

Texas Essential Knowledge and Skills

Grade 6

Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Physical Fitness

(6.4) Physical activity and health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (6.7)
- (B) Handle conflicts that arise with others without confrontation.
- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.

- (D) Analyze effects of exercise on heart rate through the use of manual pulse checking and recovery rates monitors, perceived exertion scales, and/or computer generated data.
- (E) Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.
- (F) Identify specific foods that contain protein, vitamins, and minerals that are key elements to optimal body function.

Texas Essential Knowledge and Skills

Grade 6 Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(6.1) Physical Activity and Health
The student exhibits a health enhancing physically active lifestyle that provides opportunities for enjoyment and challenge.

Physical Fitness

(6.4) Physical Activity and Health
The student knows the benefits from the involvement in daily physical activity and factors that affect physical performance.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (6.3)
(B) Participate in moderate to vigorous health related physical activities on a regular basis.
(D) Identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skinfold calipers, and impedance testing equipment.
- (6.4)
(A) Describe selected long-term benefits of regular physical activity.
(B) Classify activities as being aerobic or anaerobic.
(C) Describe the effects of aerobics exercise on the heart and overall health.

**Texas Essential Knowledge and Skills
Grade 6
Leisure/Lifetime Sports**

Movement Physical Activity and Health Social Development	Anchors	Texas Essential Knowledge and Skills (TEKS)
Golf	(6.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	Student Expectations: (6.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.
Golf	(6.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(6.2) (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills. (B) Make appropriate changes in performance based feedback to improve skills.
Golf	(6.4) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.	(6.4) (B) Use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities. (C) Perform sequences that combine traveling rolling/balancing, and weight transfer into smooth, flowing sequences. (H) Strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height.

**Texas Essential Knowledge and Skills
Grade 6
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Golf

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

Golf

(6.7) Social Development
The student develops positive self management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating rules; and
- (B) Keep accurate score during a contest.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective of specific activity situation.
- (B) Handle conflicts that arise with others without confrontations;
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student; teachers, and officials outside the school.

**Texas Essential Knowledge and Skills
Grade 6
Individual/Dual Sports**

Movement Physical Activity and Health Social Development	Anchors	Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Archery	(6.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	(6.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.
Archery	(6.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(6.2) (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills. (B) Make appropriate changes in performance based on feedback to improve skills.
Archery	(6.1) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movements forms.	(6.1) (B) Use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities.
Archery	(6.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(6.7) (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations. (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and

**Texas Essential Knowledge and Skills
Grade 6
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Badminton
Tennis

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movements forms.

Badminton
Tennis

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Badminton
Tennis

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.1)
(C) Perform sequences that combine traveling, rolling balancing, and weight transfer into smooth flowing sequences.
- (G) Strike a ball to a wall or partner with a paddle/racquet using forehand and backhand and backhand strokes continuously.
- (6.2)
(A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills.
- (6.5)
(A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation.

**Texas Essential Knowledge and Skills
Grade 6
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Badminton
Tennis

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Badminton
Tennis

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Badminton
Tennis

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating rules; and
- (B) Keep accurate score during a contest.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activities situations.
- (B) Handle conflicts that arise with others without confrontation.
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student, teachers, and officials.

(6.7)

- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible and
- (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Bowling

(6.1) Movement
The student demonstrates competency/
in movement patterns and proficiency in
a few specialized movement forms.

Bowling

(6.2) Movement
The student applies movement concepts
and principles to the learning and
development of motor skills.

Bowling

(6.5) Physical Activity and Health
The student understands and applies
safely practices associated with physical
activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.1)
(B) Use relationships, levels, speed, direction, and path-
ways 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.
(C) Perform sequences that combine traveling, rolling,
balancing, and weight transfer into smooth, flowing
sequences.
- (6.2)
(A) Know that appropriate practice in static and dynamic
setting, attention and effort are required when learning
movement skills.
(B) Make appropriate changes in performance based on
feedback to improve skills.
- (6.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation
and prevents injury.

