

Greensburg Community School Corporation  
Curriculum  
6<sup>th</sup> grade Physical Education

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## **Greensburg Community Schools**

### **Mission Statement**

The mission of the Greensburg Community School Corporation is to provide and promote lifelong learning through its commitment to quality educational programs that prepare the students to be effective, successful, and responsible citizens. This is to be accomplished in a financially prudent manner.

6<sup>th</sup> Grade Physical Education  
**Course Concepts and Generalizations**

(List the major benchmarks of this course/subject area. These should be aligned with the state standards for this course or subject area. These should involve higher-level thinking skills and should be reflective of the major state standards of the course.)

1. Demonstrate competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principals to the learning and development of motor skills.
3. Exhibit a physically active lifestyle
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity settings.
6. Demonstrate understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides the opportunity for enjoyment, challenge, and self expression.

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**Units of Study**

UNITS/AREA OF STUDY

LENGTH OF TIME

A. Flag Football	3 Weeks
B. Soccer	3 Weeks
C. Ultimate Frisbee	3 Weeks
D. Volleyball	3 Weeks
E. Basketball	3 Weeks
F. Badminton	3 Weeks
G. Fitness	Ongoing throughout

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## **Badminton**

### **Objectives-**

- 1. Students will be able to serve the birdie successfully over the net.**
- 2. Students will be able to volley with a partner continually for 20 passes.**
- 3. Students will be able to understand the concepts of the serve.**
- 4. Students will be able to complete a game to 15 using proper techniques learned.**

### **Lessons for the unit-**

- 1. Returns**
  - a. Shake hands with the racket**
  - b. Drop**
  - c. Smash**
  - d. Drive**

- 2. Serve**
  - a. Cross court**
  - b. Deep**
  - c. Shallow**
  - d. Concept**
- 3. Partner Play**
  - a. Side by Side**
  - b. Up and Back**
  - c. Front and Deep**
- 4. Rules**
  - a. Serving**
  - b. Score on serve only**
  - c. Respect all**

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## **Basketball**

### **Objectives-**

- 1. Students will be able to successfully dribble a basketball.**
- 2. Students will be able to successfully pass a basketball.**
- 3. Students will be able to understand the concepts of shooting a basketball.**
- 4. Students will be able to understand the concepts of the rules and strategies of the game of basketball.**

### **Lessons of the unit**

- 1. Dribbling**
  - a. Head up**
  - b. Push the ball**
  - c. Right and left hands**
- 2. Passing**
  - a. Bounce**
  - b. Chest**

- c. Overhead
  - d. Around
  - e. Thumbs and targets
- 3. Shooting
  - a. Triple Threat
  - b. Hand in the cookie jar
  - c. Release
- 4. Concepts and rules
  - a. Spacing
  - b. Passing
  - c. Quality shots
  - d. Fouls

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## **Flag Football**

### **Objectives-**

1. Students will be able to understand the basic concepts of the game of flag football.
2. Students will be able to successfully complete a 15 yard pass to a teammate.
3. Students will be able to successfully receive a 15 yard pass from a teammate.
4. Students will be able to work together as a team to achieve their goal.

### **Lessons for the Unit**

1. Passing
  - a. "K" position
  - b. Dollar out of the pocket
  - c. Follow Through
2. Receiving
  - a. Diamond window position

- b. Pinkies together**
    - c. Look it in**
- 3. Rules**
  - a. Holding**
  - b. Pass Interference**
  - c. Offsides**

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## **Ultimate Frisbee**

### **Objectives-**

- 1. Students will be able to successfully pass a Frisbee to its intended target.**
- 2. Students will be able to successfully catch a Frisbee that has been thrown at twenty yards.**
- 3. Students will work as a team to successfully achieve their goals.**
- 4. Students will work on their physical fitness through the intense running in this unit.**

### **Lessons for the unit-**

- 1. Passing**
  - a. Thumb and index finger wrap**
  - b. Step toward target**
  - c. Level release**
- 2. Receiving**

- a. Alligator
  - b. One hand grab
- 3. Rules
  - a. Rules of 3
  - b. No contact
- 4. Strategies
  - a. Short passes
  - b. 3-man weave

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## Volleyball

### Objectives-

1. Students will be able to successfully pass a volleyball.
2. Students will be able to successfully set a volleyball.
3. Students will be able to successfully serve a volleyball.
4. Students will be able to understand the basic concepts of the game of volleyball.

### Lessons for the unit

1. Passing
  - a. Wrap the fist, thumbs together
  - b. Forearms level
  - c. Athletic position
  - d. Move into the ball
2. Setting
  - a. Drink the 2 liter
  - b. Athletic position

- c. **Target recognition**
- 3. Serving**
  - a. **Foot line**
  - b. **Toss**
  - c. **Follow through**
- 4. Concepts**
  - a. **Rotations**
  - b. **Targets**
  - c. **Rally scoring**

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## **Fitness**

### **Objectives-**

- 1. Students will be able to form personal goals and try to achieve them.**
- 2. Students will be able to raise their heart rates and successfully work out for twenty minutes.**
- 3. Students will learn how to encourage each other while performing varied fitness tests.**

### **Lessons for the unit-**

- 1. Presidential and National Fitness Testing**
  - a. **Shuttle Run**
  - b. **Pull Ups**
  - c. **Sit and Reach**
  - d. **Sit Ups**
  - e. **Mile Run**
- 2. Fitness Days**
  - a. **Wall sits**

- b. Med ball work outs
  - c. Box jumps
  - d. Jump ropes
  - e. Stair climbs
  - f. Speed ladders
3. Mile Monday
- a. Mile Run
  - b. Partner Mile
  - c. Indian Run
4. Motivation
- a. Positive words
  - b. Challenges

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## **Soccer**

### **Objectives**

- A. Students will be able to successfully pass a soccer ball.**
- B. Students will be able to successfully make a scoring attempt.**
- C. Students will be able to understand the basic concepts of the game.**
- D. Students will be able to understand the rules of the game.**
- E. Students will be engaged in physical activity throughout the unit.**

Lessons for Unit

- 1. Trapping**
  - a. Inside of foot**
  - b. Outside of foot**
  - c. Tap and go**
- 2. Passing**

- a. Inside**
- b. Outside**
- c. Chip shot**

**3. Shots on Goal**

- a. Inside step**
- b. Shoelaces**
- c. Hooks and Drives**

**4. Strategy**

- a. Positions**
- b. Spacing**
- c. Responsibilities**