

<div> <div>Cycle 1</div> <div> 29 Days Aug. 22-Sept. 30, 2022 </div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 1: Foundations of Fitness This unit focuses on the foundation of fitness and conditioning the body for physical performance, flexibility, fitness, and longevity to meet the physical demands of everyday life. The lesson also focuses on the safety and proper nutrition required to enhance an excellent quality of life. In addition, students will exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities.	24 class periods (45-min. lessons) 12 class periods (90-min. lessons) <i>Teachers Report to Campuses Aug. 8</i> <i>Teacher Service Days Aug. 8-12, Aug. 16-19</i> <i>Teacher Prep Day (no students) Aug. 15</i> <i>Labor Day Sept. 5</i>	Introduction to Personal Fitness PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 6.8B describes the frequency, intensity, time, and type (FITT) principle and how it improves fitness in relation to aerobic and anaerobic activities. PE 6.8C describes health-related and skill-related fitness components and their impact on personal fitness. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment. Safety Prevention PE 6.4A demonstrates the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 6.10B identifies how environmental temperature and humidity each contribute to dehydration and heat illness. PE 6.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 6.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. Conditioning and Cooperative Games PE 6.2A demonstrates balance with control during dynamic activities and games. PE 6.2B demonstrates proper body positioning, proficiency, footwork, and offensive and defensive skills during dynamic activities and games. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment. Nutrition PE 6.10A identifies macronutrients, including carbohydrates, fats, and proteins, and examines their relationship to optimal physical performance. Social and Emotional Health and Wellness PE 6.12A explains the importance of and accepts responsibility for personal actions that affect self and others during game situations and sports. PE 6.12B explains the importance of and demonstrates respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games.

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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>PE 6.12C applies self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 6.13B explains and demonstrates effective communication to enhance healthy interactions while settling disagreements.</p> <p>PE 6.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 6.14A discusses the importance of accepting individual challenges and demonstrating self-management skills to persevere in a positive manner during game situations and sports.</p> <p>PE 6.15A analyzes feedback to make appropriate changes to improve performance.</p>

<div> <div>Cycle 2</div> <div>23 Days</div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days.</i> <i>Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Oct. 3 - Nov. 4, 2022		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 2: Fitness Testing and Team Sports This unit focuses on students developing the fitness skills critical needed to participate in team sports and engage in the pretest of the FitnessGram Testing. In addition, students will exhibit appropriate social interaction and accept individual challenges of self-management skills to persevere positivity during games, sports, and activities..	24 class periods (45-min. lessons) 12 class periods (90-min. lessons) <i>Teacher Service Day (no students)</i> <i>Oct. 4</i> <i>Fall Holiday</i> <i>Oct. 5</i>	<u>Pre-Fitness Testing</u> PE 6.9A develops an individual fitness plan using personal fitness goals. PE 6.9B analyzes results of fitness assessments to identify strategies for self-improvement. <u>Developing Fitness Skills and Sportsmanship through Team Sports</u> PE 6.1A performs a variety of locomotor skills and combinations during dynamic activities and games. PE 6.1B demonstrates correct jumping and landing technique during dynamic activities, game situations, and sports. PE 6.C analyze results of fitness assessments to identify strategies for self-improvement. PE 6.8C describes health-related and skill-related fitness components and their impact on personal fitness. PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment. <u>Safety Prevention</u> PE 6.4A demonstrates the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 6.10B identifies how environmental temperature and humidity each contribute to dehydration and heat illness. PE 6.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 6.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. <u>Nutrition</u> PE 6.10A identifies macronutrients, including carbohydrates, fats, and proteins, and examines their relationship to optimal physical performance. <u>Social and Emotional Health and Wellness</u> PE 6.12A explains the importance of and accepts responsibility for personal actions that affect self and others during game situations and sports. PE 6.12B explains the importance of and demonstrates respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games.

