

St. Johns County School District
PE-M/J Educational Gymnastics and Dance-Grade 6
Curriculum Map-(2015-2016)

Course #: 1508100	Course Name: M/J Educational Gymnastics /Dance (Grade 6)	Semester:	Pacing:
Cognitive Abilities: <ul style="list-style-type: none"> PE.6.C.2 Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. 			
Benchmarks			
PE.6.C.2 Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.			
PE.6.C.2.12 :	List the components of skill-related fitness. Remarks/Examples The components of skill-related fitness are speed, coordination, balance, power, agility and reaction time.		
PE.6.C.2.13 :	List appropriate warm-up and cool-down techniques and the reasons for using them.		
PE.6.C.2.14 :	List terminology and etiquette in educational gymnastics or dance.		
PE.6.C.2.15 :	Choreograph basic dance or gymnastic sequences alone, with a partner or in a small group.		
PE.6.C.2.16 :	Evaluate the movement performance of others.		
PE.6.C.2.17 :	Describe the mechanical principles of balance, force and leverage and how they relate to the performance of skills in gymnastics or dance.		
PE.6.C.2.18 :	List and describe the risks and safety procedures in gymnastics and dance.		
PE.6.C.2.19 :	Recognize the relationship between music and dance or gymnastics skills.		
PE.6.C.2.20 :	Know how improvisation is used to create movements for choreography.		
PE.6.C.2.21 :	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.		
Ongoing Benchmarks;			
HE.6.C.2.7:	Investigate cultural changes related to health beliefs and behaviors. Remarks/Examples School breakfast programs, fast- food menus, and nutritional guidelines for snack machines, fitness programs, and school wellness programs.		
LAFS.6.L.3.6:	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.		

St. Johns County School District
PE-M/J Educational Gymnastics and Dance-Grade 6
Curriculum Map-(2015-2016)

<u>LAFS.68.RST.2.4:</u>	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.
<u>MAFS.6.RP.1.1:</u>	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”
<u>ELD.K12.ELL.SI.1:</u>	English Language learners communicate for social and instructional purposes within the school setting.
Resources/Activities	Assessments

St. Johns County School District
PE-M/J Educational Gymnastics and Dance-Grade 6
Curriculum Map-(2015-2016)

Course #: 1508100		Course Name: M/J Educational Gymnastics/Dance -Grade 6		Semester:	Pacing:
Lifetime Fitness: PE.6.L.3 Participate regularly in physical activity.					
Essential Questions					
Benchmarks			Learning Targets/Skills	Concepts/Content	
PE.6.L.3 Participate regularly in physical activity.			SWBAT... <ul style="list-style-type: none"> Participate in daily activities in Physical Education class which promotes health-related fitness and stress management Completion of assignments Completing Activity Logs involving the FITT and SPO principles Participating in Pre and Post testing for the Presidential Fitness Challenge Completing Activity/Food Logs 	<ul style="list-style-type: none"> MVPA Health-Related Fitness Concepts FITT and SPO principles Planning and setting personal fitness goals Adequate vs. Inadequate levels of fitness Stress management THR and THRZ 	
PE.6.L.3.3 :	Participate in a variety of fitness, wellness, gymnastics and dance activities that promote the components of health-related fitness. Remarks/Examples The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.				
PE.6.L.3.4 :	Identify the in-school opportunities for physical activity that promote fitness, wellness, gymnastics and dance.				
PE.6.L.3.5 :	Identify the community opportunities for physical activity that promote fitness, wellness, gymnastics and dance.				
PE.6.L.3.6 :	Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management.				
Activities			Assessments		
<ul style="list-style-type: none"> Class/Group Discussions Cooperative Games Sport-Related Activities and Games 			<ul style="list-style-type: none"> Teacher observations Projects Tests/Quizzes/Exit Slips Peer observations Rating Scales 		
Resources					
<ul style="list-style-type: none"> PEcentral.org SPARK Presidential Fitness Challenge Fitness Gram Nike Training Club iPod/iPad Apps, Videos, DVDs, Search engines 					

St. Johns County School District
PE-M/J Educational Gymnastics and Dance-Grade 6
Curriculum Map-(2015-2016)

