

Richmond Public Schools
Department of Curriculum and Instruction
Curriculum Pacing And Resource Guide



Course Title/ Course #: Physical Education Grade 6

Start day: 1

Meetings: 45 days

Course Description

Physical Education 6 will focus on providing students with the necessary skills for performing a variety of physical activity and knowledge necessary to achieve and maintain a physically active lifestyle.

Pacing Resources Assessments MP1

| Time Frame | Standards of Learning | Units/ Topics/ Concepts | Resources | Assessments |
|--|---|--|---|---|
| 3 Weeks(8-9 days Instructional Blocks O/E) | -6.3.1 b. -6.3.2 a. -6.3.3 a. -6.3.4 b. -6.3.5 a. -6.3.6 a. -6.4 a, b | Unit MP1.1: Fitness <ul style="list-style-type: none"> ● Personal Fitness Development ● Fitnessgram testing ● Circuit Training | www.VDOE.va.gov www.vahperd.org www.fitnessgram.net fitnessgram DVD www.glencoe.com | Fitnessgram Test Personal Fitness Data Skill Development |
| 2 Weeks (5-6 days Instructional Blocks O/E) | 6.1.2 a, b 6.2.1 a, b, c 6.2.3 c | Unit MP1.2 Team Sports <ul style="list-style-type: none"> ● Movement Concepts ● Team Sports(volleyball, soccer, flag football, floor | www.VDOE.va.gov www.vahperd.org www.pecentral.org www.shapeamerica.org | Concept Link, dialogue, Modeling, Games, Feedback, Non-verbal, Skill Assessment |

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| <u>Pacing Resources Assessments MP2</u> | | | | |
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| Time Frame | Standards of Learning | Units/ Topics/ Concepts | Resources | Assessments |
| 2 Weeks (5-6 days Instructional Blocks O/E) | 6.1.1 a 6.1.3 b 6.1.4 c 6.2.1 6.2 a | <ul style="list-style-type: none"> ● Unit MP2.1 Dance - Line Dance - Square Dance - Zumba Aerobic Dance - African/Cultural Dance | www.VDOE.va.gov www.vahperd.org www.pecentral.org www.shapeamerica.org | Modeling, Skill Assessment, Feedback, Public Performers, Non-verbal |
| 2 Weeks (5-6 days Instructional Blocks O/E) | 6.2 a,c,d 6.3 b 6.4 a,b,c,d | <ul style="list-style-type: none"> ● Unit MP2.2 Recreational Activities (torpedo run, badminton, mat ball, fencing, ping pong, dodgeball, tag games). | www.VDOE.va.gov www.vahperd.org www.glencoe.com | Modeling, Skill Assessment, Feedback, Public Performers, Non-verbal |

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