

Course: Health and Physical Education

Grade Level: 6th

Textbook/Instructional Materials:

Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
September	Physical Fitness Testing	<p>Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test</p> <p>Formative: Best Effort on Tests</p> <p>Summative: Fitness Standards for age and gender</p>		<p>Curriculum Objectives: K.HR.06.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.06.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach). K.HR.06.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.</p> <p>IB Criterion/Strands: Objective C: Applying and performing</p> <ul style="list-style-type: none"> i. recall and apply a range of skills and techniques effectively ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively. <p>D Reflecting and improving performance</p> <ul style="list-style-type: none"> iii. analyse and evaluate performance

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October	Physical Fitness Testing Project Healthy School	Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test, Nutrition and Physical Activity Formative: Best Effort on Tests Food Culture Worksheet Summative: : Fitness Standards for age and gender		Curriculum Objectives: K.HR.06.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.06.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach). K.HR.06.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance. 1.1 Analyze the benefits of healthy eating and being physically active. 1.3 Explain how weight management is influenced by healthy eating and being physically active. 1.4 Describe the federal dietary guidelines and the amount of physical activity recommended for one’s age in order to achieve health benefits; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. IB Criterion/Strands: Objective C: Applying

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				<p>and performing</p> <ul style="list-style-type: none"> i. recall and apply a range of skills and techniques effectively ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively. <p>D Reflecting and improving performance</p> <ul style="list-style-type: none"> iii. analyse and evaluate performance
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
November	Towards No Tobacco Use	<p>Activities: Tobacco Prevention</p> <p>Formative: Completion of Workbook</p>		<p>Curriculum Objectives: 2.4 Articulate the benefits of remaining alcohol, tobacco, and drug free. 2.7 Make a commitment to be alcohol, tobacco and drug free. 2.10 Analyze family, peer, societal, and media influences on tobacco, alcohol, and other drug use. 2.11 Develop personal strategies to resist influences to use tobacco, alcohol, and other drugs. 2.12 Demonstrate verbal and non-verbal ways to refuse alcohol, tobacco, and other drugs. 2.13 Describe the negative health effects of caffeine, tobacco, and diet pills on rest, stress, athletic performance, and weight management.</p>

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December	Basketball Volleyball Project Healthy School	Activities: Basketball and Volleyball Skills, Rules and Game Play, Nutrition and Physical Activity Formative: Skill practice, modeling of rules and game play Summative: Game play		Curriculum Objectives: Standard 1: Demonstrates competency in a variety of motor skills and movement patterns; Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. IB Criterion/Strands: A Knowing and understanding iii. apply physical and health terminology effectively to communicate understanding. Objective C: Applying and performing i. recall and apply a range of skills and techniques effectively ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively.

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January	Basketball Volleyball Project Healthy School	Activities: Basketball and Volleyball Skills, Rules and Game Play, Nutrition and Physical Activity Formative: Skill practice, modeling of rules and game play Summative: Game play		<p>D Reflecting and improving performance iii. analyse and evaluate performance</p> <p>Curriculum Objectives: Standard 1: Demonstrates competency in a variety of motor skills and movement patterns; Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>IB Criterion/Strands: A Knowing and understanding iii. apply physical and health terminology effectively to communicate understanding.</p> <p>Objective C: Applying and performing i. recall and apply a range of skills and techniques effectively ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform</p>

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February	Student Created Games Project Healthy School	Activities: Creativity, Teaching, Nutrition and Physical Activity Formative: Rough draft completion Summative: Final copy, teaching of activity to class		Curriculum Objectives: Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; Standard 4: Exhibits responsible personal and social behavior that respects self and others; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. IB Criterion/Strands: A Knowing and understanding iii. apply physical and health terminology effectively to communicate understanding. B Planning for performance i. design, explain and justify plans to improve physical performance and health ii. analyse and evaluate the effectiveness of a plan based on the outcome D Reflecting and improving performance iii. analyse and evaluate performance.

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March	Badminton Project Healthy School	Activities: Badminton Skills, Rules and Game Play, Nutrition and Physical Activity Formative: Performance of Skills and Rule Play		<p>Curriculum Objectives: M.NG.06.01 demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3). M.NG.06.02 demonstrate selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3); Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>IB Criterion/Strands:A Knowing and understanding iii. apply physical and health terminology effectively to communicate understanding.</p> <p>Objective C: Applying and performing i. recall and apply a range of skills and</p>

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				<p>techniques effectively</p> <p>ii. recall and apply a range of strategies and movement concepts</p> <p>iii. recall and apply information to perform effectively.</p> <p>D Reflecting and improving performance</p> <p>iii. analyse and evaluate performance</p>
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
April	Badminton Project Healthy School	<p>Activities: Badminton Skills, Rules and Game Play, Nutrition and Physical Activity</p> <p>Formative: Performance of Skills and Rule Play</p> <p>Summative: End of Unit Test</p>		<p>Curriculum Objectives: M.NG.06.01 demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games. M.NG.06.02 demonstrate selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p>

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May	Physical Fitness Testing	<p>Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test</p> <p>Summative: Score Improvement From Fall Testing</p>		<p>Curriculum Objectives: K.HR.06.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.06.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach).</p>

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Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
June	Physical Fitness Testing	<p>Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test</p> <p>Formative: Best Effort on Tests</p> <p>Summative: : Fitness Standards for age and gender, Score</p>		<p>Curriculum Objectives: K.HR.06.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.06.04 use the criterion-referenced flexibility health-related fitness standards for</p>

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		Improvement From Fall Testing		<p>age and gender (e.g., Backsaver Sit and Reach). K.HR.06.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.</p> <p>IB Criterion/Strands: Objective C: Applying and performing</p> <p>i. recall and apply a range of skills and techniques effectively</p> <p>ii. recall and apply a range of strategies and movement concepts</p> <p>iii. recall and apply information to perform effectively.</p> <p>D Reflecting and improving performance</p> <p>iii. analyse and evaluate performance</p>