
Coal City Unit District #1
Sixth Grade
Physical Education Curriculum

- PE.6:1 Students will demonstrate the game of speed ball. (IL 19A, 19AF, 19CG, 19CF, 21A, 21AF, 21B)**
- PE.6:1-1 Define three types of speed ball scoring and their point values.
 - PE.6:1-2 Identify rules and terminology in speed ball.
- PE.6:2 Students will demonstrate the game of badminton. (IL 19A, 19AF, 19CF, 21A, 21AF, 21BF, 22AG)**
- PE.6:2-1 Identify basic rules and vocabulary terms in badminton.
 - PE.6:2-2 Demonstrate basic safety precautions in badminton.
 - PE.6:2-3 Demonstrate types of shots used in badminton: drop, clear and underhand serve.
- PE.6:3 Students will demonstrate the game of bowling. (IL 19A, 19AF, 19BF, 19CF, 21AF)**
- PE.6:3-1 Identify basic rules of bowling.
 - PE.6:3-2 Identify various bowling symbols, names and terms.
 - PE.6:3-3 Demonstrate proper fundamentals of holding, throwing and releasing the bowling ball.
 - PE.6:3-4 Label the bowling pins.
- PE.6:4 Students will demonstrate the game of soccer. (IL 19A, 19AF, 19CF, 21BF)**
- PE.6:4-1 Identify offensive and defensive positions.
 - PE.6:4-2 Identify proper soccer passing skills.
 - PE.6:4-3 Identify proper soccer dribbling skills.
 - PE.6:4-4 Identify soccer rules and terminology.
- PE.6:5 Students will demonstrate lifetime activities: washers, beanbags and bocce ball. (IL 19A, 19CF, 19CG, 21A, 21AF)**
- PE.6:5-1 Identify rules, regulations and vocabulary in lifetime activities.
 - PE.6:5-2 Identify ways of scoring in lifetime activities.
- PE.6:6 Students will demonstrate the game of softball. (IL 19A, 19BF, 19CF, 21A, 21AF, 21BF)**
- PE.6:6-1 Identify basic rules and regulations in softball.
 - PE.6:6-2 Establish proper biomechanical techniques in softball form .

PE.6:7 Students will demonstrate square dancing. (IL 19A, 19 AF, 21A, 21BF, 22AF)

- PE.6:7-1 Identify square dancing terminology.
- PE.6:7-2 Perform and list 2/3 square dances.
- PE.6:7-3 Display proper dance etiquette.
- PE.6:7-4 Show proper hygiene for square dances.

PE.6:8 Students will recognize a variety of physical fitness concepts. (IL 19AF, 19C, 20AF, 20B, 22BF, 22AG, 20CG)

- PE.6:8-1 Identify various vocabulary terms and muscles associated with fitness.
- PE.6:8-2 Identify physical fitness tests and their benefits.
- PE.6:8-3 Maintain a personal fitness log.
- PE.6:8-4 Identify the F.I.T.T. principle and write what each letter represents.
- PE.6:8-5 Measure one's own heart rate, target and resting heart rate.