

## Physical Education Scope & Sequence – Term 1 – Grade 6

	Week	Standards	Outcomes	Vocabulary	Assessment
<i>Part 1: Individual Sports</i>	<b>1</b>	Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors. (S4.M1.6)	Students will be able to demonstrate etiquette, respect, and participation in the activity.	Spatial awareness	Throughout the term, students will be assessed on the various standards by the following evaluation methods: <ul style="list-style-type: none"> <li>- Self-assessment</li> <li>- Teacher observation</li> <li>- Peer evaluation</li> <li>- Discussion</li> <li>- Data records</li> </ul>
	<b>2</b>	Strikes with a mature overhand pattern in a non-dynamic environment for net/ wall games such as volleyball, handball, badminton or tennis. (S1.M13.6)	Students will be able to strike overhead while appropriately sweeping arm from high to low.	Overhead strike, clear	
	<b>3</b>	Transfers weight with correct timing for the striking pattern. (S1.M15.6)	Students will be able to strike with the forearm while correctly transferring weight from back to front and sweeping.	Shift weight, sweep	
	<b>4</b>	Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. (S1.M14.6)	Students will be able to demonstrate strikes using proper forearm and backhand techniques.	Forearm, backhand	
	<b>5</b>	Forehand-volleys with a mature form and control using a short-handled implement. (S1.M16.6)	Students will be able to demonstrate volleying using proper forearm and backhand techniques.	Volley	
	<b>6</b>	Performs a legal underhand serve with control for net and wall games such as badminton, volleyball or pickleball. (S1.M12.6)	Students will be able to demonstrate an underhand badminton serve from the legal length.	Underhand serve	
<i>Part 2: Basketball</i>	<b>7</b>	Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks. (S1.M8.6) Foot-dribbles or dribbles with an implement with control, changing speed, and direction in a variety of practice tasks. (S1.M9.6)	Students will be able to execute proper dribbling techniques: <ul style="list-style-type: none"> <li>- Keep ball below the waist</li> <li>- Ball on finger pads</li> <li>- Eyes up</li> <li>- Feet shoulder width apart</li> <li>- Push ball in front when moving</li> <li>- Protecting the ball</li> </ul>	Cross over, speed dribble, shuffle	
	<b>8</b>	Throws, while stationary, a leading pass to a moving receiver. (S1.M5.6)	Students will be able to execute proper passing techniques for the overhead, chest pass, and bounce pass: <ul style="list-style-type: none"> <li>- Lead the pass when moving</li> <li>- Aim at partner</li> <li>- Flick wrists/fingertips out</li> <li>- Step into the pass</li> </ul>	Chest pass, overhead pass, bounce pass	

	<b>9</b>	Performs pivots, fakes and jab steps designed to create open space during practice tasks. (S1.M6.6)	Students will be able to demonstrate strategies to get to an open space while on offense and drop step to steal the ball while playing man-to-man on defense.	Give and go, fake, jab step, screen, pivot	
	<b>10</b>	Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes. (S1.M7.6)	Students will be able to demonstrate offensive techniques to get open and potentially receive a pass	Man-to-man, keep moving	
	<b>11</b>	Maintains defensive-ready position, with weight on balls of feet, arms extended and eyes on midsection of the offensive player. (S1.M11.6)	Students will be able to demonstrate defensive footwork techniques for efficiency and quickness.	Shuffle, stay low	
	<b>12</b>	Transitions from offense to defense or defense to offense by recovering quickly. (S2.M6.6)	Students will be able to recognize when they need to switch on a turnover (between offense or defense).	<i>See above</i>	