**Texas Essential Knowledge and Skills
Grade 6
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Bowling

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but now limited to, games, sports, dance, and gymnastics.

Bowling

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Bowling

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating rules; and
- (B) Keep accurate score during a contest.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situation.
- (B) Handle conflicts that arise with others without confrontation.
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.

(6.7)

- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and
- (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6**

Individual and Team Sports

Movement
Physical Activity and Health
Social Development

Anchors

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

Outdoor Pursuit
Skills-Orienteering

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

(6.1)
(B) Use relationships, levels, speed, direction, and path ways effectively in complex group and individual physical activities.
(C) Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.

Outdoor Pursuit
Skills-Orienteering

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

(6.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.

Outdoor Pursuit
Skills-Orienteering

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

(6.2)
(A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
(B) Make appropriate changes in performance based on feedback to improve skills.

**Texas Essential Knowledge and Skills
Grade 6**

Individual and Team Sports

Movement
Physical Activity and Health
Social Development

Anchors

Tumbling

(6.1) Movement
The student demonstrate competency in movement patterns and proficiency in a few specialized movement forms.

Tumbling

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.1)

- (A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
- (B) Use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities.
- (C) Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.

(6.2)

- (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills
- (C) 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.

**Texas Essential Knowledge and Skills
Grade 6
Tumbling**

Movement
Physical Activity and Health
Social Development

Tumbling

Anchors

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Tumbling

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Texas Essential Knowledge and Skills
(TEKS)

Student Expectations:

- (6.7)
- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- (B) Handle conflicts that arise with others without confrontation.
- (D) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.

- (6.5)
- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.
- (C) Identify potentially dangerous exercises and their adverse effects on the body.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Table Tennis

Anchors

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Table Tennis

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.6)
 - (A) Know basic rules for sports played such as setting up to start, restarting violating, rules, and
 - (B) Keep accurate score during a contest.
- (6.7)
 - (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activities situations.
 - (B) Handle conflicts that arise with others without confrontation.
 - (C) Identify and follow rules while playing sports and games
 - (D) Accept decisions made by game officials outside the school.
- (6.1)
 - (C) Perform sequences that combine traveling, rolling balancing, and weight transfer into smooth flowing sequences.
 - (G) Strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously.

Texas Essential Knowledge and Skills

Grade 6

Individual/Dual Sports

Movement
Physical Activity and Health
Social Development

Anchors

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

Table Tennis

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating, rules, and
- (B) Keep accurate score during a contest.

Table Tennis

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activities situations.
- (B) Handle conflicts that arise with others without confrontation.
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.

Table Tennis

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

(6.1)

- (C) Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth flowing sequences.
- (G) Strike a ball to a wall or partner with a paddle/racquet using forehand and backhand strokes continuously.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Rope Skipping

Anchors

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Rope Skipping

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Rope Skipping

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Rope Skipping

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.1)

- (B) Use relationships, levels, speed, direction, and path ways in complex group and individual physical activities.
- (C) Perform sequences that combine traveling rolling, balancing and weight transfer into smooth, flowing sequences.

(6.2)

- (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills

(6.5)

- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

(6.7)

- (E) Accept successes and performances limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible and

**Texas Essential Knowledge and Skills
Grade 6
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development

Track/Field

Anchors

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Track/Field

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.5)
- (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.
 - (C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.
- (6.7)
- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible; and
 - (F) Modify games/activities to improve the game/activity.

Texas Essential Knowledge and Skills

Grade 6

Individual/Dual Sports

Movement
Physical Activity and Health
Social Development

Anchors

Track/Field

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Track/Field

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Track/Field

(6.7) Social Development
The student develops positive self management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

(6.1)

(C)

Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.

(F)

Throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basket ball.

(6.6)

(A)

Know basic rules for sports played such as setting up to start, restarting violating rules; and

(6.7)

(A)

Participate in establishing rules, procedures, and etiquette that are safe and effective, for specific activity situation.

(B)

Handle conflicts that arise with others without confrontation.

(C)

Identify and follow rules while playing sports and games.

