

Options FRMS Physical Education 6B		Scope and Sequence
Unit	Lesson	Objectives
Fitness and the Body		
The Skeletal, Muscular, and Nervous Systems		
		Describe the structures and proper care of the of the skeletal system
		Summarize the muscular system, including the functions, types of muscles, and problems associated with the system
		Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system
Movement		
		Describe the effects of energy and force on movement using acceleration and velocity
		Explain the three classes of levers present in the human body and demonstrate their use in physical activity
Stability & Range of Motion		
		Describe strategies for improving stability
		Identify the six types of joints
		Describe the relationship between joints and range of motion
Muscular Strength and Endurance		
		Differentiate between muscular strength and muscular endurance
		Explain how muscular strength and endurance contribute to good health and fitness
		Describe how muscles work and grow
Developing Muscular Strength and Endurance		
		Evaluate the components of weight training in order to design an appropriate personal program
		Apply exercise principles to develop muscular strength and endurance

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		Demonstrate methods for assessing muscular strength and endurance
	Safe Weight Training	
		Describe proper safety procedures for participating in a weight training program
		Demonstrate proper spotting techniques
		Describe the effects of supplements and drugs that are marketed to active people and athletes
	Factors Influencing Flexibility	
		Describe the characteristics of flexibility and factors that influence flexibility levels
		Identify health benefits associated with flexibility
	Physical Activity and Flexibility	
		Apply exercise principles to developing flexibility
		Explain the different types of stretching exercises and how they affect muscles
		Demonstrate methods for assessing flexibility
	Unit Test	
Cardiorespiratory Fitness and Being Sports Ready		
	The Cardiovascular and Respiratory Systems	
		Describe the functions and structures of the cardiovascular system
		Describe the functions and structures of the respiratory system
		Describe proper care of the cardiovascular and respiratory systems to avoid disease
	Developing Cardiorespiratory Fitness	
		Apply the exercise principle of overload to improve cardiovascular health
		Describe how the exercise principle of progression leads to improved cardiovascular health
		Differentiate between aerobic and anaerobic exercise using the exercise principle of specificity

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	Exploring Activities for Cardiorespiratory Fitness	
		Compare multiple aerobic activities for their ability to promote cardiorespiratory fitness
		Determine safety considerations when performing aerobic activities
		Recognize exercise considerations for those with special needs
	Participating in Sports	
		Describe sportsmanship and why it is important when participating in sports
		Define competition and describe what it means to compete
		Summarize necessary responsible behaviors when participating in sports
	Common Sports Injuries and Prevention	
		Identify exercises and movements that are dangerous and can lead to injury
		List and describe common exercise-related physical injuries
		List guidelines for preventing injuries during physical activity
	Treatment for Common Sports Injuries	
		Describe strategies for determining the severity of a sports injury
		Examine response strategies for injuries requiring basic first aid attention
		Assess physical activity injuries that require professional health or rehabilitation services
	Unit Test	