

**PRESCOTT
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**District Instructional Guide
2016**

Grade Level: Sixth	Subject: Physical Education	Time: Quarters 1 and 2	Core Text:
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Time	Unit/Topic	Standards	Assessments
Week 1, On-going	S4.M1 Personal Responsibility	6– Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors.	
Week 1, On-going	S4.M2 Personal Responsibility	6 – Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.	
Week 1, On-going	S4.M3 Accepting Feedback	6 – Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.	
Week 1, On-going	S4.M4 Working with Others	6 – Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	<i>Conflict Resolution (S4.E3.3-5.a) Accepts Others</i>		
Week 1, On-going	S4.M5 Working with Others	6– Cooperates with a small group of classmates during adventure activities, game play, or team-building activities.	
Week 1, On-going	S4.M6 Rules and Fair Play	6 – Identifies the rules and etiquette for physical activities, games and dance activities.	
Week 1, On-going	S4.M7 Safety	6 – Uses physical activity and fitness equipment appropriately and safely, with the teacher’s guidance.	
Quarter 1	S1.M1 Dance and Rhythms	6– Demonstrates correct rhythm and pattern for 1 of the following dance forms: folk, social, creative, line or world dance.	
Quarter 1	S1.M2	6 – Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	Games and Sports: Invasion Games Throwing	base to 1st base).	
Quarter 1	<i>S1.M3</i> Games and Sports: Invasion Games <i>Catching</i>	6 – Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.	
Quarter 1	<i>S1.M4</i> Games and Sports: <i>Invasion games Passing and Receiving</i>	6- Passes and receives with hands in combination with locomotor patterns of running and change of direction and speed with competency in modified invasion games.	
Quarter 1	<i>S1. M5</i> Games and Sports: Invasion Games - <i>Passing and Receiving, Moving target</i>	6 - Throws, while stationary, a lead pass to a moving target.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

Quarter 1	S1. M6 Games and Sports: Invasion Games <i>Offensive Skills</i>	6 – Performs pivots, fakes and jab steps designed to create open space during practice tasks.	
Quarter 1	S1. M7 Games and Sports: Invasion	6 – Performs the following offensive skills without defensive pressure: pivot, give & go, and fakes.	
Quarter 1	S1. M8 Games and Sports: Invasion Games <i>Dribbling/Ball</i> <i>Control</i> <i>with</i> <i>Hands</i>	6 – Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.	
Quarter 1 and 2	S1. M10 Games and Sports: Invasion Games	6 – Shoots on goal with power in a dynamic environment as appropriate to the activity.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	<i>Shooting on Goal</i>		
Quarter 1	<i>S1. M11</i> Games and Sports: Invasion Games <i>Defensive Skills</i>	6 – Maintains defensive ready position with weight on balls of feet, arms extended, and eyes on midsection of the offensive player.	
Quarter 1	<i>S1. M11</i> Games and Sports: Invasion Games <i>Defensive Skills</i>	6 – Maintains defensive ready position with weight on balls of feet, arms extended, and eyes on midsection of the offensive player.	
Quarter 1 and 2	<i>S1. M12</i> Games and Sports: Net/Wall Games <i>Serving</i>	6 – Performs a legal underhand serve with control for net/wall games such as badminton, volleyball, pickleball.	
Quarter 1 and 2	<i>1. M13</i> Games and Sports: Net/Wall Games <i>Striking</i>	6– Strikes, with a mature overarm pattern in a non-dynamic environment (closed skills) for net/wall games such as volleyball, handball, badminton or tennis.	
Quarter 1	<i>S1. M14</i> Games and Sports: Net/Wall	6 – Demonstrates the mature form of forehand and backhand strokes with a short-handled implement in net games such as paddleball, pickleball or short-handled racket tennis.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	Games <i>Forehand and Backhand</i>		
Quarter 1	S1. M15 Games and Sports: Net/Wall Games <i>Weight Transfer</i>	6 – Transfers weight with correct timing for the striking pattern.	
Quarter 1	S1. M16 Games and Sports: Net/Wall Games <i>Volley</i>	6 – Forehand volleys with mature form and control using a short-handled implement.	
Quarter 1	S1. M17 Games and Sports: Net/Wall Games <i>Two-Hand Volley</i>	6– Two-hand volleys with control in a variety of practice tasks.	
Quarter 1	S1. M18 Games and Sports: Target Games , Underhand Throw	6 – Demonstrates a mature underhand pattern for modified target games such as bowling, bocce, or horseshoes.	
Quarter 1	S1. M20	6 – Strikes a pitched ball with an implement with force in a variety of	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	Games and Sports: Fielding/Striking Games Striking	practice tasks.	
Quarter 1	1. M21 Games and Sports: Fielding/Striking Games Catching	6– Catches, with mature pattern, from different trajectories using a variety of objects in varying practice tasks.	
Quarter 1	S1. M22 Outdoor Pursuits	6 – Demonstrates correct technique for basic skills in at least 1 self-selected outdoor activity.	
Quarters 1 and 2	S2.M1 Games and Sports Creating Space with Movement	6– Creates open space by using locomotor movements (e.g., walking, running, jumping & landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace).	
Quarter 2	S2.M2	6- Executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

