

PHYSICAL EDUCATION 9 - 12

Description

The program at the high school integrates physical, cognitive, psychological and social aspects into the physical education program. Scientific evidence has concluded that there is a strong correlation between physical fitness and school performance. A “physically educated person values the concept of an active lifestyle and understands the health benefits associated with physical activity.

Students are expected to dress appropriately for physical activity and to follow the guidelines set forth by the physical education department. Students are provided ample opportunity to participate in both individual and team activities and are encouraged to meet their individual potential.

The selective program offers students a variety of choices that develop skills and concepts through physical activity experiences.

Students who participate in this program are expected to dress appropriately for the activity following the guidelines set forth by the physical education department.

Course Overview

Course Objectives

Students should:

- demonstrate the skills and knowledge necessary to participate in a variety of physical activities.
- make decisions to establish and maintain a healthy lifestyle to promote individual wellness throughout his or her entire life.
 - routinely and efficiently, use online information resources to meet the needs for research, publications and communications.
- recognize and understand the different effects of physical activity on one’s mind and body.
 - use content specific tools and software.
- develop interpersonal skills and exhibit positive character traits during physical activity.

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Assessments

Common Assessments

Skill Assessments

<u>Unit Offerings</u>	<u>Standards</u>	<u>Grade Level Skills</u>
I. Aerobics II. Archery III. Badminton IV. Basketball V. Cooperative/Team Games VI. Fitness VII. Flag Football VIII. Flag Rugby IX. Floor Hockey X. Golf XI. Lacrosse XII. Omnikin Ball “Kinball” XIII. Pickleball XIV. Pilates XV. Power Walking XVI. Self Defense and Safety XVII. Soccer XVIII. Softball XIX. Strength/Flexibility XX. Team Handball XXI. Tennis XXII. Ultimate Flying Disc XXIII. Volleyball XXIV. Yoga	<p>Health and Balanced Living Curriculum Framework for Physical Education</p> <p>Connecticut State Physical Education Standards are met in the following areas:</p> <ul style="list-style-type: none"> • <i>Motor Skill Performance</i> • <i>Applying Concepts and Strategies</i> • <i>Engaging in Physical Activity</i> • <i>Physical Fitness</i> • <i>Responsible Behavior</i> • <i>Benefits of Physical Activity</i> 	<p>Students will:</p> <ul style="list-style-type: none"> • Skills Matrix

Aerobics

This class is designed to help the student become more aware of the benefits of physical activity that require forced breathing, causing the cardio respiratory system to work at sub maximal rates. Participation in the aerobics class will require the student to actively participate in a variety of vigorous activities each period. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- use complex movements and patterns within a variety of dynamic environments.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will:

- assess and adjust activities to maintain or improve personal level of health-related fitness.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- use physical activity as a means of creative expression.

Unit Objectives

Students will be able to:

- participate in a choreographed aerobic activity necessary to improve cardio respiratory endurance.
- demonstrate knowledge of monitoring HR.

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How will physical activity help me now and in

Assessment

- Choreographed aerobic routine including a warm-up and cool

Skill Objectives

Students will demonstrate competency in:

- monitor and calculate HR (manually

<ul style="list-style-type: none"> • acquire an understanding of a variety of aerobic activities and movements. • develop a choreographed aerobic routine including a warm-up and cool down. 	<p>the future?</p> <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • How does participation in a choreographed aerobic activity address my personal fitness needs and contribute to my overall wellness? 	<p>and using HR monitor)</p> <ul style="list-style-type: none"> ○ resting HR ○ active HR ○ target HR ○ recovery HR <ul style="list-style-type: none"> • demonstrate a choreographed aerobic routine including a warm-up and cool down. • application of safety skills and concepts. <p>Students will demonstrate an understanding of:</p> <ul style="list-style-type: none"> • the effect of aerobic activity on HR.
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Archery

This is an introductory archery course. Emphasis is given to the safety skills necessary for target shooting, to knowledge of archery terminology, and to acquaint students with a lifetime activity. An opportunity to experience archery competition will culminate the unit. [top](#)

Standards

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- use self, peer, teacher and technological resources as tools to implement performance improvements in self and others.
- demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.

Unit Objectives

Students will be able to:

- demonstrate an understanding of appropriate safety rules.
- demonstrate an understanding of scoring.
- demonstrate competency in the seven skills of shooting an arrow.
- successfully participate in archery.

Essential Questions

- How can I move effectively and efficiently?
- How do I interact with others during physical activity?

Focus Question

- What are the skill and concepts necessary to successfully participate in archery?

