

Life Fitness - 6th Grade

Six Weeks	P.E. Health Units	Skills/Concepts Taught	Fitness
1st 6 weeks	Volleyball	Passing, Setting, Serving, Rules, Game Play	Timed Runs
	Badminton	Serving, Forehand, Backhand, Rules, Game Play	Weight Training
	Health: Nutrition	Food Pyramid, Food Labels, Nutrients	
2nd 6 weeks	Flag Football	Passing, Catching, Positions, Kicking, Rules, Game Play	Resistance Bands
	Basketball	Shooting, Passing, Dribbling, Defense, Rules, Game Play	Agility Drills
	Health: Promotion & Disease Prevention	Communicable/Noncommunicable Diseases, Preventions & Treatments	
3rd 6 weeks	Floor Hockey	Dribbling, Sweep Shot, Goalie Defense, Rules, Game Play	Matt Drills
	Jump Rope	Tricks, Routines, Kinesthetic Awareness	Circuit Training
	Speedball	Kicking, Catching, Throwing, Scoring, Rules, Game Play	
	Health: First Aid & Safety, Sun Awareness	CPR, Heimlich Manuever, Harmful Effects of the Sun	
4th 6 weeks	Line Dancing	Steps, Beat Count, Routine	Medicine Balls
	Weight Training	Safety, Technique, Reps/Sets	Stability Balls
	Health: Substance Abuse Prevention: Tobacco	Refusal Skills, Harmful effects of Tobacco, Monetary Costs	
5th 6 weeks	Soccer	Dribbling, Defense, Throw-ins, Kicking, Rules, Game Play	Plyometric Training
	Kickball	Kicking, Catching, Throwing, Rules, Game Play	Static & Dynamic Stations
	Track	Running, Jumping, Throwing, Pace	
	Health: Drug & Alcohol Abuse Prevention	Rufusal Skills, Harmful effects of drugs/alcohol on the body, Stages of Addiction	
6th 6 weeks	Ultimate Frisbee	Forehand Throw: Thumber, Peace Sign, Backhand Throw, Catching, Scoring, Rules, Game Play	Jump Rope
	Tennis	Forehand, Backhand, Serve, Scoring, Rules, Game Play	Fitness Stations
	Softball	Throwing, Catching, Pitching, Rules, Game Play	
	Health: Human Sexuality	Abstinence, Personal Hygiene, Anatomy, Diseases	

* Fitness activity and intensity may vary according to student abilities.

* Unit sequences may vary according to gym space, weather, and equipment availability