

# Wyoming Department of Education Required Virtual Education Course Syllabus

## 2201001 - Washakie County School District No. 1

Program Name	Washakie #1 Online	Content Area	PE
Course ID	WOL-PE6F1	Grade Level	6
Course Name	WOL- Physical Education 6	# of Credits	NA
SCED Code	NA	Curriculum Type	K-12 Fuel Education

### COURSE DESCRIPTION

K12's 6th grade physical education course introduces students to health-related fitness components, dance, team sports, and lifetime activities. Students learn the essential principles to live a healthy, active lifestyle. The lessons give students exposure to many activities that can be incorporated into their daily lives today, tomorrow, and in the future.

### WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	<a href="#">BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</a>
PE 8.1.1	Students demonstrate movement skills and patterns in a variety of activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.2	Students demonstrate critical elements of specialized manipulative skills in modified team activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.3	Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.4	Students apply tactical concepts and performance principles in modified team activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.5	Students apply tactical concepts and performance principles in individual, dual, or lifetime activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.6	Students compare and contrast skills used for different movement patterns. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.7	Students analyze critical elements of specialized skills in a variety of activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.8	Students analyze the use of strategies and tactics in a variety of physical activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.2.1	Students create and monitor a personal plan using current levels of fitness and physical activity. *(CCSS ELA-Literacy WHST.6-8.2,4,5,6,7,8,9) (CCSS ELA-Literacy RST.6-8.3)
PE 8.2.2	Students differentiate the health benefits associated with a variety of physical activities. *(CCSS ELA-Literacy WHST.6-8.7,8,9) (CCSS ELA-Literacy RST.6-8.4)
PE. 8.2.3	Students apply the principles, components, and practices of health-related fitness to improve short-term fitness goals. *(CCSS ELA-Literacy RST.6-8.4)
PE 8.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 8.2.5	Students explain valid characteristics of fitness-related products, technology, and resources related to fitness literacy. *(CCSS ELA-Literacy WHST.6-8.4,6,7,8,9) (CCSS ELA-Literacy RST.6-8.4,8,9)
PE 8.3.1	Students develop and apply appropriate rules, safe practices, and procedures in physical activity settings.

## WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	<a href="#">BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</a>
PE 8.3.2	Students communicate effectively with others to promote respect and conflict resolution in physical activity settings.
PE 8.3.3	Students engage in challenging experiences that develop confidence and independence. *(CCSS ELA-Literacy WHST.6-8.10)
PE 8.3.4	Students engage in physical activities that promote self-expression and provide opportunities for social and group interaction. *(CCSS ELA-Literacy WHST.6-8.10)

## SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
<p><b>Unit 1: The Presidential Fitness Challenge: Introduction</b></p> <p>In this unit, students will learn about the President’s Council on Fitness, Sports &amp; Nutrition Award Programs. The United States government created the President’s Council to guide and inspire students to be physically active and fit. Students will learn about the activities to participate in, the awards that can be won, and how to keep track of progress. By the end of this unit, students will have taken the first step toward earning the Presidential Youth Fitness Award or the Presidential Active Lifestyle Award or will have qualified for one.</p>	PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Learn about the Presidential Fitness Challenge award programs which include the Presidential Active Lifestyle program and the Presidential Physical Fitness program</li> <li>• Learn how to keep track of exercise progress</li> <li>• Create a personal fitness plan based on current levels of fitness and physical activity</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 2: Learning Locomotor Skills</b></p> <p>In this unit, students will demonstrate age-appropriate proficiency in fundamental sports skills: throwing, catching, kicking, running, and jumping. Students will learn the eight principal locomotor skills: running, hopping, vertical jumping, horizontal jumping, galloping, sliding, skipping, and leaping. Some of these locomotor skills relate directly to sports skills, while others will assist students with dance skills and in becoming a more skillful mover. Students will also begin to participate in daily exercise activities.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.1.8 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.1 PE8.3.2 PE8.3.3 PE8.3.4	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate eight principle locomotor skills</li> <li>• Participate in various physical activities</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 3: Developing a Healthy Exercise Routine</b></p> <p>In this unit, your student will learn the four principles of exercise: regularity, overload, specificity, and progression. He will also learn about the four components—warm-up, stretching, exercise, and cool-down—that make up an effective exercise routine. Lastly, he will gain an understanding of why each one is important and then begin the suggested daily exercise activities.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.2.3	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of the importance of flexibility and its overall health benefits</li> <li>• Demonstrate a variety of stretching techniques</li> <li>• Incorporate stretching into a daily exercise routine</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>