Quarter 2	S2.M3 Games and Sports <i>Creating Space Using Width and Length</i>	6 – Creates open space by using the width and length of the field/court on offense.	
Quarter 2	S2.M4 Games and Sports <i>Reducing Space by Changing Size and Space</i>	6 – Reduces open space on defense by making the body larger and reducing passing angles.	
Quarter 2	S2.M5 Games and Sports <i>Invasion Games-Reducing Space Using Denial</i>	6– Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass.	
Quarter 2	S2.M6 Games and Sports <i>Transitions</i>	6 – Transitions from offense to defense or defense to offense by recovering quickly.	
Quarter 2	S2.M7 Net/Wall Games,	6 – Creates open space in net/wall games with short- handled implement by varying force and direction.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	Creating space Through Variation		
Quarter 2	S2.M8 Net/Wall Games <i>Creating Space</i> <i>Using Tactics and Shots</i>	6 – Reduces offensive options for opponents by returning to midcourt position.	
Quarter 2	S2.M9 Target Games <i>Shot Selection</i>	6– Selects appropriate shot and/or club based on location of the object in relation to the target.	
Quarter 2	S2.M10 Fielding/Striking Games <i>Offensive Strategies</i>	6 – Identifies open spaces and attempts to strike object into that space.	
Quarter 1	S2.M11 Fielding/Striking Games <i>Reducing Space</i>	6- Identifies the correct defensive play based on the situation (e.g., number of outs).	
Quarter 2	S2.M12	6- Varies application of force during dance or gymnastic activities.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	<i>Movement Concepts</i>		
Quarters 1 and 2	<i>S2.M13 Outdoor Pursuits Movement Concepts</i>	6- Makes appropriate decisions based on weather, level of difficulty due to the conditions, or ability to ensure safety of self and others.	
Quarter 2	<i>S3.M1 Physical Activity Knowledge</i>	6 – Describes how being physically active leads to a healthy body.	
Quarter 2	<i>S3.M2 Engages in Physical Activity</i>	6 – Participates in self-selected physical activity outside of physical education class.	
Quarter 2	<i>S3.M3 Engages in Physical Activity</i>	6 – Participates in a variety of self-selected aerobic-fitness activities.	
Quarter 2	<i>S3.M4</i>	6 – Participates in a variety of aerobic-fitness activities using	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	Engages in Physical Activity	technology such as Dance Dance Revolution or Wii Fit.	
Quarter 2	S3.M7 Fitness Knowledge	6 – Identifies the components of skill-related fitness.	
Quarter 2	S3.M8 Fitness Knowledge	6 – Sets and monitors a self-selected physical-activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level.	
Quarters 1 and 2	S3.M9 Fitness Knowledge	6 – Employs correct techniques and methods of stretching.	
Quarter 2	S3.M11 Fitness Knowledge	6 – Identifies each of the components of the overload principle (FITT formula: frequency, intensity, time & type) for different types of physical activity (aerobic, muscular fitness, and flexibility).	
	S3.M12	6- Describes the role of warm up/cool down regimen for a self-selected	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	Fitness Knowledge	physical activity.	
Quarter 1	S3.M13 Fitness Knowledge	6 – Defines resting heart rate and describes its relationship to aerobic fitness and the Borg Rating of Perceived Exertion (RPE) Scale.	
Quarter 2	S3.M14 Fitness Knowledge	6 – Identifies major muscles used in selected physical activities.	
Quarter 1	S3.M15 Assessment and Program Planning	6 – Designs and implements a program of remediation for any areas of weakness based on the results of health-related fitness assessment.	
Quarter 1	S3.M16 Assessment and Program Planning	6 – Maintains physical activity log for at least 2 weeks and reflects on activity levels as documented in the log.	
Quarter 2			

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

Quarter 1	S3.M17 Nutrition	6 – Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.	
Quarter 2	S5.M1 Health	6– Describes how being physically active leads to a healthy body.	
Quarter 2	S5.M2 Health	6 – Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.	
Quarters 1 and 2	S5.M3 Challenge	6 – Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback, or modifying the task.	
Quarter 2	S5.M4 Self-Expression /Enjoyment	6– Describes how moving competently in a physical activity setting creates enjoyment.	
Quarter 2	S5.M5	6– Identifies how self-expression and physical activity are related.	

**PRESCOTT
UNIFIED
SCHOOL
DISTRICT**

**District Instructional Guide
2016**

	<i>Self-Expression /Enjoyment</i>		
Quarter 2	6.RI.1 <i>Reading for information</i>	Cite textual evidence to support analysis of what the text says explicitly as well as inference drawn from the text.	
Quarter 2	S3.C2 PO2 <i>Research and information/ Processing</i>	Use authoritative primary and/or secondary sources.	
Quarter 2	6.W2 <i>Informative writing</i>	Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.	
Quarters 1 and 2: Daily	S5.M6 Social Interaction	6– Demonstrate respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.	