

# Grade 6 Curriculum Goal Suggestions

## Strand A:

Apply skills that help them think critically and creatively as they participate in learning experiences in health and physical education, in order to support making connections, analysing, evaluating, problem solving, and decision making. **Movement Competence:** plan a variety of offensive and defensive tactics that could be used in different situations in striking/fielding games

## Explanation:

Teams pass the ball to score by catching it in the end-zone. No moving with the ball. If it's dropped or intercepted, possession switches.



Game

Touchdown

Page 54 in the Baseball 5 Toolkit

## Strand B:

Explain how participation in physical activities affects personal health-related fitness. What physical activities do you participate in on a regular basis, and how do they affect your physical and mental health? B5 can encourage kids to try out Softball, giving them a sport to play on a regular basis outside of Phys Ed.

## Explanation:

A relay race around four bases. Teams take turns running a full loop and tagging the next player. First team to finish wins.



Game

Baserunning Relay

Page 56 in the Baseball 5 Toolkit

## Strand C:

Send and receive a variety of objects (e.g., rubber chickens, rings, beanbags, soft foam balls, discs, tennis balls, utility balls), adjusting for speed and distance, while applying basic principles of movement

## Explanation:

Players throw the ball across and run to the opposite line. First team to return all players to their starting spot wins.



Game

Throw and Follow

Page 50 in the Baseball 5 Toolkit



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