

*Physical Education*  
*Performance-based Grade Level Outcomes*



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**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. (SI.M14.6, SI.M16.6, SI.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)