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	PE8.2.4 PE8.3.1 PE8.3.2 PE8.3.3 PE8.3.4	
<b>Unit 4: Your Body and Exercise</b> In this unit students will learn about how different factors affect the body during exercise. The unit explores body type and composition, proper diet and nutrition, the importance of fluids during exercise, how the human body maintains a healthy balance, and how exercise-related injuries can be prevented and cared for.	PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4	<b>Students:</b> <ul style="list-style-type: none"> <li>• Define body type and body composition</li> <li>• Understand the value of eating a healthy diet</li> <li>• Explain the importance of fluids for your body</li> <li>• Demonstrate appropriate care and prevention of exercise-related injuries</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<b>Unit 5: The Presidential Fitness Challenge</b> In this unit, students will participate in The Presidential Physical Fitness Challenge. The President's Challenge is a program created by the United States government that rewards students for being physically active and physically fit. Students will complete various exercises and submit a record of performance in these exercises to the teacher for verification and recognition.	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.2.1 PE8.2.2 PE8.2.4	<b>Students:</b> <ul style="list-style-type: none"> <li>• Participate in the Presidential Fitness Challenge</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<b>Unit 6: Games Around the World</b> In this unit, students will learn about games that children play. However, the games that students will learn are probably not ones that they have played before. Students are going to take a look at games that children play in different countries around the world. In the first lesson, students will learn games from countries in Asia. Next they will look at games that are played in countries in Europe. The third lesson will concentrate on countries of Africa. In the fourth lesson, students will learn some games from Australia.	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.1.8 PE8.2.3 PE8.2.4 PE8.3.1 PE8.3.2 PE8.3.3 PE8.3.4	<b>Students:</b> <ul style="list-style-type: none"> <li>• Participate in various games played by children in other countries</li> <li>• Demonstrate locomotor skills necessary for running and jumping</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<b>Unit 7: Judging Media Images and Marketing Claims</b> Sports equipment companies promote idealized and sometimes unrealistic body images; other manufacturers tout their supplements, powders, or pills as a fast track to physical fitness. Students learn to distinguish between fact and fantasy. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.	PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4	<b>Students:</b> <ul style="list-style-type: none"> <li>• Students learn to distinguish between fact and fantasy.</li> <li>• Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<b>Unit 8: Selection and Maintenance of Fitness Equipment</b>	PE8.1.1 PE8.2.1	<b>Students:</b> <ul style="list-style-type: none"> <li>• Students research fitness equipment</li> </ul>

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<p>Students learn how to make good decisions in choosing what equipment to buy and how to take care of it. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<ul style="list-style-type: none"> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 9: Revise Your Physical Fitness Plan</b> At the halfway point in the semester, students examine their progress, reassess their goals, and—if necessary—revise their plan. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.1.7 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.2.5 PE8.3.2</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> <li>• Review fitness plan</li> </ul>
<p><b>Unit 10: Individual Physical Activities/Sports</b> Students learn benefits of working out on their own and individual sports. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Learn about and participate in a variety of individual sports</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 11: Team Sports and Competitive Activities</b> Students learn about team sports and the thrill of competing. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2 PE8.3.4</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Learn about and participate in a variety of team sports</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 12: Rules and Strategies</b> Students examine one individual and one team sport in greater detail. They research the history, rules, strategies, and health benefits of the two sports. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.1.2 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Select and research an individual sport and examine the fitness benefits</li> <li>• Select and research a team sport and examine the fitness benefits</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 13: Personal and Social Behavior</b> Students learn what constitutes good sportsmanship. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.1.6 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Learn about and model good sportsmanship during individual and team-based activities</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 14: Diversity and Multiculturalism</b> Students learn about how those of different backgrounds and abilities have made the most of their opportunities in sports and physical activities. Students read online content in Lesson 1, and engage daily in a physical activity of their</p>	<p>PE8.1.1 PE8.1.3 PE8.1.5 PE8.2.1</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Select and research an athlete of choice from around the world noting how they came to develop exceptional skills</li> </ul>

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<p>choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<ul style="list-style-type: none"> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 14: Diversity and Multiculturalism</b> Students learn the principles of biomechanics and movement patterns, and gain an understanding of how basic physical laws govern athletic performance. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2 PE8.3.3</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Learn about the principles of biomechanics and movement</li> <li>• Research the physical laws governing athletic performance</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 16: Career Options</b> Students learn the wide variety of job opportunities that exist in sports and fitness fields. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2 PE8.3.3</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Research and report on career opportunities in the field of sports and fitness</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 17: Lifelong Physical Fitness</b> Students learn how the motivation and work ethic they acquire in this course can lead to long-term health benefits and a lifetime of physical fitness. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.1 PE8.1.2 PE8.1.4 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Learn about a model a healthy work ethic as it relates to fitness and personal health</li> <li>• Monitor and log heart rate</li> <li>• Monitor and log fitness</li> </ul>
<p><b>Unit 18: Summarize Physical Fitness Experiences</b> Students measure the progress they have made during the entire semester and decide whether they've achieved the goals they set at the beginning. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.8 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4</p>	<p><b>Students:</b></p> <ul style="list-style-type: none"> <li>• Graphing Your Final Fitness Scores</li> <li>• Fitness Testing Goals</li> </ul>