

## NASPE Benchmarks Sixth Grade

As a result of participating in a quality physical education program it is reasonable to expect that the student will be able to:

- |        |   |
|--------|---|
| Has    | 1. Throw a variety of objects demonstrating both accuracy and distance. (frisbees, footballs)   |
| Has    | 2. Continuously strike a ball to a wall, or a partner, with a paddle using forehand and backhand strokes.   |
| Has    | 3. Consistently strike a ball, using a golf club or a hockey stick, so that it travels in an intended direction and height.   |
| Has    | 4. Design and perform gymnastics and dance sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences with intentional changes in direction, speed, and flow. |
| Has    | 5. Hand dribble and foot dribble while preventing an opponent from stealing the ball.   |
| Has    | 6. In a small group keep an object continuously in the air without catching it. (ball, foot bag)  |
| Has    | 7. Consistently throw and catch a ball while guarded by opponents.  |
| Has    | 8. Design and play small group games that involve cooperating with others to keep an object away from opponents. (basic offense and defense strategy)(by throwing, kicking, and/or dribbling a ball)        |
| Has    | 9. Design a routine by combining various jump rope movements.   |
| Has    | 10. Leap, roll, balance, transfer weight, bat, volley, and foot dribble, and strike a ball with a paddle, using mature motor patterns.  |
| Is     | 11. Recover from vigorous physical activity in an appropriate length of time.   |
| Is     | 12. Monitor heart rate before, during, and after activity.  |
| Is     | 13. Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardiorespiratory functioning.  |
| Does   | 14. Participate in games, sports, dance, and outdoor pursuits, both in and outside of school, based on individual interests and capabilities.   |
| Knows  | 15. Recognize that idealized images of the human body and performance, as presented by the media, may not be appropriate to imitate.  |
| Knows  | 16. Recognize the time and effort are prerequisites for skill improvements and fitness benefits.  |
| Knows  | 17. Identify opportunities in the school and community for regular participation in physical activity.  |
| Knows  | 18. Identify principles of training and conditioning for physical activity.   |
| Knows  | 19. Identify proper warm-up, conditioning, and cool-down techniques and the reasons for using them.   |
| Knows  | 20. Identify benefits resulting from participation in different forms of physical activities.   |
| Knows  | 21. Detect, analyze, and correct errors in personal movement patterns.  |
| Knows  | 22. Describe ways to use the body and movement activities to communicate ideas and feelings.  |
| Values | 23. Accept and respect the decisions made by game officials, whether they are students, teachers, or officials outside of school.   |
| Values | 24. Seek out, participate with, and show respect for persons of like and different skill levels.  |
| Values | 25. Choose to exercise at home for personal enjoyment and benefit.  |