

TERM ONE:

TEAM BUILDING

SOCCER

VOLLEYBALL

DANCE

GAMES

FITNESS

TERM TWO:

BASKETBALL

BADMINTON

FLOORBALL

RINGETTE

FITNESS

GAMES

TERM THREE:

LACROSSE

KINBALL

SOFTBALL

FLAG FOOTBALL

ULTIMATE FRISBEE

FITNESS

GAMES

*PLEASE REGULARLY CHECK
POWER SCHOOL FOR YOUR
CHILD'S MARKS.*

*ASSIGNMENTS WILL ALSO
BE PLACED ON MY WEBSITE.*

*SNEAKERS ARE NEEDED FOR
CLASS.*

*STUDENTS ARE ASKED TO
PARTICIPATE TO THE BEST OF
THEIR ABILITY IN EACH
CLASS :)*

**HAROLD T BARRETT
JUNIOR HIGH**

GRADE 6

PHYSICAL



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ACTIVE FOR LIFE

A6.1 apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals

A6.2 apply effective motivation concepts to demonstrate effort toward mastery during different types of physical activities in school, and explain ways to apply these concepts effectively outside of school

A6.3 use personal SMART goals to improve their learning readiness

A6.4 apply appropriate safety practices during different types of physical activities in school, and outline ways to safely participate in physical activities outside of school

A6.5 analyze potential opportunities for safe active transportation

A6.6 lead warm-up and cool-down activities safely during different types of physical activities



SKILLS AND MOVEMENT CONCEPTS

B6.1 demonstrate competency in skill combinations and movement concepts within dance, educational gymnastics, games, and active pursuits

B6.2 demonstrate competency in skill combinations and movement concepts while applying offensive and defensive strategies

B6.3 apply appropriate decision-making skills, while applying skill combinations and movement concepts during different types of physical activities as adaptations are placed on settings, space, time, rules, and tasks

LIFE SKILLS

C6.1 apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours

C6.2 analyze the impact of serving as a co-operative and productive member of a group

C6.3 demonstrate initiative to ensure fairness for self and others during physical education

C6.4 describe their mood and any changes that occurred during activities at moderate to vigorous intensities, and analyze ways to maintain or increase positive feelings associated with these experiences

