

**MARY, QUEEN OF PEACE SCHOOL**  
Grade Level Goals and Content

**GRADE: 6**

**SUBJECT: Physical Education**

**GOALS:**

Students will:

1. apply knowledge, concepts, and rules through participation in developmental games and activities.
2. demonstrate locomotor, nonlocomotor, and balance skills through manipulative activities.
3. act in accordance with safety pertaining to self and others.
4. show an appreciation for personal health and fitness.
5. perform skills and show knowledge in a variety of sports and lifetime activities.
6. imitate positive sportsmanship and moral behavior through participation in all activities.

**CONTENT TOPICS:**

1. Motor skills, rules, and strategies of activities (soccer, volleyball)
2. Proper execution of throwing, catching, striking, kicking, bouncing, and jumping while using age-appropriate mechanics, force, and direction
3. Muscle strength, endurance, and flexibility
4. Function of major muscles
5. Introduce all bones and muscles
6. Count and record exercise and recovery pulse rate
7. Six basic nutrients and how they effect the body