Course #: 1508100	Course Name: M/J Educational Gymnastics/Dance – Grade 6	Semester:	Pacing:
Movement Competency: <u>PE.6.M.1 Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (Fitness/Wellness, Educational Gymnastics/Educational Dance).</u>			
Benchmarks <u>PE.6.M.1 Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (Fitness/Wellness, Educational Gymnastics/Educational Dance).</u>			
<u>PE.6.M.1.10 :</u>	Design and perform different group dance and rhythm sequences that incorporate equipment.		
<u>PE.6.M.1.11 :</u>	Apply proper warm-up and cool-down techniques.		
<u>PE.6.M.1.12 :</u>	Use proper safety practices. Remarks/Examples Some examples of safety practices would be the use of sun screen, hydration, selection of clothing, and correct biomechanics.		
<u>PE.6.M.1.13 :</u>	Use technology to assess, enhance, and maintain motor skill performance.		
<u>PE.6.M.1.5 :</u>	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.		
<u>PE.6.M.1.6 :</u>	Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transfer of weight.		
<u>PE.6.M.1.7 :</u>	Design and perform a routine to rhythm with a partner or a group while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.		
<u>PE.6.M.1.8 :</u>	Perform complex dance sequences from a variety of dances accurately and with correct technique. Remarks/Examples Some examples of dances would be folk, square, step, and line.		
<u>PE.6.M.1.9 :</u>	Create and perform a rhythmic movement sequence while working with a partner or group.		
Resources/Activities		Assessments	

St. Johns County School District
PE-M/J Educational Gymnastics and Dance-Grade 6
Curriculum Map-(2015-2016)

Course #: 1508100	Course Name: M/J Educational Gymnastics/Dance (Grade 6)	Semester:	Pacing:										
Responsible Behavior and Values: <ul style="list-style-type: none"> • PE.6.R.5 Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. • PE.6.R.6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. 													
Benchmarks		Learning Targets/Skills	Concepts/Content										
PE.6.R.5 Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">PE.6.R.5.1 :</td> <td>List ways that peer pressure can be positive and negative.</td> </tr> <tr> <td>PE.6.R.5.2 :</td> <td>Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.</td> </tr> <tr> <td>PE.6.R.5.3 :</td> <td>Demonstrate responsible behaviors during physical activities. Remarks/Examples Some examples of responsible behaviors are controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.</td> </tr> <tr> <td>PE.6.R.5.4 :</td> <td>Describe the personal, social and ethical behaviors that apply to specific physical activities.</td> </tr> <tr> <td>PE.6.R.5.5 :</td> <td>Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.</td> </tr> </table>		PE.6.R.5.1 :	List ways that peer pressure can be positive and negative.	PE.6.R.5.2 :	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	PE.6.R.5.3 :	Demonstrate responsible behaviors during physical activities. Remarks/Examples Some examples of responsible behaviors are controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.	PE.6.R.5.4 :	Describe the personal, social and ethical behaviors that apply to specific physical activities.	PE.6.R.5.5 :	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	SWBAT.. (both in and out of the school setting) <ul style="list-style-type: none"> • Work cooperatively together • Follow the safety rules of the class and activity • Demonstrate responsible behavior during play • Demonstrate proper use and care of P.E. equipment • Demonstrate proper sportsmanship and teamwork 	<ul style="list-style-type: none"> • Cultural Diversity • Positive and Negative Peer Pressure • Bullying • Sportsmanship • Teamwork • Safety Procedures • Respect for yourself and others • Respect for equipment
PE.6.R.5.1 :	List ways that peer pressure can be positive and negative.												
PE.6.R.5.2 :	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.												
PE.6.R.5.3 :	Demonstrate responsible behaviors during physical activities. Remarks/Examples Some examples of responsible behaviors are controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.												
PE.6.R.5.4 :	Describe the personal, social and ethical behaviors that apply to specific physical activities.												
PE.6.R.5.5 :	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.												
PE.6.R.6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">PE.6.R.6.1 :</td> <td>Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.</td> </tr> <tr> <td>PE.6.R.6.2 :</td> <td>Identify the potential benefits of participation in a variety of physical activities. Remarks/Examples Some examples of potential benefits of participation are physical, mental, emotional and social.</td> </tr> <tr> <td>PE.6.R.6.3 :</td> <td>Participate in games, sports and/or physical activities from other cultures.</td> </tr> </table>		PE.6.R.6.1 :	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	PE.6.R.6.2 :	Identify the potential benefits of participation in a variety of physical activities. Remarks/Examples Some examples of potential benefits of participation are physical, mental, emotional and social.	PE.6.R.6.3 :	Participate in games, sports and/or physical activities from other cultures.						
PE.6.R.6.1 :	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.												
PE.6.R.6.2 :	Identify the potential benefits of participation in a variety of physical activities. Remarks/Examples Some examples of potential benefits of participation are physical, mental, emotional and social.												
PE.6.R.6.3 :	Participate in games, sports and/or physical activities from other cultures.												

St. Johns County School District
PE-M/J Educational Gymnastics and Dance-Grade 6
Curriculum Map-(2015-2016)

Activities	Assessments
<ul style="list-style-type: none"> • Class/Group Discussions • Cooperative Games • Sport-Related Activities and Games 	<ul style="list-style-type: none"> • Teacher observations • Peer observations • Assignments • Projects • Tests/Quizzes • Exit Slips • Rating Scales
Resources	
<ul style="list-style-type: none"> • PEcentral.org • SPARK • Presidential Fitness Challenge • Fitness Gram • Nike Training Club • iPod/iPad Apps, Videos, DVDs, Search engines 	