

Standard	MP 1	MP 2	Description	Vocabulary	Possible Units of Study
PE.6.C.2.1:	X		Identify at least two movements or activities which will lead to improvement in each of the health-related components of fitness. <b>Clarifications:</b> The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.	Cardiorespiratory endurance: common aerobic activities (e.g., walking, running, biking, hiking, swimming) Muscular strength: common strength/resistance-based activities (e.g., push-ups, squats, weights and weight machines) Muscular endurance: common strength/resistance-based activities (e.g., push-ups, squats, weights and weight machines) Flexibility: common stretches and flexibility-based exercises (e.g., toe-touches, sit and reach, v-stretch) Body composition: common aerobic activities and common strength/resistance-based activities, nutrition and healthy nutrition habits	Fitness Gram
PE.6.C.2.10:		X	Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs. <b>Clarifications:</b> Some examples of these are weight- loss pills, food labels and exercise equipment.	Methods of Healthy weight loss, Food Labels	
PE.6.C.2.12:	X		List the components of skill-related fitness. <b>Clarifications:</b> The components of skill-related fitness are speed, coordination, balance, power, agility and reaction time.	speed, coordination, balance, power, agility and reaction time.	
PE.6.C.2.13:	X		List appropriate warm-up and cool-down techniques and the reasons for using them.	Warm-up is important: Prevents injury Allows joints to move more efficiently Increases muscle metabolism Increases blood circulation  Cool-down is important: Reduces cramping and stiffness Allows gradual slowing of heart rate, which helps prevent fainting Reduces heart rate Prevents blood from pooling in the legs <del>Should relate to and/or prepare for the upcoming main activity</del>	
PE.6.C.2.2:	X		List safety procedures that should be followed when engaging in activities to improve the health-related components of fitness. <b>Clarifications:</b> The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.	Health related components of fitness. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. Staying hydrated, Wearing sunscreen, Dressing in layers, Wearing gloves, Covering exposed skin	
PE.6.C.2.22:	X		List the three different types of heat illnesses associated with fluid loss. <b>Clarifications:</b> The three types of heat illnesses are heat cramps, heat exhaustion and heat stroke.	heat cramps, heat exhaustion and heat stroke	
PE.6.C.2.4:		X	Describe the long-term benefits of regular physical activity. Clarifications: Some examples of types of long-term benefits are physical, cognitive and emotional.	Long-term benefits of regular activity, include but are not limited to: Improved joint health Weight management Stress relief Strong heart Lower rates of diabetes	
PE.6.C.2.5:	X		Describe the training principles of overload, progression and specificity.	overload, progression and specificity	

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PE.6.C.2.6:		X	Classify activities as aerobic or anaerobic.	Identifying or describing aerobic activities (e.g., running, jogging, dancing, swimming) and anaerobic activities (e.g., lifting weights, sit-ups, push-ups, sprinting). Anaerobic activity: any activity during which the body is using oxygen faster than it can replenish that oxygen. Aerobic activity: any activity for which the body can supply enough oxygen to	
PE.6.C.2.9:		X	Explain the effects of physical activity on heart rate during exercise, recovery phase and while the body is at rest.		
PE.6.L.3.6:		X	Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management.		
PE.6.L.4.3:		X	Use available technology to assess, design and evaluate a personal physical-activity plan.		
PE.6.M.1.11:	X		Apply proper warm-up and cool-down techniques.	warm-up and cool-down Cardio or Aerobic activity	
PE.6.M.1.12:	X		Use proper safety practices. <b>Clarifications:</b> Some examples of safety practices are the use of sun screen, hydration, selection of clothing and correct biomechanics.	Sun screen, hydration, selection of clothing and correct biomechanics Putting equipment away Following the rules for use of equipment Following the rules for a sport Wearing the appropriate safety equipment (e.g., mouth guards, helmets)	
PE.6.M.1.2:	X		Perform at least three different activities that achieve target heart rate.	target heart-rate zone ,resting heart rate, recovery heart rate, maximum heart Rate (Cardio/Aerobic activity)	
PE.6.M.1.5:		X	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.		
PE.6.R.5.1:		X	List ways that peer pressure can be positive and negative.	Positive effects: playing a team sport, staying active, eating healthy foods, doing well in school, being nice to others Negative effects: use of dangerous substances such as alcohol or tobacco, unhealthy or nonphysical activities, bullying	
PE.6.R.5.2:	X		Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	Acceptance, respect, Diversity	
PE.6.R.5.3:	X		Demonstrate responsible behaviors during physical activities. <b>Clarifications:</b> Some examples of responsible behaviors are controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.	controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.	

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PE.6.R.5.4:	X		Describe the personal, social and ethical behaviors that apply to specific physical activities.	Putting equipment away after use Wiping down equipment after use in a gym or if it gets wet or sweaty Taking turns during a sport Playing as a team/working well with teammates during team sports Being honest/not cheating Making every attempt to avoid committing a personal foul Apologizing for fouls Helping a teammate or opponent who has been knocked down or injured	
PE.6.C.2.11:			Prepare a log noting the food intake, calories consumed and energy expended through physical activity and describe results.		
PE.6.R.6.1:		X	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	Community, Gyms, Recreations centers, healthy lifestyle	
PE.6.R.6.2:		X	Identify the potential benefits of participation in a variety of physical activities. <b>Clarifications:</b> Some examples of potential benefits of participation are physical, mental, emotional and social.	Cardiorespiratory benefits. Activities include common aerobic activities (e.g., walking, running, biking, hiking, swimming) Muscular strength benefits. Activities include common strength/resistance-based activities (e.g., push-ups, squats, weights and weight machines, Pilates) Muscular endurance benefits. Activities include common strength/resistance-based activities (e.g., push-ups, squats, weights and weight machines, Pilates) Flexibility benefits. Activities include common stretches and flexibility-based exercises (e.g., toe-touches, sit and reach, v-stretch)	