

This course is designed for 6th grade students and intended to be 18 weeks in length. The purpose of this course is to provide students with knowledge, skills, and values necessary to design and perform educational gymnastics and dance sequences in a variety of settings. An emphasis on body awareness, body management, maximum participation, high success rates, open ended responses from students, and integrated fitness will be evident throughout the course.

Semester One						Physical Education Orientation Week						Semester Two											
M	T	W	TH	F		Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety												M	T	W	TH	F	
August 2021						<b>Unit 1: PYFP Unit/ Fit for All Teens/Fitness Gram</b>						January 2022											
2	3	4	5	6		<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>			3	4	5	6	7							
9	10	11	12	13	PE.6.C.2.12 PE.6.C.2.13 PE.6.C.2.21 PE.6.L.3.3				Health, Physically Active Lifestyle, Benefits, Health-related Fitness, Physical Fitness, Skill			10	11	12	13	14							
16	17	18	19	20	PE.6.M.1.11 PE.6.R.6.2				Related Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, Progression, Aerobic, Anaerobic			17	18	19	20	21							
23	24	25	26	27								24	25	26	27	28							
30	31								<b>Unit 2: Jump Rope</b>			31											
September 2021						<u>Course Standards - CPALMS</u>						<b>Essential Topics and Vocabulary</b>						February 2022					
	1	2	3		PE.6.R.6.1 PE.6.M.1.10 PE.6.M.1.5 PE.6.C.2.17				Tinikling, Chinese Jump rope, Jump Rope Tricks, Jump Rope Teams, Rythmn, Coordination, Speed, Power, Cardiovascular Endurance				1	2	3	4							
6	7	8	9	10								7	8	9	10	11							
13	14	15	16	17								14	15	16	17	18							
20	21	22	23	24		<b>Unit 3: Aerobics and Fitness Dance</b>						21	22	23	24	25							
27	28	29	30			<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>			28											
October 2021						PE.6.L.3.5 PE.6.M.1.5 PE.6.R.6.1 PE.6.L.3.3						March 2022											
				1	PE.6.C.2.20 PE.6.C.2.19 PE.6.L.3.3 PE.6.M.1.11				Aerobic, Anaerobic, Improvisation, Rythmn, Zumba, Step Aerobics, Jazzercise, Cardio Kickboxing,				1	2	3	4							
4	5	6	7	8	PE.6.L.3.6							7	8	9	10	11							
11	12	13	14	15		<b>Unit 5: Balance</b>						14	15	16	17	18							
18	19	20	21	22		<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>			21	22	23	24	25							
25	26	27	28	29	PE.6.C.2.17 PE.6.C.2.18 PE.6.M.1.12 PE.6.L.3.6				Yoga, Pilates, Center of Gravity, Equilibrium, 1 point-4 point Balances, Partner Balance, Transfer of Weight, Breathe/Breaths			28	29	30	31								
November 2021						PE.6.R.6.1						April 2022											
1	2	3	4	5		<b>Unit 6: Initiatives and Team Building</b>										1							
8	9	10	11	12		<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>			4	5	6	7	8							
15	16	17	18	19	PE.6.R.5.3 PE.6.R.5.4 PE.6.R.5.5 PE.6.R.5.1				Teamwork, Collaborate, Cooperation, Communication, Respect, Social Skills, Trust			11	12	13	14	15							
22	23	24	25	26								18	19	20	21	22							
29	30					<b>Unit 7: Group, Partner, and Line Dance</b>						25	26	27	28	29							
December 2021						<u>Course Standards - CPALMS</u>						<b>Essential Topics and Vocabulary</b>						May 2022					
	1	2	3		PE.6.C.2.20 PE.6.M.1.8 PE.6.R.5.2 PE.6.R.5.4				Contra Dance, Circle Dance, Salsa, Merengue, Swing, Line Dance, Stage			2	3	4	5	6							
6	7	8	9	10	PE.6.R.6.3 HE.6.C.2.7 PE.6.R.6.1 PE.6.C.2.14				Directions, Counts, Beats, Box, Grapevine, Chasse, Step-Ball-Change, Step-Heel, Jazz Square, Conga Lines, Dance Steps, Twist, Spin, Ettiquette			9	10	11	12	13							
13	14	15	16	17	PE.6.R.5.1							16	17	18	19	20							
20	21	22	23	24		<b>Unit 8: Rolls and Tumbling</b>						23	24	25	26	27							
27	28	29	30	31		<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>			30	31										
					PE.6.C.2.18 PR.6.M.1.6 PE.6.M.1.7 PE.6.M.1.9 PE.6.M.1.12 PE.6.R.5.3 PE.6.R.5.5				Forward Roll, Backward Roll, Log roll, Egg Roll, Cartwheel, Roundoff, Headstand, Handstand, Pattern, Sequence, Transition, Transfer of Weight														
<b>NO CLASSES</b>						<b>Unit 9: Choreography and Performance</b>																	
						<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>														
						PE.6.C.2.15 PE.6.C.2.16 PE.6.C.2.14 PE.6.C.2.20 PE.6.M.1.8 PE.6.M.1.10 PE.6.M.1.13 PE.6.R.5.4			Design, Perform, Evaluate, Respect, Applause, Value, Routine, Sequence, Transition, Rythmic,Patterns, Technique, In Sync, Choreograph, Ettiquette, Instruct														
<b>FITNESSGRAM POST ASSESSMENT</b>																							
<b>END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES</b>																							