

# Grade 6 PE Proficiency Scale Q1

	<b>1 = Novice</b>	<b>2 = Partially Proficient</b>	<b>3 = Meeting Expectations</b>	<b>4 = Exceeding Expectations</b>
<b>Motor Skills and Movement Patterns</b>	Demonstrate throwing and catching while stationary or in motion; and dribble and shoot on goal during quarter 1 practice tasks.	Demonstrate an ability to throw and catch while stationary and in motion; and dribbling attempting to change speed and direction; and shoot on goal appropriate to quarter 1 practice tasks.	Demonstrate proficiency in throwing and catching while stationary and in motion with two hands; dribbling, changing speed and direction; and shoot with power on goal appropriate to quarter 1 practice tasks. (S1.M2-6.6, S1.8-10.6, S1.M17.6, S1.M18.6, S1.M21.6, S1.M22.6)	Demonstrate throwing with power and catching from a variety of trajectories in a mature pattern while stationary and in motion with one and two hand; and dribbling changing speed and direction with both dominant and nondominant foot; and shoot with power on goal appropriate to quarter 1 practice tasks.
<b>Concepts and Strategies</b>	Recognize the conditions that factor into the safety of self and others with help and support. Recognize offense and defense transitions.	Recognize the conditions that factor into the safety of self and others. Demonstrate transitions from offense to defense to offense.	Identify appropriate decision making based on conditions that factor into safety of self and others. Demonstrate transition from offense to defense to offense recovering quickly. (S2.M13.6, S2.M6.6)	Execute an appropriate decision based on the conditions that factor into safety of self and others. Demonstrate and mentor others in transitions from offense to defense to offense seamlessly.
<b>Health-Enhancing Level</b>	Recognize warm-ups and cool downs in physical activity. Understand techniques and methods of stretching.	Recognize the role of warm-ups and cool downs before and after physical activity. Apply techniques and methods of stretching.	Define the role of appropriate warm-ups and cool downs before and after physical activity. Employ the correct techniques and methods of stretching. (S3.M12.6, S3.M9.6)	Define and lead appropriate warm-ups and cool downs before and after physical activity. Execute and model the correct techniques and methods of stretching.
<b>Value of Physical Education</b>	Recognize how physical activity can lead to a healthy body, reduce stress, and influences social interactions.	Understand how physical activity leads to a healthy body and how physical activity provides opportunities to reduce stress and engage in social interactions.	Describe how physical activity leads to a healthy body and identify how physical activity provides opportunities to reduce stress and engage in social interactions. (S5.M1.6, S5.M2.6)	Advocate for physical activity to promote a healthy body, stress reduction, and engaging in positive social interactions.

# Grade 6 PE Proficiency Scale Q2

	<b>1 = Novice</b>	<b>2 = Partially Proficient</b>	<b>3 = Meeting Expectations</b>	<b>4 = Exceeding Expectations</b>
<b>Motor Skills and Movement Patterns</b>	Recognize two hand volley techniques, overhand striking, and serving in practice tasks. Understand defensive ready position.	Demonstrate two hand volley techniques, overhand striking, and serving in practice tasks. Attempt a defensive ready position with weight on the balls of feet and arms extended.	Demonstrate control using two hand volley techniques, overhand striking, and underhand serving in practice tasks. Maintain a defensive ready position with weight on the balls of feet and arms extended. (S1.M11.6, S1.M12.6, S1.M13.6, S1.M15.6, S1.M19.6, S1.M20.6)	Execute control in a mature manner using two hand volley techniques, overhand striking, and underhand serving in practice tasks. Maintain and model a defensive ready position with weight on the balls of feet and arms extended.
<b>Concepts and Strategies</b>	Understand the value of space during defensive plays and offensive strategies appropriate to quarter 2 tasks.	Create and reduce space using movement in the playing area and recognize defensive plays and offensive strategies appropriate to quarter 2 tasks.	Create and reduce space using movement of varying force and direction utilizing the space of the playing area, creating defensive plays and using offensive strategies appropriate to quarter 2 tasks. (S2.M1.6, S2.M2.6, S2.M3.6, S2.M7.6, S2.M10.6, S2.M4.6, S2.M5.6, S2.M8.6 S2.M11.6)	Create and reduce space using movement of varying force and direction and executes appropriate tactics utilizing the space of the playing area, creating a variety of defensive plays and offensive strategies appropriate to quarter 2 tasks.
<b>Health-Enhancing Level</b>	Identify a physical activity goal based on an area of weakness determined by fitness assessment with guidance and support.	Identify a physical activity goal based on an area of weakness determined by fitness assessment and document remediation.	Identify a self-selected physical activity goal based on an area of weakness determined by fitness assessment. Implement, monitor, and document remediation. (S3.M8.6, S3.M15.6, S3.M16.6, S3.M4.6)	Demonstrate implementation of a self-selected physical activity goal based on an area of weakness determined by fitness assessment. Monitor, document, and reflect on remediation.
<b>Value of Physical Education</b>	Recognize individual challenges.	Recognize individual challenges and identify positive strategies to cope.	Recognize individual challenges and use positive strategies to cope. (S5.M3.6)	Recognize individual and peer challenges and model positive strategies to cope.