<div> <div>Cycle 2</div> <div> 23 Days Oct. 3 - Nov. 4, 2022 </div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>PE 6.12C applies self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 6.13B explains and demonstrates effective communication to enhance healthy interactions while settling disagreements.</p> <p>PE 6.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 6.14A discusses the importance of accepting individual challenges and demonstrating self-management skills to persevere in a positive manner during game situations and sports.</p> <p>PE 6.15A analyzes feedback to make appropriate changes to improve performance.</p>

<div> <div>Cycle 3</div> <div>28 Days</div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Nov. 7 - Dec. 21, 2022		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 3: Personal fitness, Conditioning, Lead-up Games, Sports, and Activities This unit focuses on designing a personal fitness plan and conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety and proper nutrition.	24 class periods (45-min. lessons) 12 class periods (90-min. lessons) <i>Thanksgiving Break</i> <i>Nov. 21-25</i> <i>Winter Break (students)</i> <i>Dec. 22 - Jan. 6</i> <i>Winter Break (teachers)</i> <i>Dec. 22 - Jan. 4</i>	Personal Fitness PE 6.8B describes the frequency, intensity, time, and type (FITT) principle and how it improves fitness in relation to aerobic and anaerobic activities. PE 6.8C describes health-related and skill-related fitness components and their impact on personal fitness. PE 6.9A develops an individual fitness plan using personal fitness goals. PE 6.9B analyzes results of fitness assessments to identify strategies for self-improvement. Conditioning PE 6.2A demonstrates balance with control during dynamic activities and games. PE 6.2B demonstrates proper body positioning, proficiency, footwork, and offensive and defensive skills during dynamic activities and games. Lead-up Games, Sports and Activities PE 6.2A demonstrates proper body positioning, proficiency, footwork, and offensive and defensive skills during dynamic activities and games. PE 6.3A demonstrates correct technique when throwing to a moving target. PE 6.3B demonstrates correct catching technique from different levels and trajectories with a variety of objects. PE 6.3C demonstrates correct hand dribbling technique when changing both speed and direction while maintaining ball control. PE 6.3D demonstrates correct foot dribbling technique with control while changing both speed and direction during dynamic activities and game situations. PE 6.3E demonstrates correct technique in kicking and punting with accuracy during dynamic activities and lead-up games. PE 6.3F demonstrates correct technique in volleying to a target with control and accuracy. PE 6.3G demonstrates correct technique when striking an object with speed, accuracy, force, and distance using a hand or handled implement during dynamic activities and lead-up games. PE 6.3H creates and performs a jump rope routine using a variety of advanced skills. PE 6.6A demonstrates offensive and defensive strategies used in net or wall, invasion, target, striking, and fielding games. PE 6.6B demonstrates combinations of locomotor, manipulative, and game skills in dynamic activities to achieve individual or team goals. PE 6.6C demonstrates appropriate sporting behavior with teammates, opponents, and officials. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment.

<div> <div>Cycle 3</div> <div>28 Days</div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Nov. 7 - Dec. 21, 2022		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>Nutrition PE 6.10A identifies macronutrients, including carbohydrates, fats, and proteins, and examines their relationship to optimal physical performance.</p> <p>Safety Prevention PE 6.4A demonstrates the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 6.10B identifies how environmental temperature and humidity each contribute to dehydration and heat illness. PE 6.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 6.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.</p> <p>Social and Emotional Health and Wellness PE 6.12A explains the importance of and accepts responsibility for personal actions that affect self and others during game situations and sports. PE 6.12B explains the importance of and demonstrates respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games. PE 6.12C applies self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports. PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding. PE 6.13B explains and demonstrates effective communication to enhance healthy interactions while settling disagreements. PE 6.13C demonstrates empathy and mutual respect for the feelings of others. PE 6.14A discusses the importance of accepting individual challenges and demonstrating self-management skills to persevere in a positive manner during game situations and sports. PE 6.15A analyzes feedback to make appropriate changes to improve performance.</p>

