

## WEST DEPTFORD SCHOOL DISTRICT

Content Area: Physical Education			
Course Title: 6th grade PE		Grade Level: 6	
<b>Quarter 1</b>		9 weeks	
Activity 1: Run Program (1 mile and 20 minute run test) Activity 2: Fitness Testing Activity 3: Flag Football			
<b>Quarter 2</b>		9 weeks	
Health: 2 days a week PE Activity: 1 day a week - Ball Games			
<b>Quarter 3</b>		9 weeks	
Activity 1: Pillow-polo hockey Activity 2: Volleyball Activity 3: Fitness Circuits			
<b>Quarter 4</b>		9 weeks	
Activity 1: Fitness Testing Activity 2: Kickball			
<i>Date Created: August 2022</i> <i>Revised: August 2023</i>		<i>Board Approved on: August 2022</i> <i>Revised Board Approved: August 2023</i>	

# WEST DEPTFORD SCHOOL DISTRICT

## 6th Grade PE Pacing Guide

Quarter Number	Title	DATES	Number of Days
1	Run Program	September/October	+20
	Fitness Testing	September/October	+20
	Flag Football	October/November	+20
2	Heath 2 days a week and 1 day per week PE	November-January	+45
3	Pillow-polo hockey	January-March	+20
	Volleyball	January-March	+20
	Fitness Circuits	January-March	+20
4	Fitness Testing	April/May	+20
	Kickball	May/June	+30

**WEST DEPTFORD SCHOOL DISTRICT**  
**6th Grade PE Pacing Guide 2022 – 2023**

Quarter Number	Skill	Instructional Period	Number of Days
Q1	<p><b><i>Run program, Fitness Tests, Flag Football</i></b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> <li>-Use measurement assessment data to set personal fitness goals</li> <li>-Apply basic training principles</li> </ul>	9/12-11/18	+-45
Q2	<p><b>2 Days Health - 1 day PE Ball Games</b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety</li> </ul>	11/2023-1/2024	+-9

	<p>procedures</p> <ul style="list-style-type: none"> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> <li>-Use measurement assessment data to set personal fitness goals</li> <li>-Apply basic training principles</li> </ul>		
Q3	<p><b><i>Pillow-polo, Volleyball, Fitness Circuits</i></b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> </ul>	1/2024-3/2024	+45
Q4	<p><b><i>Kickball and Fitness Tests</i></b></p> <ul style="list-style-type: none"> <li>Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules</li> </ul>	4/2024-6/2024	+45

	<p>and safety procedures</p> <ul style="list-style-type: none"><li>-Analyze, and correct movements and apply to refine movement skills.</li><li>-Manage emotions during physical activity and demonstrate sportsmanship</li></ul> <p>-Use measurement assessment data to set personal fitness goals</p> <ul style="list-style-type: none"><li>-Apply basic training principles</li></ul>		

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## PE Lesson Plan Format

{45 Minutes of Instruction}

### OPENING

5 minutes

- Warm-ups (independent)

### SETTING THE STAGE

5 minutes

*Objectives- Purpose of lesson and expectations*

*Equipment needed- What do we need to be successful*

### TEACHER LED INSTRUCTION

10 minutes

*Activity- What is the activity*

*Learning plan- Teacher led explanation/demonstration, safety concerns*

### STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

*Performance task- Independent student led activity*

*Assessment- Teacher observation*