

MJ Grade 6 Gymsatics and Dance

Standard	MP 1	MP 2	Description	Vocabulary and Proposed Units of Study
PE.6.C.2.12:			List the components of skill-related fitness. Clarifications: The components of skill-related fitness are speed, coordination, balance,	speed, coordination, balance, power, agility and reaction time.
PE.6.C.2.13:			List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.2.14:			List terminology and etiquette in educational gymnastics or dance.	
PE.6.C.2.15:			Choreograph basic dance or gymnastic sequences alone, with a partner or in a small group.	Choreograph
PE.6.C.2.18:			List and describe the risks and safety procedures in gymnastics and dance.	
PE.6.C.2.20:			Know how improvisation is used to create movements for choreograph	improvisation
PE.6.C.2.21:			Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.6.L.3.4:			Identify the in-school opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	
PE.6.L.3.5:			Identify the community opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	
PE.6.L.3.6:			Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management.	
PE.6.M.1.10:			Design and perform different group dance and rhythm sequences that incorporate equipment.	
PE.6.M.1.11:			Apply proper warm-up and cool-down techniques.	
PE.6.M.1.12:			Use proper safety practices. Clarifications: Some examples of safety practices are the use of sun screen, hydration, selection of clothing	
PE.6.M.1.13:			Use technology to assess, enhance and maintain motor skill performance. Clarifications: Some examples of technology are Excel spreadsheets or web-based programs to chart or log activities, heart rate monitors, videotapes or digital cameras.	
PE.6.M.1.5:			Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	
PE.6.M.1.8:			Perform complex dance sequences from a variety of dances accurately and with correct technique. Clarifications: Some examples of dances are folk, square, step and line.	
PE.6.M.1.9:			Create and perform a rhythmic movement sequence while working with a partner or group.	Rhythmic
PE.6.R.5.1:			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:			Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	

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PE.6.R.5.3:			Demonstrate responsible behaviors during physical activities. Clarifications: Some examples of responsible behaviors are controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.	
PE.6.R.5.5:			facilities and safe behaviors while participating in a variety of physical activities.	
PE.6.R.6.1:			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.	
PE.6.R.6.2:			Identify the potential benefits of participation in a variety of physical activities. Clarifications: Some examples of potential benefits of participation are physical, mental, emotional and social.	
PE.6.R.6.3:			Participate in games, sports and/or physical activities from other cultures.	