

TAHPERD
Texas Physical Education TEKS Framework
6th Grade TEKS and Specificity

			TEKS	Specificity
Strand	Topic	Theme	The student is expected to:	The student is expected to:
I. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	6.1A perform locomotor skills in dynamic fitness, sport, and rhythmic activities.	<i>incorporate locomotor skills in physical activities such as task stations, fitness warm-up, sports specific drills and rhythmic activities.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	6.1B use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver.	<i>demonstrate proper body positioning, proficiency in footwork, offensive and defensive skills for all sports (executing a platform for a volleyball pass, stretching high for jump shot, spiking and blocking, give and go).</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	6.1C perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.	<i>demonstrate proper technique in executing footwork in various approaches and sequences, such as participating in stunts and tumbling, performing triple jump and high jump, jump rope, rhythms and dance routines.</i>
A. Movement	IV. Rhythms	a. Rhythms	6.1D move in time to complex rhythmical patterns such as 3/4 time or 6/8 time.	<i>perform a rhythmic routine such as the two-step, hip-hop, line, folk and ballroom dances.</i>
A. Movement	III. Locomotor Skills	b. Jump Rope Skills	6.1E design and refine a jump rope routine to music.	<i>create a jump rope routine to music.</i>
A. Movement	V. Games and Sports Skills	g. Various Games/ Sports Activities	6.1F throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball.	<i>accurately throw objects a variety distances.</i>
A. Movement	V. Games and Sports Skills	e. Striking/ Volleying	6.1G strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously.	<i>execute the difference between the forehand and backhand when striking the ball continuously.</i>
A. Movement	V. Games and Sports Skills	e. Striking/ Volleying	6.1H participate in a modified game using a polo or hockey stick.	<i>participate in modified games or activities using a long-handled implement such as hockey sticks or pillo polo sticks.</i>
A. Movement	V. Games and Sports Skills	c. Dribbling	6.1I hand and foot dribble while preventing an opponent from stealing the ball.	<i>demonstrate offensive and defensive patterns and game strategies.</i>
A. Movement	V. Games and Sports Skills	e. Striking/ Volleying	6.1J keep an object in the air without catching it in a small group such as volleyball and football.	<i>execute proficiency in activities such as forming a circle of 6-8, keeping the ball in the middle.</i>
A. Movement	V. Games and Sports Skills	d. Throwing/ Catching	6.1K throw and catch a ball consistently while guarded by an opponent.	<i>practice offensive techniques such as keeping eye on ball at all times, bringing ball close to body when catching, and control speed of ball.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	6.2A know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.	<i>know that appropriate practice in static (standing long jump, set shot) and dynamic (running long jump, lay-up) setting, attention (eye contact, verbal cues and response) and effort (body position, execution, follow through) are required when learning movement skills.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	6.2B make appropriate changes in performance based on feedback to improve skills.	<i>apply changes to performance based on feedback from state-mandated fitness assessment, teachers, peers and self-analysis.</i>

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A. Movement	I. Movement Concepts	b. Qualities of Movement	6.2C practice in ways that are appropriate for learning skills such as whole/part/whole, shorter practice distributed over time is better than one long session, or practicing is best in game-like conditions.	<i>use drills to practice skill techniques prior to applying skills in a game situation.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	6.3A identify opportunities in the school and community for regular participation in physical activity.	<i>name activities that are available such as martial arts, swim team, gymnastics, fencing, horse back riding or club sports.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	b. Moderate/ Vigorous Physical Activity	6.3B participate in moderate to vigorous health-related physical activities on a regular basis.	<i>practice in moderate to vigorous health-related activities such as performing, speed walking, jogging, running, individual and team sports on a regular basis.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	6.3C establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness such as personal logs, group projects, and no space/or criterion referenced tests.	<i>monitor fitness progress using the state-mandated assessment tool.</i>
B. Health Related	VIII. Health and Skill-Related Fitness Technology	a. Technology	6.3D identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, and impedance testing equipment.	<i>describe and implement technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, pulse bars, and impedance testing equipment.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	6.4A describe selected long-term benefits of regular physical activity.	<i>list physical, mental and social benefits of participating in regular physical activity.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	d. Cardio- Respiratory System	6.4B classify activities as being aerobic or anaerobic.	<i>calculate personal target heart rate and establish FIT (frequency, intensity, time) such as walking 3 times per week for 30 minutes.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	d. Cardio- Respiratory System	6.4C describe the effects of aerobic exercise on the heart and overall health.	<i>explain how aerobic exercise affects the heart and overall health.</i>
B. Health Related	II Anatomy and Physiology	b. Heart Rate	6.4D analyze effects of exercise on heart rate through the use of manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data.	<i>evaluate personal level of exertion while exercising using various techniques such as heart rate monitors, pedometers, pulse bars, manual pulse check and or fitnessgram assessment. Manual pulse check or computer generated data.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	6.4E identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.	<i>list and explain each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.</i>

