

6th Grade PE Power Standards

1. I can compare my personal fitness scores from fall to spring (pre/post tests).
2. I can actively participate in a variety of circuit training exercises.
3. I can rotate appropriately and correctly during a volleyball game.
4. I can demonstrate correct ball handling skills and goalie skills in soccer.
5. I can demonstrate proper shooting form in a game of basketball.
6. I can catch with a maturing pattern from a variety of trajectories using different objects in varying practice tasks.
7. I can maintain defensive ready position with weight on balls of feet, arms extended, and eyes on midsection of the body of the offensive player (athletic stance).
8. I can create and reduce open space in tactical games.
9. I can accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback.