



**Community Consolidated  
School District 46**

565 Frederick Road, Grayslake, IL 60030

## 25-25 Sixth Grade Physical Education Priority Standards

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Trimester 1	Trimester 2	Trimester 3
19.C.3a Apply rules and safety procedures in physical activities.	21.A.3a Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders)	20.C.3a Set realistic short-term and long-term goals for a health-related fitness component
21.A.3c Remain on task independent of distraction (e.g., peer pressure, environmental stressors)	20.B.3a Monitor intensity of exercise through a variety of methods (e.g., perceived exertion, pulse, heart rate monitors), with and without the use of technology	20.A.3b Identify and participate in activities associated with the components of health-related and skill-related fitness.
	19.A.3b Participate daily in moderate to vigorous physical activity while performing multiple movement patterns consistently with additional combination movement patterns.	21.B.3a Work cooperatively with others to accomplish a set goal in both competitive and noncompetitive situations (e.g., baseball, choreographing a dance).