(D)

Accept decisions made by game officials such as student, teachers, and officials outside the school.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

- Softball (6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.
- Softball (6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.
- Softball (6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.
- Softball (6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.1) (C) Perform sequences that combine traveling rolling, balancing, and weight transfer into smooth, flowing sequences.
- (F) Throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball and basket ball.
- (6.2) (A) Know that appropriate practice in static and dynamic setting, attention and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skill.
- (6.5) (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.
- (6.7) (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice, and
- (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Softball

Anchors

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Softball

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating rules; and
- (B) Keep accurate score during a contest.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- (B) Handle conflicts that arise with others without confrontation.
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.

**Texas Essential Knowledge and Skills
Grade 6
Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Basketball

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Basketball

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.1)
- (B) Use relationship, level, speed, directions, 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.
 - (F) Throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball.
 - (I) Hand and foot dribble while preventing an opponent from stealing the ball.
 - (K) Throw and catch a ball consistently while guarded by an opponent.
- (6.2)
- (A) Know the appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
 - (B) Make appropriate changes in performance based in feedback to improve skills.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Basketball

(6.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

Basketball

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Basketball

(6.6) Social Development
The student understands basic components such as strategic and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Basketball

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Basketball

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.3)

(A)

Identify opportunities in the school and community for regular participation in physical activity.

(6.5)

(A)

Use equipment safely and properly.

(B)

Select and use proper attire that promotes participation and prevents injury.

(6.6)

(A)

Know basic rules for sports played such as setting up to start, restarting, violating rules; and

(B)

Keep accurate score during a contest.

(6.7)

(A)

Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.

(B)

Handle conflicts that arise with others without confrontation;

(C)

Identify and follow rules while playing sports and games.

(D)

Accept decisions made by game officials such as student, teachers, and officials outside the school.

(6.7)

(E)

Accept successes and performances limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and

(F)

Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Flag Football

Anchors

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Flag Football

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized forms.

Texas Essential Knowledge and Skills
(TEKS)

Student Expectations:

- (6.1)
- (A) Perform locomotor skills in dynamic fitness, sport and rhythmic activities.
- (B) Use relationships, level, 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.
- (C) Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.
- (6.1)
- (F) Throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basket ball;
- (I) Keep a object in the air without catching it in small group such as volleyball and football; and
- (K) Throw and catch a ball consistently while guarded by and opponent.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Flag Football

Anchors

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Flag Football

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.2)
(A) Know the appropriate practice in static and dynamic settings, attention, and effort are required when learning movement skills.
(B) Make appropriate changes in performance based on feedback to improve skills.

(6.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement Physical Activity and Health Social Development	Anchors	Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Flag Football	(6.6) Social Development The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance, and gymnastics.	(6.6) (A) Know basic rules for sports played such as setting up to start, restarting violating rules, and (B) Keep accurate score during a contest.
Flag Football	(6.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(6.7) (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations. (B) Handle conflicts that arise with others without confrontation. (C) Identify and follow rules while playing sports and games. (D) Accept decisions made by game officials such as student; teachers, and officials outside the school.
Flag Football	(6.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(6.7) (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Flag Football

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance, and gymnastics.

Flag Football

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Flag Football

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating rules, and
- (B) Keep accurate score during a contest.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- (B) Handle conflicts that arise with others without confrontation.
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.

(6.7)

- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and
- (F) Modify games/activities to improve the game/activity..

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

Soccer
Kickball

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

- (6.1) (A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
- (B) Use relationships, levels, speed, direction, and path ways 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 a receiver.

Soccer
Kickball

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

- (6.2) (A) Know that appropriate practice in static and dynamics setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills.

Soccer
Kickball

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

- (6.5) (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevent injury.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Soccer
Kickball

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Soccer
Kickball

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Soccer
Kickball

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.6)

- (A) Know basic rules for sports played such as setting up to start, restarting violating rules; and
- (B) Keep accurate score during a contest.

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- (B) Handle conflicts that arise with others without confrontation;
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.

