

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 they need to become healthy and physically active for a lifetime. This course addresses both the health and skill related components of physical fitness which are critical for students' success. This course incorporates health skills and concepts into physical education with emphasis on physical movement.

Semester One					Physical Education Orientation Week					Semester Two				
M	T	W	TH	F	Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety									
August 2021					Unit 1: PYFP Unit/Fit For All Teens/ Fitness Gram					January 2022				
2	3	4	5	6	Course Standards - CPALMS				Essential Topics and Vocabulary					
9	10	11	12	13	PE.6.C.2.1	PE.6.C.2.4	PE.6.C.2.6	PE.6.C.2.7	Health, Physically Active Lifestyle, Benefits, Health-related Fitness, Physical Fitness, Skill					
16	17	18	19	20	PE.6.C.2.13	PE.6.C.2.22	PE.6.L.4.1	PE.6.L.4.2	Related Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload,					
23	24	25	26	27	PE.6.L.4.5	PE.6.M.1.5	PE.6.M.1.11	PE.6.R.6.2	Progression, Aerobic, Anaerobic, Fluid loss, Heat Illness, SMART Goal					
30	31				HE.6.B.6.1				31					
September 2021					Unit 2: Health Related Fitness Component Activities					February 2022				
		1	2	3	Course Standards - CPALMS				Essential Topics and Vocabulary					
6	7	8	9	10	PE.6.C.2.2	PE.6.C.2.7	PE.6.C.2.8	PE.6.L.3.3	Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, Body					
13	14	15	16	17	PE.6.L.4.5	PE.6.M.1.1	PE.6.M.1.5	PE.6.R.6.1	Composition, Monitoring Intensity, Pedometers, Heart Rate Monitors, Scale, Body					
20	21	22	23	24					Weight					
27	28	29	30						28					
October 2021					Unit 3: Skill Related Fitness Component Activities					March 2022				
				1	Course Standards - CPALMS				Essential Topics and Vocabulary					
4	5	6	7	8	PE.6.C.2.12	PE.6.M.1.12	PE.6.R.5.2	PE.6.R.6.1	Agility, Balance, Coordination, Power, Reaction Time, Speed, Stations, PE American					
11	12	13	14	15					Ninja Warrior, Ladder, Shuffle, Jump					
18	19	20	21	22					14					
25	26	27	28	29					21					
									28					
November 2021					Unit 4: Personal Fitness Program and Training					April 2022				
1	2	3	4	5	Course Standards - CPALMS				Essential Topics and Vocabulary					
8	9	10	11	12	PE.6.C.2.3	PE.6.C.2.9	PE.6.C.2.10	PE.6.C.2.11	Principles of Training, Overload, Specificity, Progression, FITT, Frequency, Intensity,					
15	16	17	18	19	PE.6.L.4.1	PE.6.L.4.2	PE.6.L.4.3	PE.6.L.4.4	Time, Type, Fact, Fallacy, Nutrition, Calorie Expenditure, Goals, Technology, Circuit					
22	23	24	25	26	PE.6.M.1.2	PE.6.M.1.3	PE.6.M.1.12	PE.6.R.5.1	Training, Stations, Recovery Phase, Heart rate					
29	30				PE.6.R.5.3	PE.6.R.5.5	HE.6.B.3.1	HE.6.P.7.1	25					
December 2021					Unit 5: Fitness Games (Sport Oriented & Supporting Components of Fitness)					May 2022				
		1	2	3	Course Standards - CPALMS				Essential Topics and Vocabulary					
6	7	8	9	10	PE.6.L.3.1	PE.6.L.3.2	PE.6.L.3.3	PE.6.L.3.6	Teamwork, Collaborate, Cooperation, Communication, Respect, Social Skills, Trust,					
13	14	15	16	17	PE.6.M.1.1	PE.6.M.1.2	PE.6.R.5.1	PE.6.R.5.2	Health Related Fitness, Skill Related Components, Variety, Enjoyment, Peer Pressure,					
20	21	22	23	24	PE.6.R.5.3	PE.6.R.5.4	PE.6.R.6.1		Opportunities to participate					
27	28	29	30	31					23					
									30					
FITNESSGRAM POST ASSESSMENT														
COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES														
NO CLASSES														