<div> <div>Cycle 4</div> <div>33 Days</div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days.</i> <i>Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Jan. 9 - Feb. 24, 2023		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 4: Rhythm and Dance This unit focuses on movement that teaches rhythmic patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction. It also focuses on fluent reading patterns through movement.	24 class periods (45-min. lessons)	Rhythmic Locomotor Movements PE 6.1A performs a variety of locomotor skills and combinations during dynamic activities. PE 6.1B demonstrates correct jumping and landing technique during dynamic activities. PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE6.8B describes the frequency, intensity, time, and type (FITT) principle and how it improves fitness in relation to aerobic and anaerobic activities. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment.
	12 class periods (90-min. lessons)	
	<i>Winter Break (students)</i> Dec. 22 - Jan. 6	
	<i>Winter Break (teachers)</i> Dec. 22 - Jan. 4	
	<i>MLK Jr. Day</i> Jan. 16	Movement through Patterns: Square Dance, Aerobic Dance, Social Dance, Stepping, Modern, Classical, Tap PE 6.1A performs a variety of locomotor skills and combinations during dynamic activities. PE 6.1B demonstrates correct jumping and landing technique during dynamic activities. PE 6.2A demonstrates balance with control during dynamic activities. PE6.2A demonstrates proper body positioning, proficiency, footwork, and offensive and defensive skills during dynamic activities. PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment.
	<i>Teacher Prep Day (no students)</i> Jan. 5	
	<i>Teacher Service Day (no students)</i> Jan. 6	
	<i>Teacher Service Day (no students)</i> Feb. 20	
		Nutrition PE 6.10A identifies macronutrients, including carbohydrates, fats, and proteins, and examines their relationship to optimal physical performance.
		Safety Prevention PE 6.4A demonstrates the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 6.10B identifies how environmental temperature and humidity each contribute to dehydration and heat illness. PE 6.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 6.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.

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Jan. 9 - Feb. 24, 2023		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)
		<p>The student will:</p> <p><u>Social and Emotional Health and Wellness</u></p> <p>PE 6.12A explains the importance of and accepts responsibility for personal actions that affect self and others during game situations and sports.</p> <p>PE 6.12B explains the importance of and demonstrates respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games.</p> <p>PE 6.12C applies self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 6.13B explains and demonstrates effective communication to enhance healthy interactions while settling disagreements.</p> <p>PE 6.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 6.14A discusses the importance of accepting individual challenges and demonstrating self-management skills to persevere in a positive manner during game situations and sports.</p> <p>PE 6.15A analyzes feedback to make appropriate changes to improve performance.</p>

<div> <div>Cycle 5</div> <div>28 Days</div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days.</i> <i>Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div> </div>		
Feb. 27 - Apr. 14, 2023		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 5: Fitness Testing and Individual Sports This unit focuses on students participating in the post-test of the Fitnessgram and sports where a student experiences an individual, highlighting learning the basics of the sport, form, rules, and sportsmanship.	24 class periods (45-min. lessons) 12 class periods (90-min. lessons) <i>Spring Break</i> <i>Mar. 13-17</i> <i>Chávez-Huerta Day</i> <i>Mar. 31</i> <i>Spring Holiday</i> <i>Apr. 7</i>	<u>Post-Fitness Testing</u> PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 6.9A develops an individual fitness plan using personal fitness goals. PE 6.9B analyzes results of fitness assessments to identify strategies for self-improvement. <u>Individual Sports</u> PE 6.3C demonstrates correct hand dribbling technique when changing both speed and direction while maintaining ball control. PE 6.3D demonstrates correct foot dribbling technique with control while changing both speed and direction during dynamic activities and game situations. PE 6.3H creates and performs a jump rope routine using a variety of advanced skills. PE. 6.A describe the long-term benefits of moderate to vigorous physical activity on overall health and wellness. PE 6.B describes the frequency, intensity, time, and type (FITT) principle and how it improves fitness in relation to aerobic and anaerobic activities. PE 6.9B analyzes results of fitness assessments to identify strategies for self-improvement. PE 6.16A develops a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis. PE 6.16B describes how participation in a variety of physical activities builds confidence and increases personal enjoyment. <u>Nutrition</u> PE 6.10A identifies macronutrients, including carbohydrates, fats, and proteins, and examines their relationship to optimal physical performance. <u>Safety Prevention</u> PE 6.4A demonstrates the appropriate use of open space and closing space during dynamic activities, games, and sports. PE 6.10B identifies how environmental temperature and humidity each contribute to dehydration and heat illness. PE 6.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports. PE 6.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. <u>Social and Emotional Health and Wellness</u> PE 6.12A explains the importance of and accepts responsibility for personal actions that affect self and others during game situations and sports.

