



PHYSICAL EDUCATION

6

FOR FAMILIES

SIXTH GRADE

What to expect:

In sixth grade, students will use the concepts and principles they have learned about movement to build their capability and confidence in fundamental skills, including throwing, catching and striking with rackets, clubs or bats.

Sixth-graders are able to play cooperative and competitive games in small groups and are learning how lifelong activities (spending time outdoors, dancing, individual and team sports such as bowling and tennis, etc.) are important ways to stay healthy outside of school.

Sixth-graders can assess their health-related fitness, set reasonable goals and monitor their progress. They are also learning to identify positive and negative results of stress and how to deal with each in healthy ways.

By the end of the school year, your child will:

- Use what they have learned about movement to improve their performance in physical activities.
- Describe the components of health-related fitness and how each contributes to wellness. (For example, push-ups contribute to muscular strength, stretching contributes to flexibility, etc.)
- Come up with a personal fitness plan using data from their health assessments and fitness testing.
- Understand the importance of warming up and cooling down before and after physical activity.

What to do at home:

- Ask your child to invent a game with household items and play it together.
- Go to a sporting event or performance that includes dance or ballet.
- Look for opportunities for physical activity in your community.
- Encourage your child to participate in physical activities for enjoyment and self-expression.
- Dance together!
- Find a video game that includes physical activity and play together as a family.

YOU ARE YOUR child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support language arts learning at home. When schools and families work together as partners, it helps your child achieve academic success!



OKLAHOMA
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Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity helps students be successful in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between physical education and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What chores around the house could be a workout for the whole family, like yard work or a [car wash workout](#)?
- What outdoor activities in the area could we try out as a family, like kite flying or a walk around the [farmers market](#)?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What are three physical activities that you really enjoy? Why?
- What do you need to participate in those activities? Think about equipment and space.
- How can you change those activities so you can do them at home or at school?

Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge and learning. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect math with physical activity by having the whole family create and play a game together. Establish a scoring system to keep track of points for each player.
- Connect science with physical activity by planting a garden or taking a walk around the zoo.

Join the conversation!

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