

Physical Education Grade 6

Active Living

OUTCOMES		1 – Beginning The student is having difficulty demonstrating an understanding of the concept.	2 – Approaching The student is developing an understanding of the concept.	3 – Meeting The student consistently demonstrates an understanding of the concept or has achieved the concept.	4- Exemplary The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
6.1 Health-Related Fitness I can create and implement a personal health-related fitness plan targeting the health-related fitness component of cardiovascular endurance that involves setting a goal for improvement, applies the F.I.T.T. principle (Frequency, Intensity, Type of activity, and Time), and incorporates daily moderate to vigorous movement activity.	Movement activity	<ul style="list-style-type: none"> I can maintain target heart zone well below 10 consecutive minutes. 	<ul style="list-style-type: none"> I can maintain target heart zone just below 10 consecutive minutes. 	<ul style="list-style-type: none"> I can maintain target heart zone for a 10 consecutive minutes. 	<ul style="list-style-type: none"> I can maintain target heart zone for more than 10 consecutive minutes.
	The FITT principle	<ul style="list-style-type: none"> With extensive guidance, I use some components of the F.I.T.T. principle when setting a personal cardiovascular endurance goal. 	<ul style="list-style-type: none"> I use some components of the F.I.T.T. principle when setting a personal cardiovascular endurance goal. 	<ul style="list-style-type: none"> I use the F.I.T.T. principle when setting a personal cardiovascular endurance goal. 	<ul style="list-style-type: none"> I use the F.I.T.T. principle to revise my personal goals and compare my movement activity participation and fitness appraisal over a period of time.
	Create a personal health-related fitness plan	<ul style="list-style-type: none"> With extensive guidance, I can create a health-related fitness plan that focuses on the cardiovascular component OR incorporates daily moderate and vigorous movement. 	<ul style="list-style-type: none"> I can create a health-related fitness plan that focuses on the cardiovascular component OR incorporates daily moderate and vigorous movement. 	<ul style="list-style-type: none"> I can create a health-related fitness plan that focuses on the cardiovascular component AND incorporates daily moderate and vigorous movement. 	<ul style="list-style-type: none"> I can create a health-related fitness plan that focuses on the cardiovascular component AND incorporates daily moderate and vigorous movement, and use the data to determine my own level of cardiovascular fitness.
Comments					

Grade 6

June 2020

<p>6.2 Body Composition</p> <p>I can demonstrate an understanding of the impact of inactivity on body composition and how to make healthy choices for a balanced self, including regular participation in movement activity, that effectively and safely affect (maintain, increase, decrease) body fat composition.</p>	<p>Impact of inactivity</p>	<ul style="list-style-type: none"> • With extensive guidance, I can identify a few effects of inactivity on body composition. 	<ul style="list-style-type: none"> • I can identify a few effects of inactivity on body composition. 	<ul style="list-style-type: none"> • I can explain the effect of inactivity on body composition. 	<ul style="list-style-type: none"> • I can compare the effects of activity and inactivity on body composition
	<p>Healthy Choices</p>	<ul style="list-style-type: none"> • With extensive guidance, I can propose a few options for healthy, safe and effective ways to maintain a balanced self. 	<ul style="list-style-type: none"> • I can propose a few options for healthy, safe and effective ways to maintain a balanced self. 	<ul style="list-style-type: none"> • I can propose many options for healthy, safe and effective ways to maintain a balanced self. 	<ul style="list-style-type: none"> • I can propose and explain many options for healthy, safe and effective ways to maintain a balanced self.
	<p>Body Composition</p>	<ul style="list-style-type: none"> • With extensive guidance, I can communicate clearly a few factors that influence the size, shape, and composition of the body. 	<ul style="list-style-type: none"> • I can communicate clearly a few factors that influence the size, shape, and composition of the body. 	<ul style="list-style-type: none"> • I can communicate clearly the factors that influence the size, shape, and composition of the body. 	<ul style="list-style-type: none"> • I can explain clearly the factors that influence the size, shape, and composition of the body.
<p>Comments</p>					