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B. Health Related	VI. Nutrition	a. Nutrition	6.4F identify specific foods that contain protein, vitamins, and minerals that are key elements to optimal body function.	<i>describe how a healthy eating plan contributes positively to your health. Discuss the food pyramid and activity pyramid as they relate to optimal body function.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	6.4G recognize the effects of substance abuse on personal health and performance in physical activity.	<i>identify how substance abuse affects physical performance such as balance, coordination, heart rate, fatigue, dehydration and stress.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	6.4H analyze ways outside influences affect decisions about care of the body such as alcohol and tobacco advertising and peer pressure.	<i>examine the ways outside influences affect decisions about care of the body including alcohol and tobacco advertising and peer pressure.</i>
B. Health Related	VI. Nutrition	c. Consumerism	6.4I recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.	<i>identify current trends in media images aimed at youth. Discuss self-image/concept promoting personal contentment.</i>
B. Health Related	I. Safety	c. Equipment Safety	6.5A use equipment safely and properly.	<i>use equipment safely and properly including follow directions when using equipment in all PE classes and move safely in activity areas.</i>
B. Health Related	I. Safety	b. Proper Attire and Equipment	6.5B select and use proper attire that promotes participation and prevents injury.	<i>select and use proper attire that promotes participation and prevents injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing, closed toe/closed heel rubber sole shoes, shorts, removal of jewelry in physical education, recreational activities, and on playgrounds.</i>
B. Health Related	I. Safety	e. Precautions	6.5C include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, thunderstorms) and insects; and recommend prevention and treatment.	<i>demonstrate warm-up and cool-down procedures regularly during exercise, monitor potentially dangerous environmental conditions such as inclement weather (e.g., wind, cold, heat, ozone alerts, lightning) and insects, and recommend prevention and treatment such as insect repellent and sunscreen.</i>
B. Health Related	I. Safety	d. Risks	6.5D identify potentially dangerous exercises and their adverse effects on the body.	<i>describe potentially dangerous exercises and their adverse effects on the body such as bouncing while stretching (muscle pull) and straight leg sit-ups (muscle strain).</i>
B. Health Related	I. Safety	i. Water Safety	6.5E explain water safety and basic rescue procedures.	<i>describe water safety and basic rescue procedures such as those established by the American Red Cross.</i>
C. Social	I. Safety	a. Rules, Procedures and Etiquette	6.6A know basic rules for sports played such as setting up to start, restarting, violating rules.	<i>practice playing student-initiated physical activities.</i>
C. Social	II. Cooperation and Respect	a. Rules, Strategies, and Officiating	6.6B keep accurate score during a contest.	<i>be fair and honest while participating in games and physical activity.</i>
C. Social	I. Safety	a. Rules, Procedures, and Etiquette	6.7A participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.	<i>demonstrate knowledge of safety procedures, appropriate equipment use and good sportsmanship when creating rules for games and activities.</i>
C. Social	II. Cooperation and Respect	d. Conflict Resolution	6.7B handle conflicts that arise with others without confrontation.	<i>respond with positive remarks and share constructive criticism.</i>

