

**Sixth Grade Physical Education**  
*Structured Team Activities*

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
<b>Unit</b> (Maybe on-going)	<b>Fitness Unit</b> <b>Team Sports</b>			
<b>Strands</b>	Physical Fitness (A) Motor Skills (B) Personal and Social Interaction (C) <a href="http://www.state.me.us/education/lres/hpe.htm">http://www.state.me.us/education/lres/hpe.htm</a>			
<b>Activities</b>	Aerobic Activities Anaerobic Activities Stretching Daily warm-ups Personal fitness Skill drills Game situation drills		Basketball Flag Football Floor hockey Field hockey Volleyball Softball Soccer	
<b>Assessments</b>	My Physical Fitness Plan A-2,3,4,5,6,; B-3 <a href="http://mainelad.org">http://mainelad.org</a>		Personal and Social Interaction Checklist C-2;C-6 LAD <a href="http://mainelad.org">http://mainelad.org</a>	
<b>Vocabulary</b>	Body composition Cardiovascular endurance Flexibility Muscular endurance Muscular strength Specificity Progression Frequency Intensity Time Type Overload			
<b>Resources</b>	<a href="http://www.ceismc.gatech.edu/busyt/eng.shtml">http://www.ceismc.gatech.edu/busyt/eng.shtml</a> This site allows you to search by grade spans and a list of lessons will come up. <a href="http://www.pecentral.org/lessonideas/health/healthlp.asp">http://www.pecentral.org/lessonideas/health/healthlp.asp</a> Gives you lots of different options into how you want to search.			

