



Recommended 6th Grade Curriculum Framework

Content: Physical Education – Grade 6						
Topic: Benefits of Exercise (Week 1)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-1.5.1 Body changes (e.g., body composition, decreased heart rate, reduced cholesterol level) occur following a regular exercise program.</p> <p>PL-M-1.5.2 Exercise benefits physical development (e.g., body shape, posture, coordination, muscle development).</p>	<p>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Recognize the benefits of self-assessment of health status. Demonstrate basic physiological principals of exercise (e.g., intensity, duration, frequency). <p>POS-HE-6-16 Students will assess personal health practices (e.g., diet; rest; exercise; personal cleanliness; care of eyes, ears, teeth, skin).</p>					



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