

Curriculum Grade Book

Morgan County School District

Final, 01/11/2010

Physical Education-Grade 6

PL/VS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Physical Education (15%)																															
<p>■ 2.1.1 Supporting The learner will be able to apply a combination of techniques of locomotor and nonlocomotor skills which are necessary for the improvement of transitional motor skills (e.g., punting, serving, dribbling) * Locomotor - moving from one place to another (e.g., running, skipping, hopping) * Nonlocomotor - stationary (e.g., bending, stretching, twisting) movements.</p>																															
<p>■ 2.1.2 Supporting The learner will be able to identify principles of motor skill refinements (e.g., accuracy, technique, movement) that are necessary for skill development.</p>																															
<p>■ 2.2.1 DOK 1 ASSESSED The learner will be able to describe the physical, emotional/mental, and social benefits gained from regular participation in leisure/recreational, or competitive physical activities: * Physical benefits: Weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory/cardiovascular endurance, control of body movements, stress reduction, body composition, decreased resting heart rate, reduced cholesterol levels * Social benefits: Positive interactions with others, respect for self and others, enjoyment, self-expression, group interaction * Emotional/mental benefits: Improved confidence, increased self-esteem, stress reduction, self-expression.</p>																															
<p>■ 2.2.2 Supporting The learner will be able to identify and access techniques</p>																															