Grade 6

June 2020

<p>6.3 Muscle Fitness</p> <p>I can apply strategies I have chosen to improve muscular endurance and flexibility effectively and safely, and I understand how to improve muscle strength safely and effectively.</p>	<ul style="list-style-type: none"> • With extensive guidance, I use some safety guidelines for effective muscular strength and flexibility development. 	<ul style="list-style-type: none"> • I use some safety guidelines for effective muscular strength and flexibility development. 	<ul style="list-style-type: none"> • I use safety guidelines for effective muscular strength and flexibility development. 	<ul style="list-style-type: none"> • I can consistently and independently apply safety guidelines for effective muscular strength and flexibility development, and remind others of those guidelines.
	<ul style="list-style-type: none"> • With extensive guidance, I can use my own body weight to improve and challenge personal muscular strength. 	<ul style="list-style-type: none"> • With guidance, I can use my own body weight to improve and challenge personal muscular strength. 	<ul style="list-style-type: none"> • I can use my own body weight to improve and challenge personal muscular strength. 	<ul style="list-style-type: none"> • I can choose exercises that use my own body weight to improve and challenge personal muscular strength
	<ul style="list-style-type: none"> • With extensive guidance, I perform some exercises to enhance flexibility and muscular endurance with correct technique. 	<ul style="list-style-type: none"> • With guidance, I perform some exercises to enhance flexibility and muscular endurance with correct technique. 	<ul style="list-style-type: none"> • I perform many exercises to enhance flexibility and muscular endurance with correct technique. 	<ul style="list-style-type: none"> • I perform all exercises to enhance flexibility and muscular endurance with correct technique.
	<ul style="list-style-type: none"> • With extensive guidance, I use the proper names of some muscles when doing flexibility and muscular endurance exercises. 	<ul style="list-style-type: none"> • With guidance, I use the proper names of some muscles when doing flexibility and muscular endurance exercises. 	<ul style="list-style-type: none"> • I use the proper names of most muscles when doing flexibility and muscular endurance exercises. 	<ul style="list-style-type: none"> • I use consistently and independently use the proper names of muscles when doing flexibility and muscular endurance exercises.
<p>Comments</p>				

Grade 6

June 2020

<p>6.10 Alternate Environment & Body Management</p>	<p>Movement skills</p>	<ul style="list-style-type: none"> • With extensive guidance, I demonstrate some progression in skill development required for participation in bod management activities. 	<ul style="list-style-type: none"> • I demonstrate some progression in skill development required for participation in bod management activities. 	<ul style="list-style-type: none"> • I demonstrate appropriate progression in skill development required for participation in bod management activities. 	<ul style="list-style-type: none"> • I demonstrate significant progression in skill development required for participation in bod management activities.
<p>I can apply controlled use of selected movement skills and variations as well as safe and environmentally friendly behaviours while participating in a variety of:</p> <ul style="list-style-type: none"> • alternate environment activities • body management activities including dance and educational gymnastics, as well as others. 	<p>Safe behaviors</p>	<ul style="list-style-type: none"> • With extensive guidance, I use some safety guidelines for body management and alternate environment activities, such as using the required equipment and supplies with care, and coming properly dressed for the activity and weather conditions. 	<ul style="list-style-type: none"> • I use some safety guidelines for body management and alternate environment activities, such as using the required equipment and supplies with care, and coming properly dressed for the activity and weather conditions. 	<ul style="list-style-type: none"> • I use safety guidelines for body management and alternate environment activities, such as using the required equipment and supplies with care, respecting the natural environment, and coming properly dressed for the activity and weather conditions. 	<ul style="list-style-type: none"> • I can consistently and independently use safety guidelines for body management and alternate environment activities, such as using the required equipment and supplies with care, and coming properly dressed for the activity and weather conditions, and remind others of those guidelines.
	<p>Environmentally friendly behaviors</p>	<ul style="list-style-type: none"> • With extensive guidance, I demonstrate some environmentally friendly behaviors in alternate environment activities. 	<ul style="list-style-type: none"> • I demonstrate some environmentally friendly behaviors in alternate environment activities. 	<ul style="list-style-type: none"> • I demonstrate environmentally friendly behaviors in alternate environment activities. 	<ul style="list-style-type: none"> • I consistently and independently demonstrate environmentally friendly behaviors in alternate environment activities, and remind others of those guidelines.
	<p>Comments</p>				