(6.7)

- (E) Accept successes and performance limitations of self, and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and
- (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Field Hockey
Gym Hockey

Field Hockey
Gym Hockey

Anchors

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movements forms.

(6.2) Movement
The student applies movement concepts and principles to the learning and development to motor skills.

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.1)
(H) Strike a ball using a golf club or a hockey stick consistently so it travels in a intended direction and height.
- (A) Know that appropriate practice in static and dynamic setting, attention, and efforts are required when learning movement skills.
(B) Make appropriate changes in performance based on feedback to improve skills
- (6.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.

Texas Essential Knowledge and Skills Grade 6

Individual and Team Sports

Movement
Physical Activity and Health
Social Development

Field Hockey
Gym Hockey

Anchors

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to games, sports, dance and gymnastics.

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Field Hockey
Gym Hockey

(6.7) Social Development
The student positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (6.6)
- (A) Know basic rules for sports played such as setting up to start, restarting, violating rules; and
 - (B) Keep accurate score during a contest.
- (6.7)
- (A) Participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations.
 - (B) Handle conflicts that arise with others without confrontation;
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials such as student; teachers, and officials outside the school.
- (6.7)
- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and
 - (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Volleyball

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movements forms.

Volleyball

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Volleyball

(6.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.1)

- (A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
- (B) 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.
- (C) Perform sequence that combine traveling rolling, balancing, and weight transfer into smooth, flowing sequences.
- (J) Keep an object in the air without catching it in a small group such as volleyball and football.

(6.2)

- (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills.

(6.5)

- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Volleyball

Anchors

(6.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance and gymnastics.

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Volleyball

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.6)
- (A) Know basic rules for sports played such as setting up to start, restarting violating rules; and
 - (B) Keep accurate score during a contest.
- (6.7)
- (A) Participate in establishing rules, procedures, and effective for specific activity situations.
 - (B) Handle conflicts that arise with others without confrontation.
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.
- (6.7)
- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice; and
 - (F) Modify games/activities to improve the game/activity.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Anchors

Team Handball

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Team Handball

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.1)
- (B) Use relationships, levels, speed, direction, and path ways effectively in complex group and individual physical activities such as crouching low for volleyballs digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of receiver.
- (C) Perform sequences that combine traveling, rolling, balancing and weight transfer into smooth, flowing sequence.
- (F) Throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basket ball.
- (K) Throw and catch a ball consistently while guarded by an opponent.
- (6.2)
- (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills.

**Texas Essential Knowledge and Skills
Grade 6
Individual and Team Sports**

Movement
Physical Activity and Health
Social Development

Team Handball

Anchors

(6.7) Social Development
The student develops positive self-mangement and social skills needed to work independently and with others in physical activity settings.

Team Handball

(6.5) Physical Activtiy and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.7)
- (A) Participation in establishing rules, procedures, and etiquette that are safe and effective activity situations.
 - (B) Handle conflicts that arise with others without confrontaion.
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.
- (6.5)
- (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.

**Texas Essential Knowledge and Skills
Grade 6**

Individual and Team Sports

Movement
Physical Activity and Health
Social Development

Anchors

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

Weight Training

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

- (6.1)
(A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
(C) Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.

Weight Training

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

- (6.2)
(A) Know that appropriate practice in static and dynamic setting, attention and effort are required when learning movement skills.
(B) Make appropriate changes in performance based on feedback to improve skills.
(C) 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.

Weight Training

(6.3) Physical Activity and Health
The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.

- (6.3)
(C) 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.
(D) Identify and know how to measuring and monitoring fitness parameters such as computer programs, hear rate monitors, skin fold calipers, and impedance testing equipment.

Texas Essential Knowledge and Skills Grade 6

Individual and Team Sports

Movement
Physical Activity and Health
Social Development

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

Weight Training

Anchors

(6.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

(6.4)

(B)

(E)

(F)

(G)

(I)

- Classify activities as being aerobic or anaerobic.
- Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.
- Identify specific foods that contain protein, vitamins, and minerals that are key elements to optimal body function.
- Recognize the effects of substance abuse on personal health and performance in physical activity.
- Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.

