety of objects from different trajectories with a mature pattern in varying practice tasks. [S1.G6.3](#)
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### Passing & Receiving

- 4a Passes and receives with hands while changing direction and speed with competency. [S1.G6.4A](#)
  - 4b Throws, while stationary, a leading pass to a moving receiver. [S1.G6.4B](#)
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### Offensive Skill

- 5a Performs pivots, fakes, and jab steps designed to create open space during practice tasks. [S1.G6.5A](#)
  - 5b Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes. [S1.G6.5B](#)
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### Dribbling/Ball Control

- 6a Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks. [S1.G6.6A](#)
  - 6b Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks. [S1.G6.6B](#)
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### Shooting on a Goal

- 7 Shoots on goal with power in a dynamic environment as appropriate to the activity. [S1.G6.7](#)
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### Defensive Skills

- 8 Maintains defensive-ready position with weight on balls of feet, arms extended, and eyes on midsection of the offensive player. [S1.G6.8](#)

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### **Serving**

9 Performs an underhand serve with control for net and wall games. [S1.G6.9](#)

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### **Striking**

10 Strikes with a mature overhand pattern in a non-dynamic environment for net or wall games. [S1.G6.10](#)

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### **Forehand & Backhand**

11 Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games. [S1.G6.11](#)

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### **Weight Transfer**

12 Transfers weight with correct timing for a striking pattern. [S1.G6.12](#)

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### **Volley**

13 Forehand volleys with a mature pattern and control using a short-handled implement. [S1.G6.13](#)

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### **Two-hand volley**

14 Two-hand volleys with control in a variety of practice tasks. [S1.G6.14](#)

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### **Target Games/Propel an Object**

15 Demonstrates an ability to propel an object for a modified target game. [S1.G6.15](#)

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### **Striking with a Long-Handled Implement**

16 Strikes a pitched ball with an implement with force in a variety of practice tasks. [S1.G6.16](#)

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### **Catching with a Short or Long-Handled Implement**

17 Catches, with a mature pattern, from different trajectories, using a variety of objects in varying practice tasks while using an implement. [S1.G6.17](#)

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### **Outdoor Pursuits**

18 Demonstrates correct technique for basic skills in one self-selected outdoor activity. [S1.G6.18](#)

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### **Individual Performance Activities**

19 Demonstrates correct technique for basic skills in one self-selected individual performance activity. [S1.G6.19](#)

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### **Concepts and Strategies** [S2.G6](#)

### **Creating Space - Movement**

1 Creates open space in combination with movement concepts. [S2.G6.1](#)

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### **Creating Space - Offensive Tactics**

- 2 Executes at least one of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go. [S2.G6.2](#)
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### **Reducing Space - Changing Size and Shape**

- 3 Reduces open space on defense by making the body larger and reducing passing angles. [S2.G6.3](#)
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### **Reducing Space - Using Denial**

- 4 Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass. [S2.G6.4](#)
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### **Transitions**

- 5 Transitions from offense to defense or defense to offense by recovering quickly. [S2.G6.5](#)
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### **Creating Space - Through Variation**

- 6 Creates open space in net or wall games with a short-handled implement by varying force and direction. [S2.G6.6](#)
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### **Using Tactics & Shots**

- 7 Reduces offensive options for opponents by returning to midcourt position. [S2.G6.7](#)
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### **Shot Selection**

- 8 Selects appropriate shot based on location of the object in relation to the target. [S2.G6.8](#)
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### **Offensive Strategies**

- 9 Identifies open spaces and attempts to strike object into that space. [S2.G6.9](#)
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### **Reducing Space**

- 10 Identifies the correct defensive play based on the situation. [S2.G6.10](#)
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### **Movement Concepts**

- 11a Varies application of force during dance or gymnastic activities. [S2.G6.11A](#)
  - 11b Makes appropriate decisions based on the weather, level of difficulty due to conditions, or ability to ensure the safety of self and others. [S2.G6.11B](#)
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## **Health-Enhancing Level of Physical Activity and Fitness** [S3.G6](#)

### **Physical Activity Knowledge**

- 1 Identifies three influences on physical activity. [S3.G6.1](#)

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### Engages in Physical Activity

- 2 Participates in a variety of moderate-to-vigorous physical activities (cardio-kick, step aerobics, aerobic dance, recreational team sports, outdoor pursuits, or dance activities). [S3.G6.2](#)

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### Fitness Knowledge

- 3a Identifies the components of skill-related fitness. [S3.G6.3A](#)
- 3b Sets and monitors a self-selected physical activity goal based on current fitness level. [S3.G6.3B](#)
- 3c Employs correct techniques and methods of stretching. [S3.G6.3C](#)

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## Responsible Personal and Social Behavior [S4.G6](#)

### Personal Responsibility

- 1a Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. [S4.G6.1A](#)
- 1b Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors. [S4.G6.1B](#)

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### Accepting Feedback

- 2 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. [S4.G6.2](#)

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### Working with Others

- 3a Accepts differences among classmates in physical development, maturation, and skill level by providing encouragement and positive feedback. [S4.G6.3A](#)
- 3b Cooperates with a small group of classmates. [S4.G6.3B](#)

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### Rules and Etiquette

- 4 Identifies the rules and etiquette for activities. [S4.G6.4](#)

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## Recognizes the Value of Physical Activity [S5.G6](#)

### Health

- 1a Describes how being physically active leads to a healthy body. [S5.G6.1A](#)
- 1b Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. [S5.G6.1B](#)

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### Challenge

- 2a Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback, and/or modifying the tasks. [S5.G6.2A](#)
- 2b Recognizes that skills will develop over time with appropriate practice. [S5.G6.2B](#)

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### **Self-Expression and Enjoyment**

**3a** Describes how moving competently in a physical activity setting creates enjoyment. **S5.G6.3A**

**3b** Identifies how self-expression and physical activity are related. **S5.G6.3B**