Physical Education – Grade 6

Doing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Movement skills -	Frequently combines	Generally combines	Sometimes combines	Rarely combines
Gymnasiums and	movement skills in a fluid	movement skills in a fluid	movement skills in a fluid	movement skills in a fluid
Outdoors	way in multiple	way in multiple	way in multiple	way in multiple
(D1, D9, K5)	environments.	environments.	environments.	environments.
Dance Patterns &	Regularly follows dance	Often follows dance steps	To some extent follows	Seldom follows dance
Creative Movements	steps and creates	and creates movement	dance steps and creates	steps and creates
(D2, D3, K5)	movement patterns with	patterns with and/or	movement patterns with	movement patterns with
	and/or without others	without others using	and/or without others	and/or without others
	using body, space, time,	body, space, time, and	using body, space, time,	using body, space, time,
	and energy.	energy.	and energy.	and energy.
Catching and	Always catches and	Usually catches and	Occasionally catches and	Never catches and throws
Throwing	throws accurately a	throws accurately a	throws with some	with any accuracy a
(D4)	variety of objects.	variety of objects.	accuracy a variety of	variety of objects.
		_	objects.	
Striking	Frequently contacts a	Generally contacts a	Sometimes contacts a	Rarely contacts a variety
(D5)	variety of objects with	variety of objects with	variety of objects with	of objects with accuracy
	accuracy using different	accuracy using different	accuracy using different	using different
	implements (i.e., bat,	implements (i.e., bat,	implements (i.e., bat,	implements (i.e., bat,
	stick, racket).	stick, racket).	stick, racket).	stick, racket).
Tactics & Strategies	Consistently uses	Routinely uses effective	At times uses effective	Hardly ever uses effective
(D7 & K7)	effective tactics and	tactics and strategies in a	tactics and strategies in a	tactics and strategies in a
	strategies in a variety of	variety of games.	variety of games.	variety of games.
	games.			
Physical Fitness	Frequently shows ways to	Generally shows ways to	Sometimes shows ways	Rarely shows ways to
(D8 together with K1	improve their individual	improve their individual	to improve their individual	improve their individual
& K2)	fitness levels	fitness levels	fitness levels	fitness levels
	(Flexibility,	(Flexibility,	(Flexibility,	(Flexibility,
	Cardiovascular, Muscular	Cardiovascular, Muscular	Cardiovascular, Muscular	Cardiovascular, Muscular
	Strength & Endurance,	Strength & Endurance,	Strength & Endurance,	Strength & Endurance,
F. dalaman	Balance).	Balance).	Balance).	Balance).
Evidence	Observations (teacher and peers), checklists, rubrics, fitness testing, video analysis			

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Knowing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Physical Fitness	Consistently demonstrates an	Routinely demonstrates an	Partially demonstrates an	Unable to demonstrate an
(K1, K2, K6 together	understanding of setting and	understanding of setting and	understanding of setting and	understanding of setting and
with D8)	modifying goals for improving	modifying goals for improving	modifying goals for improving	modifying goals for improving
	personal fitness levels.	personal fitness levels.	personal fitness levels.	personal fitness levels.
Nutrition	Always identifies nutritional	Usually identifies nutritional	Occasionally identifies	Is seldom able to identify
(K3)	practices that can enhance	practices that can enhance	nutritional practices that can	nutritional practices that can
	physical wellness.	physical wellness.	enhance physical wellness.	enhance physical wellness.
Rules and Guidelines	Frequently follows the rules	Generally follows the rules	Sometimes follows the rules	Rarely follows the rules and
(K4 together with V2)	and guidelines outlined in	and guidelines outlined in	and guidelines outlined in	guidelines outlined in class
	class and in specific activities.	class and in specific activities.	class and in specific activities.	and in specific activities.
Evidence	Setting and achieving personal checklists, rubrics	goals, journals, oral or written tes	sts, quizzes, posters, observation	s (teacher and peers) using

Valuing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Level of Enjoyment	In their own words can	In their own words can	In their own words can slightly	Is unwilling to express the
(V1 & V3)	thoughtfully, express the	generally express the	express the enjoyment from	enjoyment from being
	enjoyment from being	enjoyment from being	being physically active.	physically active.
	physically active.	physically active.		
Cooperative Play	Frequently shows fair play	Generally shows fair play and	Sometimes shows fair play	Rarely shows fair play and
(V2, V6 together with	and etiquette by cooperating	etiquette by cooperating with	and etiquette by cooperating	etiquette by cooperating with
K4)	with others.	others.	with others.	others.
Level of Participation	Frequently demonstrates a	Generally demonstrates a	Sometimes demonstrates a	Rarely demonstrates a
(V4)	willingness to participate and	willingness to participate and	willingness to participate and	willingness to participate and
	is always receptive to a	is often receptive to a variety	is partially receptive to a	is not receptive to a variety of
	variety of activities.	of activities.	variety of activities.	activities.
Responsibility of	Frequently shows	Generally shows responsibility	Sometimes shows	Rarely shows responsibility
Roles	responsibility for various roles	for various roles while	responsibility for various roles	for various roles while
(V5)	while participating in physical	participating in physical	while participating in physical	participating in physical
	activity.	activity.	activity.	activity.
Evidence	Discussions, surveys, questionnaires, observations (teacher and peers), journals, portfolios			

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