Assessments

- Skill assessment – Scoring rubric
- Cognitive Assessment

Skill Objectives

Students will:

- demonstrate competency in the following archery skills:
 - proper stance
 - gripping the bow
 - knocking the arrow
 - drawing an arrow to an anchor point
 - aiming at intended target
 - releasing arrow
 - follow through
- demonstrate an ability to keep an individual score of multiple ends.
- demonstrate safety practice as related to shooting and retrieving arrows.

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|--|--|---|
| | | <ul style="list-style-type: none">• apply safety skills and concepts. |
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Badminton

This is an introductory course designed to acquaint students with a lifetime sport, with the equipment and terminology of the game and with an opportunity to play. Some of the skills to be taught include grip, service, volley, smash underhand and overhead clear. An all physical education class badminton tournament will culminate the unit. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles and doubles badminton game.
- demonstrate an understanding of the strategies for effective singles and doubles

Essential Questions

- What different ways can the body move given a specific purpose?
- What can I do to be physically active and why is this important?
- How do I interact with others during physical activity?

Assessments

- Skill assessment
- Cognitive assessment

Skill Objectives

Students will:

- demonstrate competency in the

<p>play.</p> <ul style="list-style-type: none"> • demonstrate competency in badminton skills. • to participate successfully in a badminton game. 	<ul style="list-style-type: none"> • How will physical activity help me now and in the future? <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the skills and concepts necessary to successfully participate in badminton? 	<p>following badminton skills:</p> <ul style="list-style-type: none"> ○ serving ○ drive (forehand and backhand) ○ clear (underhand and overhand) <ul style="list-style-type: none"> • demonstrate an understanding of: <ul style="list-style-type: none"> ○ drop shot ○ smash • demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play. • apply safety skills and concepts.
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Basketball

This unit offers the student an opportunity to play a team sport. Shooting, passing and basic offense and defense are taught. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- use complex movements and patterns within a variety of dynamic environments.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- seek personally challenging experiences through physical activity as a means to personal growth.
- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a basketball game.
- demonstrate an understanding of the strategies of a basketball game.
- demonstrate competency in basketball skills.
- to participate successfully in a basketball game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to successfully participate in a basketball game?

Assessment

- Skill assessment

Skill Objectives

Students will:

- demonstrate competency in the following basketball skills:
 - shooting
 - passing
 - dribbling
- develop an understanding of:
 - rebounding

		<ul style="list-style-type: none">○ moving to space○ game play strategies○ pivoting○ lay-ups● apply safety skills and concepts.
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Cooperative/Team Games

This unit will allow students to participate in a variety of cooperative and team games. Students will use physical activity as a positive opportunity for social and group interaction. Students will engage in moderate to vigorous physical activities. Students will demonstrate an understanding of rules, strategy and good sportsmanship while participating in cooperative and team games. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- develop advanced skills in selected physical activities.
- participate in a wide variety of activities, including dance, games, sports and lifetime physical activities.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.
- demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will <ul style="list-style-type: none"> use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships. 		
<u>Unit Objective</u> Students will be able to: <ul style="list-style-type: none"> demonstrate sportsmanship in a team/cooperative game. 	<u>Essential Questions</u> <ul style="list-style-type: none"> What different ways can the body move given a specific purpose? How can I move effectively and efficiently? What can I do to be physically active and why is this important? How do I interact with others during physical activity? How will physical activity help me now and in the future? 	<u>Assessment</u> <ul style="list-style-type: none"> Sportsmanship rubric
	<u>Focus Question</u> <ul style="list-style-type: none"> What are the skills and concepts necessary to have positive social interaction while participating in game play? 	<u>Skill Objectives</u> Students will: <ul style="list-style-type: none"> apply safety skills and concepts. work cooperatively. demonstrate sports related etiquette. communicate effectively in group/game situations. respect differences of teammates and opponents.

Fitness

This unit offers an opportunity for the students to devise an individual exercise program which includes the areas of strength, flexibility, and cardio respiratory endurance. The fitness center is used for this program. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.
- use self, peer, teacher and technological resources as tools to implement performance improvements in self and others.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will:

- assess and adjust activities to maintain or improve personal level of health-related fitness.
- use physiological data to adjust levels of exercise and nutrient intake to promote wellness.
- use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do

the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.
- seek personally challenging experiences through physical activity as a means to personal growth.
- experiment with new physical activities as part of a personal improvement plan.

