

6th Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
___ I can perform an overhand volleyball serve.	___ I can identify at least one way to measure each component of fitness.	___ I can accept constructive feedback appropriately.	___ I can participate, compete and cooperate in team activities to achieve a common goal.
___ I can rally across the net with a partner using forehand and backhand hits with a racquet/paddle.	___ I can locate and calculate my resting heart rate as well as my exercise heart rate.	___ I can demonstrate safe practices while participating in physical activities.	___ I can honestly report results of my work consistently.
___ I can receive a football while moving.	___ I can calculate my target heart rate by using the THR formula.	___ I can accept the teacher's decision regarding personal rule infraction without displaying negative reactions towards others.	___ I can identify and utilize the skill of compromise, help to resolve conflict and problems during games or activities.
___ I can move to open space to receive a pass (soccer, basketball, ultimate Frisbee, etc.)	___ I can identify what FITT stands for.	___ I can compliment others on their participation.	___ I can suggest modifications in rules, procedures, and etiquette to make an activity safer.
___ I can perform juggling with three objects.	___ I can identify parts of a skill and correct errors of self or another student on this skill.		
___ I can learn steps to a dance and perform it to music.			