# Grade 6 PE Proficiency Scale Q3

	<b>1 = Novice</b>	<b>2 = Partially Proficient</b>	<b>3 = Meeting Expectations</b>	<b>4 = Exceeding Expectations</b>
<b>Motor Skills and Movement Patterns</b>	Demonstrate stationary dribbling. Understand offensive skills and defensive ready position appropriate to quarter 3 tasks.	Demonstrate dribbling by attempting to change speed and direction. Perform offensive skills without defensive pressure appropriate to quarter 3 tasks. Attempt a defensive ready position with weight on the balls of feet and arms extended.	Demonstrate proficiency in dribbling by changing speed and direction. Perform offensive skills using correct technique without defensive pressure appropriate to quarter 3 tasks. Maintain a defensive ready position with weight on the balls of feet, arms extended, and eyes on opponents' midsection. (S1.M6.6, S1.M7.6, S1.M8.6, S1.M9.6, S1.M11.6, S1.M17.6)	Demonstrate dribbling by changing speed and direction with both dominant and nondominant hand. Perform offensive skills using correct technique with defensive pressure appropriate to quarter 3 tasks. Maintain and model a defensive ready position with weight on the balls of feet, arms extended and eyes on opponents' midsection.
<b>Concepts and Strategies</b>	"Recognize offense and defense transitions. Understand the value of space during defensive plays and offensive strategies appropriate to quarter 2 tasks. Shoot at a target.	Demonstrate transitions from offense to defense to offense. Create and reduce space using movement in the playing area and recognize defensive plays and offensive strategies appropriate to quarter 2 tasks. Select shot to the distance of the target.	Demonstrate transition from offense to defense to offense recovering quickly. Create and reduce space using movement of varying force and direction utilizing the space of the playing area. Create defensive plays and using offensive strategies appropriate to quarter 3 tasks. Select shot appropriate to the distance of the target. (S2.M9.6, S2.M6.6, S2.M13.6, S2.M1.6, S2.M2.6, S2.M3.6, S2.M4.6, S2.M7.6, S2.M8.6, S2.M11.6)	Demonstrate and mentor others in transitions from offense to defense to offense seamlessly. Create and reduce space using movement of varying force, direction, and executes appropriate tactics utilizing the space of the playing area. Create a variety of defensive plays and offensive strategies appropriate to quarter 2 tasks. Execute shot appropriate to the distance of the target.
<b>Health-Enhancing Level</b>	Identify the components of skills related fitness and the components of the overload principle with help and support.	Identify the components of skills related fitness and the components of the overload principle.	Identify and explain the components of skills related fitness and the components of the overload principle. (S3.M7.6, S3.M11.6)	Identify, explain, and implement the components of skills related fitness and the components of the overload principle.
<b>Value of Physical Education</b>	Identify self-expression in physical activity with help and support.	Identify self-expression in physical activity.	Identify how self-expression and physical activity are related. (S5.M5.6)	Identify and advocate for self-expression in physical activity and describe how they are related.