Unit Objectives

Students will be able to:

- participate in cardio respiratory endurance activities necessary to improve cardio respiratory endurance.
- demonstrate knowledge of the factors involved in planning and evaluating a fitness program.
- use content specific tools and software.
- acquire an understanding of a variety of aerobic activities and concepts.
- develop an understanding and appreciation of the benefits of cardio respiratory exercise and the risks of a sedentary lifestyle.
- participate in flexibility activities necessary to improve flexibility.
- acquire an understanding of the principles and concepts of flexibility.
- develop an understanding and appreciation of the benefits of muscular strength and endurance.
- acquire an understanding of the relationship between exercise and muscle group.
- participate in activities necessary to improve flexibility.
- participate in muscular strength endurance

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Questions

- How do I develop a personal fitness plan?
- How does participation in a flexibility activity address my personal fitness needs and contribute to my overall wellness?
- How does participation in a cardio respiratory endurance activity address my personal fitness needs and contribute to my overall wellness?
- How does participation in muscular strength endurance activity address my personal fitness needs and contribute to my overall wellness?

Assessments

- Development of an individual fitness plan
- Flexibility
- Muscular Strength and Endurance
- Cardio Respiratory Endurance

Skill Objectives

Students will:

- calculate target heart rate.
- use of cardio respiratory equipment such as the recumbent bike, elliptical trainer, Stairmasters, air dyne bikes and rowers.
- apply safety skills and concepts.
- use the weight training equipment such as cybex equipment, hammer strength machine, free weights and medicine ball.

<p>activities necessary to improve muscular strength and endurance.</p> <ul style="list-style-type: none">• acquire an understanding of the principles and concepts of weight training.		
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Flag Football

This is a team sport in which participants will be introduced to basic terminology and skills. Ball handling, passing/ catching, punting, centering, pass patterns and stances are some of the skills that will be taught. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a flag football game.
- demonstrate an understanding of the strategies of a flag football game.
- demonstrate competency in flag football skills to participate successfully in a flag

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Assessment

- Skill Assessment

Skill Objectives

Students will:

- demonstrate competency in the following basketball skills:

<p>football game.</p>	<p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the skills and concepts necessary to successfully participate in a flag football game? 	<ul style="list-style-type: none"> ○ throwing ○ catching ○ center snap ○ ball carrying • develop an understanding of: <ul style="list-style-type: none"> ○ passing patterns ○ hand-offs ○ rules and game play strategies ○ punting/kicking • apply safety skills and concepts.
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Flag Rugby

In addition to participating in a team sport activity, Rugby offers the student an opportunity to learn and practice dodging and passing skills unique to the sport. The student will become acquainted with the terminology and characteristics of a typical English Rugby game. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play in a Rugby game.
- demonstrate an understanding of the strategies of a Rugby game.
- demonstrate competence in the skills needed to play a Rugby game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Assessments

- Skill assessment
- Cognitive assessment

Skill Objectives

Students will:

- demonstrate competence in the

<ul style="list-style-type: none"> participate successfully in a Rugby game. 	<p><u>Focus Question</u></p> <ul style="list-style-type: none"> What are the skills and concepts necessary to successfully participate in a game of Rugby? 	<p>following Rugby skills:</p> <ul style="list-style-type: none"> passing – underhand/lateral receiving the pass – two hands <ul style="list-style-type: none"> develop and understanding of <ul style="list-style-type: none"> moving to space lateral passing offensive and defensive strategies positioning on field apply safety rules and concepts.
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Floor Hockey

This unit offers the opportunity for students to learn proper stick handling and position play. Floor hockey is a vigorous indoor activity that is played without the body contact that is associated with ice hockey. Safety glasses are required. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- use complex movements and patterns within a variety of dynamic environments.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules and safety precautions necessary to play a floor hockey game.
- demonstrate an understanding of the strategies of a floor hockey game.
- demonstrate competency in floor hockey skills.
- to participate successfully in a floor hockey game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to successfully participate in floor hockey?

Assessments

- Skill assessment
- Cognitive assessment

Skill Objectives

Students will:

- demonstrate competency in the following floor hockey skills:
 - passing
 - clear pass
 - push pass
 - trapping

		<ul style="list-style-type: none">○ wrist shot● demonstrate safety during game play.● develop an understanding of:<ul style="list-style-type: none">○ goal keeping skills○ slap shot○ face-off● apply safety skills and concepts.
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Golf

This is an introductory unit which includes instruction in rules, basic terms, etiquette and golf skill basics such as grip, stance, back swing, downswing, and putting. Students will be taught the golf swing in relation to the woods, #5, #7, and #9 irons. The unit will culminate with a field trip to the driving range.
[top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.
- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring, safety, terminology and etiquette for appropriate participation in golf.
- demonstrate competency in golf skills.
- participate successfully in golf.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and golf concepts necessary to participate in golf?

