

GRADE 6 PHYSICAL EDUCATION

2 hours per week, all year

QUARTER 1

During quarter one the students of grade 6 participate in Volleyball and Basketball. In Volleyball, they work on improving their sport specific skills such as the bump, the set, the serve, and team formation and rotation. In Basketball they work on improving their sport specific skill such as, dribbling, the lay up, passing, and the free throw. Modified games are played to enhance the concept of team play and games strategies. They are assessed during skill building drills and game play. The students have one fitness test which measures their individual fitness level.

QUARTER 2

In quarter two, the students in grade 6 participate in Football (Soccer) and Badminton. The focus of these units is to increase their individual skill level in each sport. Recreational games and activities are also played in an attempt to create an opportunity for enjoyment, challenge self-expression, social expression and social interaction. They work on their individual fitness via the President's Fitness Challenge Items . As an effort to improve overall performance, Brain Gym® exercises are introduced. These are simple exercises that help the body and the brain to get and stay in balance.

QUARTER 3

In the third quarter, grade six focuses on cricket and indoor hockey. They practice the basic skills in the two sports, play modified games and learned the basic rules. The students continue to test themselves to acquire presidential statues in the fitness challenge. In addition, they participate in other games like capture the flag, dodge ball and other team building activities.

QUARTER 4

In the fourth quarter, the students in grade 6 participate in Cricket and Softball as the two major sports. Sport specific skills and game strategies are reinforced with the intent on developing stronger players in the respective sports. Recreational games, activities and mini tournaments are played in order to enhance game strategies and to foster a good competitive spirit among the students. The Presidential Fitness Challenge is also concluded in this term.