

Texas Sixth Grade PE Checklist

Movement

- ☐ Demonstrate correct technique and form in a variety of locomotor and non-locomotor skills (e.g., running, jumping, balance, twisting).
- ☐ Use combinations of movement patterns in game and sport settings.
- ☐ Perform sequences and strategies for team and individual sports.

Examples:

- ✓ Perform a sequence of basketball passes with accuracy
- ✓ Use correct footwork for defensive movements in soccer

Performance Strategies

- ☐ Apply tactics and rules in game play and physical activities.
- ☐ Demonstrate offensive and defensive strategies.
- ☐ Work cooperatively in competitive and non-competitive environments.

Examples:

- ✓ Understand and use zone vs. man-to-man defense
- ✓ Use spatial awareness in team games like volleyball

Physical Activity and Health

- ☐ Identify the benefits of regular physical activity on physical and mental health.
- ☐ Recognize different types of physical activity (aerobic, strength, flexibility).
- ☐ Set personal fitness goals and monitor improvement.

Examples:

- ✓ Describe how cardio improves heart health
- ✓ Choose a fitness activity and track progress weekly



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Physical Fitness

- ☐ Participate in moderate to vigorous physical activity.
- ☐ Engage in activities that develop all five fitness components:
 - Cardiovascular endurance
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Body composition

Examples:

- ✓ Complete a fitness circuit with jumping jacks, push-ups, and stretches
- ✓ Explain how flexibility helps prevent injury

Personal & Social Responsibility

- ☐ Follow safety practices and rules in physical activity settings.
- ☐ Show respect, cooperation, and sportsmanship.
- ☐ Accept constructive feedback and self-assess behavior and performance.

Examples:

- ✓ Resolve conflicts during a game using fair play
- ✓ Demonstrate respectful behavior toward teammates and opponents

