

Sixth Grade Physical Education Syllabus
North St. Paul – Maplewood – Oakdale School District 622
John Glenn Middle School

27 week Course

Standards met: **National Physical Education Standards** provided by the **National Association for Sport and Physical Education**.

The National Physical Education Standards 6th grade physical education addresses are #1-6, and are listed in the curriculum section of this document. You will see them as NS #1, etc.

Course Description:

Students are required to physical education for three quarters of the school year. Through active participation, students are encouraged to choose a healthy and active lifestyle. We will create an awareness and appreciation for cooperative games/activities, along with team and individual sports. This course will focus on physical fitness, rhythmic education, swimming and indoor/outdoor activities. Skill development, application, teamwork, cooperation, respect for self and others, sportsmanship and decision-making are areas that are consistently reinforced and modeled for students.

Essential Outcomes Physical Education

6th Grade

Physical Fitness

1. Students will identify the basic principles of training e.g. FITT. (frequency, intensity, time and types of activity) and demonstrate age appropriate levels of physical fitness by participating in the FitnessGram program.
2. Students will be able to recall safety rules when strength training, along with identifying the major muscle group being strengthened.
3. Students will be able to describe the components of physical fitness.

Rhythmic Education

1. Students will be able to describe various rhythmic activities.
2. Students will be able to perform movements to various musical tempo.

Swimming

1. Students will be able to describe safety precautions for entering or being around water.
2. Students will be introduced to a variety of basic swimming strokes.
3. Students will demonstrate basic water safety and lead up skills for stroke development.

Outdoor/Indoor Activities

1. Students will be able to adapt larger sized outdoor activities (soccer, football) into small sided, feasible games that can be played at home/backyard.
2. Students will be able to describe rules, terminology and safety for Outdoor/Indoor activities.
3. Students will describe how teamwork and cooperation contribute to the success of games or activities.
4. Students will demonstrate how to resolve conflicts, accept decisions and judgements in socially acceptable ways.

CORE UNITS (required)

- **Basketball**
- **Fitness Testing**
- **Floor Hockey**
- **Rhythm/Dance**
- **Soccer**
- **Swimming**
- **Volleyball**

OPTIONAL UNITS (supplemental units based on time, facilities/equipment, and weather)

- Circuit Training
- Cross Country Skiing
- Flag Football
- Gymnastics/Tumbling
- Low Organized Games
- Softball
- Team Building
- Tennis
- Track & Field

Course Requirements:

John Glenn Physical Education Department policies.

- All students are required to dress in the prescribed uniform for physical education. This includes gray shorts, red/white reversible shirt, socks and tennis shoes. Optional clothing for outdoor play is a warm-up or sweat suit.
- Students are expected to participate fully in daily lessons. A parent note is accepted excusing a student for one or two days. After that, a doctor's note is required if a student must refrain from physical activity.
- Students must supply their own swimsuit for swimming.
- It is the student's responsibility to check with the teacher about work missed when absent.
- Students have three days to make up and turn in any missed assignments from the date of the absence.

Students are expected to be on time for class. A student who is tardy to class three times per quarter (and every time thereafter) will be assigned detention.

Grading Procedures – students grades will be based upon:

Daily participation points, including proper dress for class
Skills testing
Knowledge testing

Contact Information:

Teacher: Cherie Bender

Telephone Number: (651) 748-6462

E-Mail Address: cbender@isd622.org

Teacher: Aaron Mullen

Telephone Number: (651) 748-6463

E-Mail Address: amullen@isd622.org