

**Springfield Public Schools**  
**6<sup>th</sup>-8<sup>th</sup> PHYSICAL EDUCATION**

**COURSE DESCRIPTION**

**6th GRADE**

**MAJOR INSTRUCTIONAL GOALS**

The intent of the Springfield R-12 Physical Education Program is:

- 1) Students will acquire and apply personal fitness and wellness skills associated with healthy active lifestyle. (HPE1, 2, 4; 1.4, 1.8, 2.1, 4.7)
  - Participate in activities that will help enhance the health and skill related fitness components.
  - Identify the health and skill related fitness components.
  - Understand the importance of the target heart rate.
  - Utilize a variety of technology to help monitor fitness.
  - Measure fitness levels and analyze data.
  - Identify muscles used during activity.
  - Identify proper warm-up conditioning and cool-down techniques to prevent injuries.
  
- 2) Students will demonstrate and assess fundamental movement skills in a variety of physical activities. (HPE4; 1.5)
  - Identify and apply the knowledge of the rules, terminology, skills and strategies in team, individual/dual and recreational activities.
  - Refine manipulative skills
  - Detect and correct errors in skill techniques.
  
- 3) Students will develop and demonstrate responsible safety and social skills while participating in a variety of physical activity settings. (HPE4; 1.10, 2.3, 3.1, 4.6, 4.7)
  - Demonstrate knowledge of general rules and safety procedures for all activities.
  - Recognize and support decisions made by game officials, whether they are students, teachers or officials outside of school.
  - Demonstrate desirable social skills while participating in class activities.
  - Work cooperatively with a group to achieve group goals in competitive settings.

- 4) Students will evaluate the importance that enjoyable regular physical activity plays in the pursuit of lifelong health and well being. (HPE 2,4; 1.4, 1.6,1.10,4.7)
- Actively participate in physical activity.
  - Recognize the positive outcomes from participation in physical activity.