Weight Training

(6.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(6.7)

(A)

(B)

(E)

- Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- Handle conflicts that arise with others without confrontations.
- Accept successes and performance limitations of self and others, exhibit appropriate behavior responses and recognize that improvement is possible with appropriate practice.

Weight Training

(6.5) Physical Activity and Health
The student understand and applies safety practices associated with physical activities.

(6.5)

(A)

(B)

(D)

- Use equipment safely and properly.
- Select and use proper attire that promotes participation and prevents injury.
- Identify potentially dangerous exercises and their adverse effects on the body.

**Texas Essential Knowledge and Skills
Grade 6
Rhythms**

Movement
Physical Activity and Health
Social Development

Anchors

Aerobic Dance

(6.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Aerobic Dance

(6.3) Physical Activity and Health
The student exhibits a healthy enhancing, physically-active life style that provides opportunities for enjoyment and challenge.

Aerobic Dance

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Aerobic Dance

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.4)

- (A) Describe selected long-term benefits of regular physical activity.
- (B) Classify activities as being aerobic or anaerobic.
- (C) Describe the effects of aerobics exercise on the heart and overall health.

(6.3)

- (D) Identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, hear rate monitors, skinfold calipers, and impedance testing equipment.

(6.2)

- (A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
- (B) Make appropriate changes in performance based on feedback to improve skills.
- (C) Practice in ways that are appropriate for learning skills such as whole/part/whole, shorter practice distributed over time is better than on long session.

(6.1)

- (A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
- (D) Move in time to complex rhythmical patterns such as 3/4 time or 6/8 time.
- (E) Design and refine a jump rope routine to music.

**Texas Essential Knowledge and Skills
Grade 6
Rhythms**

Movement
Physical Activity and Health
Social Development

Anchors

Aerobic Dance

(6.6) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Aerobic Dance

(6.5) Physical Activity and Health
The student understand and applies safety practices associated with physical activities.

Aerobic Dance

(6.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(6.7)

- (A) Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- (B) Handle conflicts that arise with others without confrontation.

(7.1)

- (E) Accept successes and performance limitations of self and others, exhibit appropriate behavior response, and recognize that improvement is possible with appropriate practice.

(6.5)

- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

(6.4)

- (D) 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.
- (E) Identify each health related fitness component and describe how participating in cardio vascular endurance, muscular strength, and endurance, and flexibility actions impact personal fitness.

Texas Essential Knowledge and Skills

Grade 6

Rhythms

Movement
Physical Activity and Health
Social Development

Anchors

Country Dance
Creative Dance

(6.6) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Country Dance
Creative Dance

(6.5) Physical Activity and Health
The student understand and applies safety practices associated with physical activities.

Country Dance
Creative Dance

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Country Dance
Creative Dance

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (6.7)
(B) Handle conflicts that arise with others without confrontation.
- (7.0)
(E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.
- (6.5)
(B) Select and use proper attire that promotes participation and prevents injury.
- (6.2)
(A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
(B) Make appropriate changes in performance based on feedback to improve skills.
(C) 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.
- (6.1)
(A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
(D) Move in time to complex rhythmical patterns such as 3/4 time or 6/8 time.

**Texas Essential Knowledge and Skills
Grade 6
Rhythms**

Movement
Physical Activity and Health
Social Development

Anchors

Folk Dance
Line Dance
Square Dance

(6.6) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Folk Dance
Line Dance
Square Dance

(6.5) Physical Activity and Health
The student understand and applies safety practices associated with physical activities.

Folk Dance
Line Dance
Square Dance

(6.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Folk Dance
Line Dance
Square Dance

(6.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (6.7)
(B) Handle conflicts that arise with others without confrontation.
- (7.0)
(E) Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.
- (6.5)
(B) Select and use proper attire that promotes participation and prevents injury.
- (6.2)
(A) Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.
(B) Make appropriate changes in performance based on feedback to improve skills.
(C) 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.
- (6.1)
(A) Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.
(D) Move in time to complex rhythmical patterns such as 3/4 time or 6/8 time.