

6th Grade
Fitness & Health Concepts
Cardiorespiratory

1st Trimester

Description: Students will expand on their knowledge surrounding the function of the heart and lungs and how the health of each contributes to a healthy life.

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 1.1.5: Demonstrates understanding of movement concepts.</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>Students:</p> <ul style="list-style-type: none"> -identify and explain the function of the heart and lungs -recognize disease prevention habits and risk factors -apply and implement heart healthy activities into their outside-of-school play -identify lifelong heart healthy choices/activities <p style="text-align: center;">Activities that Support Assessment:</p> <p>*6th Grade Cardiorespiratory Summative Assessment</p>	<p>*PE Metrics Rubrics (link)</p> <p>*www.pecentral.com</p> <p>*www.heart.org (American Heart Association)</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>	<ul style="list-style-type: none"> • Cardio • Respiratory • Endurance • Aerobic • Heart Rate • Risk Factor • Target Heart Rate • Resting Heart Rate • Maximum Heart Rate <p>Click here for a comprehensive glossary of Fitness & Health vocabulary terms.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.3.1: Understands components of health-related fitness.</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>*O2/CO2 Exchange</p> <p>*Heart Attack</p> <p>*Jewel Tag</p> <p>*Heart Rate Monitor Activities</p> <p>*Pedometer Activities</p> <p>*Bulldog</p> <p>*Oxygen Express</p>	<p>*“NASPE Physical Best Activity Guide- Elementary Level”</p> <p>*“Lessons From the Heart” book by Beth Kirkpatrick</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>*Heart/Lungs 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 course/content over the course of a year?*