**Curriculum**

**6th Grade Physical Education –**

**Movement**

**Course Overview**

SPORT TYPE: Individual, Body management

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop awareness of the body moving in an aesthetic way both in gym & dance situations

Develop ability to perform basic movement skills on the floor & apparatus

Develop ability to perform and repeat phrases of movement

Develop the idea of working creatively with a partner or group

Develop the ability to analyse performances of others & give & receive constructive criticism

**Performance Indicators**

1) Display ways of travelling, jumping, rolling & balancing on a range of body parts

2) Display ways of linking movements with smooth transitions & changes of direction & speed. Experiment with different levels of movement on floor & apparatus showing an understanding of the need for safe practice

3) Display movement sequences following given tasks alone, with partner & in small groups showing cooperation

4) Perform taught dances in set styles - country & line dances

5) Display ability to analyse the performances of others and give constructive criticism/encouragement

6) Display ability to devise & carry out a suitable warm-up routine to include travel & flexibility.

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up, related to task in hand (PI 6)

Movement on feet incorporating travel, jumping & landing (PI 1)

Quick response to instructions, particularly freeze for safety reasons (PI 2)

Movement skills and awareness of body shape & tension (PI 1)

Develop individual skills in safe gymnastic progressions (PI 1, 2)

Develop combination of skills into movement sequences on floor & equipment (PI 2)

Respond to stimuli of music style or stay line to create & perform a short routine

(PI 3 )

Choreograph & perform routines (PI 4)

Work with props eg. scarves, ribbons, hoops, percussion to aid creativity (PI 3, )

Perform to others show ability to analyse other work (PI 5)

**Resources**

Cassette, CD player

Music on tape / CD

Hoops, scarves, ribbons, percussion

Mats, landing modules, long mats, rolling wedges

Benches, stools, boxes, beams, ladder, planks, pole, springboard