

**6<sup>th</sup> Grade**  
**Fitness & Health Concepts**  
*Bones/Skeletal System*

3rd Trimester

**Description:** Students will identify function and location of bones, as well as the benefits of bone health for lifelong fitness.

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"> <li>-identify bone locations</li> <li>-understand connection between weight-bearing activities and bone health</li> <li>-recognize and explain relationship between calcium intake and bone health</li> </ul> <p style="text-align: center;"><b>Activities that Support Assessment:</b></p> <ul style="list-style-type: none"> <li>*6<sup>th</sup> Grade Bones Summative Assessment</li> <li>*Bone relay</li> <li>*Build a Skeleton/Label</li> <li>*Hospital Bone Tag</li> <li>*Clothes Pin Bone Relay</li> <li>*Calcium Challenge</li> <li>*Medicine Ball Card Game</li> </ul>	<p>*PE Metrics Rubrics (<a href="#">link</a>)</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"> <li>• Cranium</li> <li>• Clavicle</li> <li>• Sternum</li> <li>• Vertebra</li> <li>• Ribs</li> <li>• Pelvis</li> <li>• Humerus</li> <li>• Ulna</li> <li>• Radius</li> <li>• Femur</li> <li>• Tibia</li> <li>• Fibia</li> <li>• Patella</li> <li>• Scapula</li> </ul> <p><a href="#">Click here</a> for a comprehensive glossary of Fitness &amp; Health vocabulary.</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 1.1.5: Demonstrates understanding of movement concepts.</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>*Skeletal System poster</p> <p>*Skeleton Model</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 course/content over the course of a year?*