

COURSE TITLE:	Health and Physical Education – Grade 6
PREREQUISITE:	N/A
DESCRIPTION:	Students are offered a variety of challenging learning and physical activities with an emphasis on lifetime health and wellness. The 6th grade Health & Physical Education program is offered every other day. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:
PE:	<p>Skilled Movement The student will demonstrate competence in locomotor, non-locomotor, and manipulative skill combinations and sequences in dynamic game, rhythmic, and fitness activities.</p> <p>Movement Principles and Concepts The student will apply movement principles and concepts to movement-skill performance.</p> <p>Personal Fitness The student will use personal fitness tools and data to improve physical fitness.</p> <p>Responsible Behaviors The student will work independently and with others in physical activity settings.</p> <p>Physically Active Lifestyle The student will identify and seek opportunities to participate in regular physical activity at school, at home, and in the community.</p>
HEALTH:	<p>Knowledge and Skills The student will apply the following skills to decisions regarding health and wellness: critical-thinking skills and personal-management strategies; knowledge of the body’s structures and functions to make sound decisions related to personal health; describe the connections between mental and physical development as they relate to adolescence; analyze the consequences of personal choices on health and wellness; demonstrate injury prevention and management skills to promote personal and family health.</p> <p>Information Access and Use The student will access and analyze information for the purpose of improving personal and family health.</p> <p>Community Health and Wellness The student will evaluate the benefits of becoming a positive role model within the family and the community.</p>
PE TOPICS:	<ul style="list-style-type: none"> Cooperative Games Lifetime Fitness Activities Individual and Dual Sports Team Sports Lifetime Recreational Activities Rhythmic Activities
HEALTH TOPICS:	<ul style="list-style-type: none"> Personal Management Strategies Function and Interaction of Health Body Systems Mental and Physical Development Personal Choices for Health and Wellness Injury Prevention Analysis of Health Information Community Health and Wellness Family Life Education (FLE)
CREDIT INFO:	N/A