# Grade 6 PE Proficiency Scale Q4

	<b>1 = Novice</b>	<b>2 = Partially Proficient</b>	<b>3 = Meeting Expectations</b>	<b>4 = Exceeding Expectations</b>
<b>Motor Skills and Movement Patterns</b>	Demonstrate forehand and backhand strokes with a short-handled implement. Demonstrate a striking motion toward a pitched ball. Understand offensive skills and defensive ready position appropriate to quarter 4 tasks. Attempt to demonstrate rhythm and pattern for one rhythmic activity/dance form.	Demonstrate forehand or backhand strokes with a short-handled implement. Attempt to strike a pitched ball with an implement. Perform offensive skills without defensive pressure. Attempt a defensive ready position with weight on the balls of feet and arms extended appropriate to quarter 4 practice tasks. Demonstrate rhythm and pattern for one rhythmic activity/dance form.	Demonstrate forehand and backhand strokes with a short-handled implement and strike using an overhand pattern. Strike a pitched ball with an implement. Perform offensive skills using correct technique without defensive pressure. Maintain a defensive ready position with weight on the balls of feet and arms extended, and eyes on opponents midsection appropriate to quarter 4 practice tasks. Demonstrate correct rhythm and pattern for one rhythmic activity/dance form. (S1.M1.6, S1.M6.6, S1.M7.6, S1.M11.6, S1.M13.6, S1.M14.6, S1.M16.6, S1.M19.6, S1.M20.6)	Demonstrate a mature forehand and backhand stroke with a short-handled implement and accurately strike using an overhand pattern. Accurately strike a pitched ball with an implement. Perform offensive skills using correct technique with defensive pressure. Maintains and models a defensive ready position with weight on the balls of feet, arms extended and eyes on opponents midsection appropriate to quarter 4 tasks. Demonstrate and model correct rhythm and pattern for one rhythmic activity/dance form.
<b>Concepts and Strategies</b>	Recognize offense and defense transitions. Understand the value of space during defensive plays and offensive strategies appropriate to quarter 2 tasks. Recognize weight transfer and balance in rhythmic activities/dance.	Demonstrate transitions from offense to defense to offense. Create and reduce space using movement in the playing area and recognize defensive plays and offensive strategies appropriate to quarter 2 tasks. Attempt to apply weight transfer and balance to rhythmic activities/dance.	Demonstrate transition from offense to defense to offense recovering quickly. Create and reduce space using movement of varying force and direction utilizing the space of the playing area, creating defensive plays and using offensive strategies appropriate to quarter 4 tasks. Apply weight transfer and balance to rhythmic activities/dance. (S2.M1.6, S2.M2.6, S2.M3.6, S2.M4.6, S2.M5.6, S2.M6.6, S2.M7.6, S2.M8.6, S2.M10.6, S2.M11.6, S2.M12.6, S2.M13.6)	Demonstrate and mentor others in transitions from offense to defense to offense seamlessly. Create and reduce space using movement of varying force and direction and execute appropriate tactics utilizing the space of the playing area, creating a variety of defensive plays and offensive strategies appropriate to quarter 2 tasks. Apply and model weight transfer and balance to rhythmic activities/dance.
<b>Health-Enhancing Level</b>	Recognize a resting heart-rate, identify aerobic activities and anaerobic activities, and identify fewer than 5 major muscles with guidance and support.	Define resting heart-rate, identify aerobic activities and anaerobic activities. Identify less than five major muscles taught throughout the course of the year.	Define resting heart-rate and differentiate between aerobic and anaerobic activity. Identify 5 major muscles taught throughout the course of the year. (S3.M10.6, S3.M13.6, S3.M14.6)	Explain the application of a resting heart-rate in athletic training. Compare and contrast the differences between aerobic and anaerobic activity. Identify 10 major muscles taught throughout the course of the year.

<b>Value of Physical Education</b>	Identify enjoyment in physical activity. Recognize individual challenges.	Identify enjoyment in physical activity. Recognize individual challenges and identify positive strategies to cope.	Describe how physical activity creates enjoyment. Recognize individual challenges and use positive strategies to cope. (S5.M4.6)	Describe how and advocate for physical activity in creating enjoyment. Recognize individual and peer challenges and models positive strategies to cope.
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