

Schiller Park District 81 Curriculum Map 6th Grade

PE	Health
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	Essentials Question	Content (Understandings)	Skills (Know and Able to do)	Assessment	Resources
August - September - November	<p><u>Golf Unit</u></p> <ul style="list-style-type: none"> How do you position your hands to correctly hold a club with an interlocking grip? How do you correctly address the golf ball? How do you maneuver your body for a backswing and a forward swing? <p><u>Frisbee Unit</u></p> <ul style="list-style-type: none"> How do you manipulate your body to properly throw a Frisbee? How do you position your hands to correctly catch a Frisbee? How do you use spacing, movement, and strategies to become a more efficient player? <p><u>General Fitness</u></p> <ul style="list-style-type: none"> What are the different categories of fitness? How can fitness improve your quality of life? How can you use your fitness scores improve your level of fitness? 	<p><u>Golf Unit</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> Proper grip will allow them to hit the ball with more accuracy. Proper position when addressing the ball will allow for more consistent ball striking. Maneuvering their body correctly through the backswing and forward swing will allow them to hit the ball with more force. <p><u>Frisbee Unit</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> With proper body position they will be able to throw a Frisbee with more accuracy and power. With proper hand position they will be more successful when catching a Frisbee. Proper spacing, movement and strategies will help you become a more efficient player. <p><u>General Fitness</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> Physical fitness is an important part of their lives. Their fitness scores will be assessed based on their age and gender. They will be assessed in different categories of fitness (cardiovascular endurance, muscle endurance, muscle strength, flexibility). 	<p><u>Golf Unit</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> How to properly grip a golf club. How to properly address a golf ball. How to correctly perform a backswing and forward swing. <p>Students will be able to...</p> <ul style="list-style-type: none"> Correctly grip and swing a golf club. Correctly address a golf ball. <p><u>Frisbee Unit</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> How to properly throw a Frisbee. How to properly position their hands to catch a Frisbee. How to use spacing, movement and strategies to be a more efficient player. <p>Students will be able to...</p> <ul style="list-style-type: none"> Correctly throw and catch a Frisbee. Demonstrate knowledge of rules and strategies during game play. <p><u>General Fitness</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> How to properly perform each fitness test (mile run, pacer, push up, curl up, flexed arm hang, sit and reach). The four categories of fitness. How to use their fitness scores to improve their fitness level. <p>Students will be able to...</p> <ul style="list-style-type: none"> Correctly perform each fitness test. Recognize which fitness categories they need to improve in. 	<p><u>Golf Unit</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> Skills Testing (rubric) Rules/Strategies Quiz Miniature Golf Group Project (rubric) <p>Other Evidence:</p> <ul style="list-style-type: none"> Daily informal assessments of 'Established Goals' <p><u>Frisbee Unit</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> Skills Testing (rubric) Rules/Strategies Quiz <p>Other Evidence:</p> <ul style="list-style-type: none"> Daily informal assessments of 'Established Goals' <p><u>General Fitness</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> Fitness Tests <p>Other Evidence:</p> <ul style="list-style-type: none"> Daily informal assessment of 'Established Goals' 	