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C. Social	II. Cooperation and Respect	a. Rules, Strategies and Officiating	6.7C identify and follow rules while playing sports and games.	<i>demonstrate positive sportsmanship and cooperative teammates.</i>
C. Social	II. Cooperation and Respect	a. Rules, Strategies, and Officiating	6.7D accept decisions made by game officials such as student, teachers, and officials outside the school.	<i>demonstrate positive sportsmanship with teammates, opponents and officials.</i>
C. Social	II. Cooperation and Respect	b. Sportsmanship Etiquette	6.7E accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.	<i>recognize and respect individual abilities and limitations.</i>
C. Social	III. Goal Setting	b. Game Strategies	6.7F modify games/activities to improve the game/activity.	<i>adjust activities to ensure maximum participation using strategies such as verbal cues, demonstrations, practice stations and a variety of equipment.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	6.L001 demonstrate appropriate use of levels in dynamic movement situations such as jumping high for a rebound and bending knees and lowering center of gravity when guarding an opponent.	<i>practice proper techniques in dynamic movement activities such as bending the knees when jumping for height and absorbing force when landing.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	6.L002 combine weight transfer and balance on mats and equipment.	<i>participate in activities that include weight transfer and balancing, such as individual and partner stunts, tumbling, and the use of balancing equipment (balance boards, beams, boxes, etc.).</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	6.L003 identify common phases, such as preparation, movement, follow through, or recovery, in a variety of movement skills.	<i>name the proper sequence of cues used in a variety of skills such as a free-throw. Prephase (1st): Balance feet and ball in dominant-hand, eyes on target, elbows and knees bent. Movement (2nd): Extend knees and arm toward target. Follow-through (3rd) :Snap wrist, release ball, and point to target.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	6.L004 demonstrate attention to form, power, accuracy, and follow-through in performing movement skills.	<i>perform the proper sequence of steps in activities such as rhythms, sports (individual and team), recreation (hiking, biking, rock wall climbing) activities.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	6.L005 identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support.	<i>describe and practice basic biomechanical principles including lowering the center of gravity and widening the base of support to increase stability.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	6.L006 describe the importance of goal setting in improving skill.	<i>explain the importance of goal setting in improving skill such as increasing the number of successful attempts.</i>
A. Movement	I. Movement Concepts	c. Relationships	6.L007 coordinate movements with teammates to achieve team goals.	<i>use movement skills cooperatively with teammates to achieve team goals such as game strategies, playing positions, and backing up teammates.</i>
A. Movement	I. Movement Concepts	c. Relationships	6.L008 use basic offensive and defensive strategies while playing a modified version of a sport.	<i>apply basic offensive and defensive strategies while playing a modified version of a sport such as lead-up games for volleyball, basketball, soccer or softball.</i>
A. Movement	I. Movement Concepts	c. Relationships	6.L009 demonstrate the ability to work with a partner in a variety of games and activities.	<i>participate in games or activities with a partner such as keep away or wall ball.</i>

