

6th Grade
Fitness & Health Concepts
Muscles

2nd Trimester

Description: Students will identify function and location of muscles and how strengthening contributes to lifelong health.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Demonstrates fundamental motor skills and complex motor skills that contribute to movement proficiency.</p> <p>PS 1.2.1: Understands safety rules and procedures in a variety of physical activities: Individual, dual/team, and lifetime activities.</p> <p>PS 1.2.2: Applies social skills and strategies necessary for effective participation in physical activities.</p> <p>PS 1.3.1: Understands components of health-related fitness.</p>	<p>Students:</p> <ul style="list-style-type: none"> -identify muscles that correspond with specific movements -identify long-range benefits of strong muscles -identify muscle focus during game/skill performance situations <p>Activities that Support Assessment:</p> <ul style="list-style-type: none"> *6th Grade Muscles Summative Assessment *Circuit Training *Muscle Tag *Whole Group Weight Stick Activities *Sport-Specific Muscle Games/Activities (ie. basketball) 	<p>*PE Metrics Rubrics (link)</p> <p>*www.pecentral.com</p> <p>*JD Hughes' Books: "No Standing Around in My Gym: Lesson Plans, games, and teaching tips for elementary physical education" and "PE2theMax: Maximize Skills, Participation, Teamwork, and Fun"</p> <p>*"Project Adventure: Achieving Fitness: An Adventure Activity Guide"</p> <p>*"NASPE Physical Best Activity Guide- Elementary Level"</p>	<ul style="list-style-type: none"> • Abdominals • Biceps • Deltoids • Gluteals • Gastrocnemius • Hamstrings • Latissmus Dorsi • Pectorals • Quadriceps • Trapezius • Triceps <p>Click here for a comprehensive glossary of Fitness & Health vocabulary terms.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.4.2: Explains how movement skills contribute to active, living-for-lifetime health.</p> <p>PS 1.5.1: Understands nutrition goals based on dietary guidelines and individual activity needs.</p> <p>PS 1.5.2: Understands the effects of activity, fitness, and nutrition practices.</p> <p>PS 2.1.1: Recalls the dimensions of health and relates to personal health behaviors.</p> <p>PS 2.2.1: Understands structure and functions of body systems.</p> <p>PS 2.3.2: Understands skills that prevent and control non-communicable diseases.</p>		<p>*“Adventure Curriculum for Physical Education-Elementary Curriculum”</p> <p>*“PE Connections-Helping Kids Succeed Through Physical Activity” by Fleming and Bunting</p> <p>*Muscular System Structure Poster</p>	

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question: *What does a student learn in this*