<div> <div>Cycle 5</div> <div>28 Days</div> <div>Feb. 27 - Apr. 14, 2023</div> </div> <div> <i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i> </div>		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>PE 6.12B explains the importance of and demonstrates respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games.</p> <p>PE 6.12C applies self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 6.13B explains and demonstrates effective communication to enhance healthy interactions while settling disagreements.</p> <p>PE 6.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 6.14A discusses the importance of accepting individual challenges and demonstrating self-management skills to persevere in a positive manner during game situations and sports.</p> <p>PE 6.15A analyzes feedback to make appropriate changes to improve performance. .</p>

HISD | Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

2022-2023 Scope and Sequence

Physical Education – Grade 6

Cycle 6		31 Days	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.	
Unit		# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)	
Unit 6: Outdoor and Recreation Activities This unit focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.	24 class periods (45-min. lessons)	The student will:		
	12 class periods (90-min. lessons)	Outdoor Survival skills		
	Memorial Day May 29	PE 6.1A performs a variety of locomotor skills and combinations during dynamic activities.		
	Teacher Prep Day (no students) June 1	PE 6.2A demonstrates balance with control during dynamic activities and games.		
		PE 6.7A participates in self-selected, organized outdoor recreational skills, activities, and games.		
		PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness.		
		Land Navigation		
		PE 6.7A participates in self-selected, organized outdoor recreational skills, activities, and games.		
		PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness.		
		Angler & Fish Activities		
	PE 6.3G demonstrates correct technique when striking an object with speed, accuracy, force, and distance using a hand or handled implement during dynamic activities.			
	PE 6.4B applies speed, direction, and force with a long-handled implement during dynamic activities.			
	PE 6.7A participates in self-selected, organized outdoor recreational skills, activities, and games.			
	Challenge of Initiatives Games			
	PE 6.3A demonstrates correct technique when throwing to a moving target.			
	PE 6.8A describes the long-term benefits of moderate to vigorous physical activity on overall health and wellness.			
	PE 6.8C describes health-related and skill-related fitness components and their impact on personal fitness.			
	Safety Prevention			
	PE 6.4A demonstrates the appropriate use of open space and closing space during dynamic activities, games, and sports.			
	PE 6.10B identifies how environmental temperature and humidity each contribute to dehydration and heat illness.			
	PE 6.11A performs, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports.			
	PE 6.11B performs, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety.			
	Nutrition			
	PE 6.10A identifies macronutrients, including carbohydrates, fats, and proteins, and examines their relationship to optimal physical performance.			

GLOBAL GRADUATE



PS - State Process Standard

AR - Aligned to Upcoming State Readiness Standard

R - State Readiness Standard

S - State Supporting Standard

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2022-2023

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Apr. 17 - May 31, 2023		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><u>Social and Emotional Health and Wellness</u></p> <p>PE 6.12A explains the importance of and accepts responsibility for personal actions that affect self and others during game situations and sports.</p> <p>PE 6.12B explains the importance of and demonstrates respect for differences and similarities in abilities of self and others during dynamic activities and lead-up games.</p> <p>PE 6.12C applies self-management skills to demonstrate self-control of impulses and emotions, without cue, during games, situations, and sports.</p> <p>PE 6.13A discusses the importance of and resolves conflict, without cue, in socially acceptable ways, and responds to winning and losing with dignity and understanding.</p> <p>PE 6.13B explains and demonstrates effective communication to enhance healthy interactions while settling disagreements.</p> <p>PE 6.13C demonstrates empathy and mutual respect for the feelings of others.</p> <p>PE 6.14A discusses the importance of accepting individual challenges and demonstrating self-management skills to persevere in a positive manner during game situations and sports.</p> <p>PE 6.15A analyzes feedback to make appropriate changes to improve performance.</p>