

Course Syllabus

PL/VS, Physical Education-Grade 6

Morgan County Curriculum 4.1 Middle Sch., Final
Morgan County School District

Physical Education (15%)

actions for spectators and/or participants) that are necessary during games and sports.

- 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.
- The learner will be able to identify principles of motor skill refinements (e.g., accuracy, technique, movement) that are necessary for skill development.
- 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.
- The learner will be able to identify and access techniques (e.g., practice, lessons, videos, drills, peer/teacher review, self-evaluation) for improving performance in games and sports.
- The learner will be able to describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time).
- The learner will be able to identify offensive and defensive strategies in games and sports.
- The learner will be able to identify rules of behavior and fair play (e.g., accepting authoritative decisions, assessing one's own performance level, accepting skills and abilities of others through verbal and nonverbal