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A. Movement	I. Movement Concepts	d. Conditioning Fitness	6.L010 participate in an appropriate conditioning program for selected activities.	<i>participate in a conditioning program that is appropriate for health-related fitness, sport-related fitness or rhythmic activities.</i>
A. Movement	II. Non Locomotor Skills	a. Balance	6.L011 demonstrate controlled balance in a variety of objects and sports specific situations.	<i>demonstrate controlled balance in a variety of activities such as scooters, stabilities balls, tumbling, pyramids, rebounding and landing jumps.</i>
A. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	6.L012 demonstrate simple stunts that exhibit agility, including jump turns with proper landings.	<i>execute 180° and 360° degree turns landing with control.</i>
A. Movement	IV. Rhythms	a. Rhythms	6.L013 perform selected folk, country, ballroom, line, creative, and/or aerobic dances.	<i>participate in selected folk, country, ballroom, line, creative, and/or aerobic dances.</i>
A. Movement	V. Games and Sports Skills	a. Rolling	6.L014 demonstrate a short routine using a combination of locomotor movements and rolls.	<i>create a sequence of locomotor movement and rolls.</i>
A. Movement	VI. Outdoor Recreation/ Recreational Activities	a. Outdoor Recreation/ Recreational Activities	6.L015 explore introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses.	<i>investigate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses.</i>
B. Health Related	I. Safety	a. Personal Safety	6.L016 describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity.	<i>analyze the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity such as learning and following rules and directions, being aware to surroundings and understanding fitness techniques.</i>
B. Health Related	I. Safety	g. Basic First Aid	6.L017 describe basic first aid procedures.	<i>demonstrate basic first aid procedures for sprains and strains, RICE (rest, ice, compression and elevation) principle and universal precautions.</i>
B. Health Related	I. Safety	h. Environmental	6.L018 recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.	<i>describe harmful effects and recommended treatment procedures of the sun such as sunburn, skin cancer, heatstroke, heat exhaustion, and heat cramps.</i>
B. Health Related	II Anatomy and Physiology	a. Muscular/ Skeletal Systems	6.L019 describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs, and muscles work by contracting and relaxing.	<i>discuss and demonstrate how the muscular and skeletal systems work together to allow for movement.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	6.L020 identify each skill related fitness component and describe how participating in skill-related activities impacts personal fitness.	<i>discuss how participation in skill-related games and activities impacts personal fitness.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	b. Physiological Effects of Exercise	6.L021 assess physiological effects of exercise during and after physical activity.	<i>take heart rate before, during and after physical activity.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time, and Type	6.L022 define the principle of frequency, intensity, and time and describe how to incorporate these principles to improve fitness.	<i>describe how to use the FIT (frequency, intensity and time) principle in physical activities.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	e. Lifelong Fitness	6.L023 identify positive lifelong physical activities for families.	<i>list and describe the positive effects of participating in lifelong physical activities.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	6.L024 describe and select physical activities that provide for enjoyment and challenge.	<i>promote physical activities that you would enjoy doing such as bicycle riding, swimming and roller blading.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	6.L025 participate in regular physical activity outside of school activities based on individual interests and/or capabilities.	<i>accumulate 60 minutes each day of age-appropriate moderate to vigorous physical activities to achieve optimal health, wellness, fitness and performance benefits.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	c. Rest, Sleep and Recovery Time	6.L026 explain how recovery time can provide insight into one's fitness level (time needed to return to resting HR).	<i>list recommended recovery times for various physical activities such as weight lifting, jogging, etc.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	d. Muscular Strength and Endurance	6.L027 develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.	<i>participate in activities that develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back and legs, such as, straight body push-ups, curl-ups, trunk lift and squats.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	e. Flexibility	6.L028 maintain healthy levels of flexibility.	<i>continue and/or increase healthy levels of flexibility.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	f. Posture	6.L029 explain how to prevent skeletal problems, such as low bone density and curvature of the spine.	<i>describe the importance of exercise and calcium intake throughout the lifespan as well as maintaining muscular balance/flexibility in prevention of scoliosis and back injuries.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	g. Stress Management	6.L030 describe and predict the effects of fitness-related stress management techniques on the body.	<i>identify and discuss the effects of fitness-related stress management techniques on the body such as routine physical activity, proper rest, and positive nutritional habits.</i>
B. Health Related	V. Healthy Lifestyles	a. Active vs. Inactive Lifestyle	6.L031 explain the effects of nutrition and exercise on weight control, self concept and physical performance.	<i>describe the effects of eating and exercise patterns on weight control, self-concept and physical performance.</i>
B. Health Related	VI. Nutrition	b. Healthy Foods	6.L032 plan and design healthy menus for a week.	<i>design a healthy and balanced menu for one week.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	6.L033 explain the concept and importance of team work.	<i>describe the components of teamwork and explain why each is important.</i>

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C. Social	III. Goal Setting	a. Skill Development	6.L034 use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.	<i>use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.</i>