



Bedford Public Schools

Grade 6 – Physical Education

Fitness Class Day, the students will be participating in the Fitness Room using the cardio machines. Each student will be required to achieve a minimum distance for whichever cardio machine they select. During this Fitness Class, students will be learning about the Heart, Target Heart Rate, and Fitness concepts that will help shape the students into lifelong physically knowledgeable students.

The Sport Class Day, the students will be participating in units of: Cooperative Games, Circus Skills, Bowling, Speedball, and Field Hockey. In Cooperative Games, students will develop skills in communication, group decision-making, and working with others. In the Circus Skills Unit, students will be able to develop their balance and hand-eye coordination. In the remaining units of Bowling, Speedball, Field Hockey, the focus for the student will be aimed toward skill development, knowledge of history and rules, and game play. Each unit will begin with skill development and end with the experience of playing the game. Teamwork, Effort, Safety and a positive attitude will be stressed throughout. The variety of activities is given with the hope that students will find one or more activities that they enjoy and can participate outside of school with family and friends.

In the fall and spring all students will participate in the Presidential Fitness Challenge, and the Pacer Test. These tests will focus on students' cardiovascular system, muscular strength, muscular endurance, and flexibility. All tests will have age appropriate minimum requirements and students will be encouraged to do their very best. The fitness tests are administered to give the students an indication of where their fitness levels are compared to other students in the United States.



Learning Expectations

[Bowling](#)

[Circus](#)

[Cooperative Games](#)

[Field Hockey](#)

[Fitness](#)

[Speedball](#)

Bowling

<p>Enduring Understandings In order to meet the standards, the students will need to understand that . . .</p>	<p>Essential Questions In order to understand, students will need to consider questions such as . . .</p>	<p>Knowledge and Skills Learning this material will require students to . . .</p>
<ul style="list-style-type: none"> • All ages can participate which makes it a great family activity. • Knowing the proper techniques can improve your score and enhance your enjoyment of the game. 	<ul style="list-style-type: none"> • How can bowling impact you physically and socially? 	<ul style="list-style-type: none"> • Score a bowling string. • Students will be able to identify the difference between candlepin and 10 pin bowling. • Students understand the term “opposition”. • Students will be able to perform the 4 step approach.

Circus

<p>Enduring Understandings In order to meet the standards, the students will need to understand that . . .</p>	<p>Essential Questions In order to understand, students will need to consider questions such as . . .</p>	<p>Knowledge and Skills Learning this material will require students to . . .</p>
<ul style="list-style-type: none"> • By using the unicycle, pedalo, and stilts one can improve balance, which can be applied to other movements. • Practicing skills such as juggling, rhythm sticks, plate spinning, and Diablo enhances eye hand coordination, which can be applied to fine motor skill activities. 	<ul style="list-style-type: none"> • What are ways to improve balance and hand eye coordination? 	<ul style="list-style-type: none"> • Juggle for 10 catches. • Pedalo – ride for 30 ft. • Unicycle – ride for 10 ft. • Stilts - walk for 20 ft., then turn, and walk back. • Plate spinning – 10 second spin then throw, catch, and control. • Diablo – throw and catch twice. • Rhythm sticks – control for 10 sec.

Cooperative Games

<p>Enduring Understandings In order to meet the standards, the students will need to understand that . . .</p>	<p>Essential Questions In order to understand, students will need to consider questions such as . . .</p>	<p>Knowledge and Skills Learning this material will require students to . . .</p>
<ul style="list-style-type: none"> The importance of your contribution in teambuilding. 	<ul style="list-style-type: none"> Can your attitude or behavior affect others negatively or positively in a group setting? If so, how? 	<ul style="list-style-type: none"> Students will learn the importance of teamwork when solving problems.

Field Hockey

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • Students will learn the rules and history of field hockey. • When using tactical strategies students will better understand spacing on the field and as well as how to play positions and areas on the field. 	<ul style="list-style-type: none"> • How can you help the team when you do not have possession of the ball? 	<ul style="list-style-type: none"> • Properly control ball. • Receive a pass. • Pass a ball. • Understand the rules.

Fitness

<p>Enduring Understandings In order to meet the standards, the students will need to understand that . . .</p>	<p>Essential Questions In order to understand, students will need to consider questions such as . . .</p>	<p>Knowledge and Skills Learning this material will require students to . . .</p>
<ul style="list-style-type: none"> • Understand the importance of monitoring heart rate during exercise. • Importance of 5 Components of Physical Fitness. • Importance of health related fitness. • Importance of exercise. 	<ul style="list-style-type: none"> • How does your lifestyle affect your personal health? • How does your body respond to physical exertion? 	<ul style="list-style-type: none"> • Students will be able to explain what target heart rate is and why it is important. • Students will be able to explain health related fitness, benefits of exercise, and the 5 components of physical fitness. • Students will know how to use the cardio equipment in the fitness room safely and correctly.

Speedball

<p>Enduring Understandings In order to meet the standards, the students will need to understand that . . .</p>	<p>Essential Questions In order to understand, students will need to consider questions such as . . .</p>	<p>Knowledge and Skills Learning this material will require students to . . .</p>
<ul style="list-style-type: none"> • Know the rules and history of Speedball. • Skill used in speedball can be transferred to other sports, especially soccer but also in football and basketball. 	<ul style="list-style-type: none"> • What is the most efficient way to move the ball down the field? • How does one get in the position to move the ball down the field? 	<ul style="list-style-type: none"> • Students know how to legally transfer the ball from the ground to hands. • Students will know the 3 different methods of scoring.