Grade 6

Motor Skills and Movement Patterns

1. Demonstrates two different styles of creative movement patterns. (S1.M1.6)
2. Demonstrates passing and receiving with hands in authentic settings. (S1.M4.6)
3. Demonstrates the underhand serve with control in net/wall activities. (S1.M12.6)
4. Demonstrates striking a moving object with an implement in authentic settings. (S1.M14.6, S1.M16.6, S1.M20.6)
5. Demonstrates correct technique for 3 basic skills in one individual-performance activity. (S1.M24.6)

Concepts, Principles, Strategies and Tactics

6. Uses offensive tactics to create space. (S2.M2.6, S2.M7.6, S2.M10.6)

Fitness Knowledge and Skills

7. Analyzes personal aerobic fitness levels through health-related fitness assessments. (S3.M8.6)
8. Investigates how heart rate relates to aerobic fitness. (S3.M13.6)

Responsible Personal and Social Behavior

9. Demonstrates safe practices and strategies in Outdoor Pursuits/Adventure Education. (S4.M1.6)

Values Physical Activity

10. Employs a sense of community and respect for others. (S5.M6.6)