

# PHYSICAL EDUCATION

## GRADE 6

### Aim of Physical Education

Develop students' motor and games skills and equip them with the knowledge, skills and attitudes to pursue and enjoy a physically active and healthy lifestyle.

### Course Objectives

The school's PE programme should seek to develop in each student the ability to:

- a. Perform and enjoy a variety of physical activities with understanding
- b. Develop and maintain physical health and fitness through regular participation in physical activities
- c. Demonstrate positive self-esteem through body awareness and control
- d. Understand and apply thinking skills to PE
- e. Demonstrate the spirit of fair play, teamwork and sportsmanship
- f. Acquire safe practices during physical activities

### Main Topics Covered:

Students will go through one selected game per quarter. There will be post-exam games carnival at the end of 4th Quarter.

Games	Health & Fitness Management	Athletics	Swimming
Demonstrate skills acquired in various selected modified games <b>1. Ultimate Frisbee</b> <b>2. Basketball</b> <b>3. Tee - Ball</b>	Demonstrate an understanding of the F.I.T.T principle and the principles to achieve health and fitness benefits.	Acquire the knowledge and skills to perform fundamental athletic movements of throwing, jumping and running.	Swim one recognised stroke. <b>1. Front Crawl / Freestyle</b> <b>2. Breaststroke</b> <b>3. Backstroke</b> <b>4. Butterfly</b>
Demonstrate an understanding of rules of the games	Demonstrate various type of workout exercises and routines		Demonstrate confidence in water without buoyancy aids.
Demonstrate the ability the play the game as a team			Using a buoyant aid accompanied (non-contact) rescue of a person 15m from safety

### Assessment

External	Internal	Weighting (%)
None	<ul style="list-style-type: none"> <li>• Skill Test</li> <li>• Attitude and Effort</li> <li>• Participation</li> <li>• Road Runner</li> <li>• Fitness</li> </ul>	25 20 20 20 15

### Teaching Staff:

Ibu Yudita Damayanti ([yudita@acsjakarta.sch.id](mailto:yudita@acsjakarta.sch.id))

Pak Rangga ([rangga@acsjakarta.sch.id](mailto:rangga@acsjakarta.sch.id))

Mr Sabri ([sabri.mahmod@acsjakarta.sch.id](mailto:sabri.mahmod@acsjakarta.sch.id))