	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • How do you apply B.E.E.F. when shooting a basketball? • How do passing and dribbling effectively move the basketball around the court? • How do you use spacing, movement, and strategies to become a more efficient player? <p><u>Intro to Fitness/Rock Wall</u></p> <ul style="list-style-type: none"> • What are the rules and procedures for the fitness room and climbing wall? • What are conventional methods of exercise? • What are unconventional methods of exercise? • What are the benefits of each type of exercise? <p><u>Growth and Development</u></p> <ul style="list-style-type: none"> • What are the ten body systems and their functions? • In what ways do your body systems work together to help your body work properly? 	<p><u>Basketball</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • The B.E.E.F. principal will allow them to shoot a basketball more effectively • By dribbling and passing they move the basketball around the court • Proper spacing, movement, and strategies will help you become a more efficient player <p><u>Intro to Fitness/Rock Wall</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • Rules and procedures in the fitness room and on the climbing wall are necessary for their safety and that of others. • Conventional (fitness room) and unconventional (climbing wall) fitness methods will both help them increase their level of fitness. <p><u>Growth and Development</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • There are ten different body systems each with a specific function. • The ten body systems interact with each other to help the body function in a proper and healthy way. 	<p><u>Basketball</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • How to apply B.E.E.F. when shooting a basketball • How to move the properly move the basketball around the court • How to use spacing, movement, and strategies to become a more efficient player <p>Students will be able to...</p> <ul style="list-style-type: none"> • Correctly dribble and shoot a basketball. • Demonstrate knowledge of rules and strategies during game play. <p><u>Intro to Fitness/Rock Wall</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • The rules, procedures and expectations of the fitness room and climbing wall. • The difference between conventional and unconventional fitness exercises. • The benefits of each kind of fitness. <p>Students will be able to...</p> <ul style="list-style-type: none"> • Demonstrate the rules and procedures in both the fitness room and climbing wall. • Explain the differences between conventional and unconventional fitness exercises. <p><u>Growth and Development</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • The ten body systems • The functions of the ten body systems • How certain body systems work together <p>Students will be able to...</p> <ul style="list-style-type: none"> • Categorize the ten body systems and their functions. 	<p><u>Basketball</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Skills Testing (rubric) • Rules/Strategies Quiz <p>Other Evidence:</p> <ul style="list-style-type: none"> • Daily informal assessments of 'Established Goals' <p><u>Intro to Fitness/Rock Wall</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Fitness Tests <p>Other Evidence:</p> <ul style="list-style-type: none"> • Daily informal assessment of 'Established Goals' <p><u>Growth and Development</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Children's Story Book Video: Students will create a digital story book, using Ulead software to teach younger children about the purpose and function of the body systems. 	<p><u>Growth and Development</u></p> <ul style="list-style-type: none"> • Health and Wellness Textbook; Grade 6 • ULead Software • Media Center Body System Books • Worldbook Online
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<p><u>Volleyball</u></p> <ul style="list-style-type: none"> • How do you maneuver your body to properly to pass, set, serve the volleyball? • How do you use spacing, movement, and strategies to become a more efficient player? <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Why is it important to warm up and stretch before gymnastics activities? • How do you correctly position your body to perform roll, jump and balance skills? • How do you position yourself for correct weight transfer? <p><u>Health and Wellness</u></p> <ul style="list-style-type: none"> • How do you create a health balance within your daily life? • How does a health goal positively affect your life? • How will resisting negative peer pressure affect your quality of life? • What are the different ways to healthfully resolve conflicts? 	<p><u>Volleyball</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • With proper body position they will be able to pass, set, and serve a volleyball more accurately and efficiently • Proper spacing, movement, and strategies will help you become a more efficient player <p><u>Gymnastics</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • Proper body position will allow them to successfully perform roll, jump and balance skills. • Effective weight transfer will allow them to perform cartwheels and round-offs. • Properly following rules and procedures will help avoid injuries and accidents. <p><u>Health and Wellness</u></p> <p>Students will understand that..</p> <ul style="list-style-type: none"> • The three different aspects of health have a direct impact on their daily lives. • Setting and achieving reasonable health goals will improve their quality of life for the rest of their lives. • Implementing ways to resist negative peer pressure will increase their quality of life through the three aspects of health. • They can communicate in different ways to resolve conflict. 	<p><u>Volleyball</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • How to properly pass, set, and serve a volleyball • How to use spacing, movement, and strategies to become a more efficient player <p>Students will be able to...</p> <ul style="list-style-type: none"> • Correctly pass, set, and serve a volleyball. • Demonstrate knowledge of rules and strategies during game play. <p><u>Gymnastics</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • How to properly position their bodies for rolls, jumps, weight transfers and balance skills. • The importance of and how to properly warm up. <p>Students will be able to...</p> <ul style="list-style-type: none"> • Properly warm up on their own. • Correctly perform rolls, jumps, cartwheels, round offs and balance activities. <p><u>Health and Wellness</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • The three aspects of health • How to set health goals • Ways to resist negative peer pressure • Ways to resolve conflict <p>Students will be able to...</p> <ul style="list-style-type: none"> • Apply the three aspects of health to their health goal. • Demonstrate healthful ways to resolve conflict. 	<p><u>Volleyball</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Skills Testing (rubric) • Rules/Strategies Quiz <p>Other Evidence:</p> <ul style="list-style-type: none"> • Daily informal assessments of 'Established Goals' <p><u>Gymnastics</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Floor Routine (rubric) • Rules/Vocab. Quiz <p>Other Evidence:</p> <ul style="list-style-type: none"> • Daily informal assessments of 'Established Goals' <p><u>Health and Wellness</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Write Health Goals: Students will set health goals that they wish to achieve at the end of the unit, based on what they have learned about setting reasonable health goals. • Self Esteem Chain: Students will create a self esteem chain by writing anything positive about themselves on slips of paper. The chain will be hung around the room for everyone to see. <p>Other Evidence:</p> <ul style="list-style-type: none"> • Quiz- The Three Aspects of Health • Unit Test 	<p><u>Health and Wellness</u></p> <ul style="list-style-type: none"> • Health and Wellness Textbook; Grade 6 • United Streaming Video <ul style="list-style-type: none"> ◦ Goal Setting Steps • Power Points <ul style="list-style-type: none"> ◦ Goal Setting
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<p>April - May</p>	<p><u>Fitness</u></p> <ul style="list-style-type: none"> • What are the different categories of fitness? • How can fitness improve your quality of life? • How can you use your fitness scores improve your level of fitness? 	<p><u>Fitness</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • Physical fitness is an important part of their lives. • Their fitness scores will be assessed based on their age and gender. • They will be assessed in different categories of fitness (cardiovascular endurance, muscle endurance, muscle strength, flexibility). 	<p><u>Fitness</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> • How to properly perform each fitness test (mile run, pacer, push up, curl up, flexed arm hang, sit and reach). • The four categories of fitness. • How to use their fitness scores to improve their fitness level. <p>Students will be able to...</p> <ul style="list-style-type: none"> • Correctly perform each fitness test. • Recognize which fitness categories they need to improve in. 	<p><u>Fitness</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> • Fitness Tests <p>Other Evidence:</p> <ul style="list-style-type: none"> • Daily informal assessment of 'Established Goals' 	
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