

Cocalico School District
Year-at-a-Glance - Curriculum Overview

Department: Health/PE

Course: 6th Grade PE

Grade Level: 6th

Big Ideas

- Participation in physical activity impacts wellness throughout a lifetime.
- Quality lifelong movement is based on specific concepts/principles.
- Safety impacts individual and community well-being.
- Health concepts are essential for wellness and a health-enhancing lifestyle.

Units of Study	% of Course Time	Textbooks & Supplemental Materials	Assessments	Standards Addressed
Team Sports <ul style="list-style-type: none"> • Examples: Soccer, flag football, basketball, volleyball, softball, team handball, ultimate frisbee, speedball, floor hockey 	70%	<ul style="list-style-type: none"> • Various team sports equipment 	<ul style="list-style-type: none"> • Technical evaluations • Game play/Strategy evaluations • Rules quizzes 	<ul style="list-style-type: none"> • 10.4.6.A,E, F • 10.5.6.A,B,C, F
Individual/Lifetime Sports <ul style="list-style-type: none"> • Examples: Tennis, badminton, tumbling, dance, lifetime games 	15%	<ul style="list-style-type: none"> • Various team sports equipment 	<ul style="list-style-type: none"> • Technical evaluations • Game play/Strategy evaluations • Rules quizzes 	<ul style="list-style-type: none"> • 10.4.6.A,E • 10.5.6.A,B,C
Personal Fitness <ul style="list-style-type: none"> • Examples: Fitness testing, fitness circuit, jogging, warm-up exercises, aerobics, dynamic flexibility 	15%	<ul style="list-style-type: none"> • Various fitness equipment 	<ul style="list-style-type: none"> • Daily grade • Fitness testing • Fitness analysis 	<ul style="list-style-type: none"> • 10.3.6.D • 10.4.6.A,B,C • 10.5.6.D



Eagle P.A.C.T. Course

Team sports are an excellent way to practice and apply all parts of the Eagle P.A.C.T. Problem solving, adaptability, communication, and teamwork are all essential in team sports.