Assessments

- Cognitive assessment
- Skill Assessment

Skill Objectives

Students will:

- demonstrate commentary in the following golf skills:
 - grip
 - putting
 - basic golf swing
 - driver

		<ul style="list-style-type: none">▪ irons○ chipping• participate successfully in all aspects of a modified golf game including<ul style="list-style-type: none">○ keeping score○ following proper etiquette○ adhering to safety rules• demonstrate an understanding of necessary golf terms<ul style="list-style-type: none">○ scoring terms<ul style="list-style-type: none">▪ hole in one▪ eagle▪ birdie▪ par▪ bogie• demonstrate an understanding of appropriate golf club selection and its relationship of the club's loft to distance.• apply safety skills and concepts.
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Lacrosse

This is an introductory course to acquaint students with the game of lacrosse, the equipment used, terminology of the game and provide an opportunity to play. Some of the skills to be taught include the cradle, scooping, throwing and catching. Modified lacrosse is a vigorous non-contact game. Safety glasses are required. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- use complex movements and patterns within a variety of dynamic environments.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a modified lacrosse game.
- demonstrate an understanding of the strategies of a modified lacrosse game.
- demonstrate competency in lacrosse skills.
- participate successfully in a modified lacrosse game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to successfully participate in a modified game of lacrosse?

Assessment

- Skill Assessment

Skill Objectives

Students will:

- demonstrate competency in the following ultimate Frisbee skills:
 - throwing
 - catching
 - scooping
 - cradling

		<ul style="list-style-type: none">• develop an understanding of:<ul style="list-style-type: none">○ moving to space○ defensive strategies○ passing○ shooting• apply safety skills and concepts.
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OMNIKIN BALL “Kinball”

Kin-Ball is a team game that originated in Canada. It is an activity played between 3 teams consisting of 4 players. The object of the game is for a team to serve the ball to the opponent of their choice in such a way that the receiving team will not be able to receive the ball before it hits the ground. The serving and receiving skills are unique to this game. It is a fast moving and continuous playing game. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- use complex movements and patterns within a variety of dynamic environments.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Unit Objectives

Students will be able to:

- demonstrate and understanding of the rules, scoring and etiquette of “Kinball”.
- demonstrate a competency in “Kinball” skills.
- demonstrate an understanding of the strategies of a “Kinball” game.
- to participate successfully in a”Kinball” game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?

Focus Question

- What are the skills and concepts necessary to successfully participate in “Kinball?”

Assessments

- Skill Assessment
- Cognitive Assessment

Skill Objectives

Students will:

- demonstrate competency in the following “Kinball” skills:
 - serving
 - passing
 - movement with the ball (individual and with a teammate)

		<ul style="list-style-type: none">○ immobilization of the ball● develop and understanding of:<ul style="list-style-type: none">○ defensive strategies○ offensive strategies○ moving to space○ rules and scoring● apply safety skills and concepts.
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Pickleball

This is an introductory course designed to acquaint students with a new racquet game played on a badminton court with the net at tennis level. The rules of pickle ball are a combination of the games of tennis and badminton. Skills taught include serve, volley, forehand, backhand and drop shot. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles and doubles pickleball game.
- demonstrate an understanding of the strategies for effective singles and doubles play.

Essential Questions

- What different ways can the body move given a specific purpose?
- What can I do to be physically active and why is this important?
- How do I interact with others during physical activity?
- How will physical activity help me now and in

Assessments

- Skill Assessment
- Cognitive Assessment

Skill Objectives

Students will:

- demonstrate competency in the

<ul style="list-style-type: none"> demonstrate competency in pickleball skills to participate successfully in a pickleball game. 	<p>the future?</p> <p><u>Focus Question</u></p> <ul style="list-style-type: none"> What are the skills and concepts necessary to successfully participate in pickleball? 	<p>following Pickleball skills:</p> <ul style="list-style-type: none"> o serving o drive shot (forehand and backhand) • demonstrate an understanding of: <ul style="list-style-type: none"> o drop shot (dink) o smash o lob o volley • demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play. • apply safety skills and concepts.
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Pilates

Developed in 1920 by Joseph H. Pilates, this form of exercise focuses on strengthening and lengthening the body's muscles. This class begins with basic exercises performed on mats and progresses to more challenging exercises. Modifications are taught for most of the exercises so students of all fitness levels can experience success. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- use complex movements and patterns within a variety of dynamic environments.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will:

- assess and adjust activities to maintain or improve personal level of health-related fitness.
- use the results of fitness assessments to guide changes in her or his personal programs of physical activity.
- design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- use physical activity as a means of creative expression.

- seek personally challenging experiences through physical activity as a means to personal growth.
- persist in practicing activities to increase specific skill competence in areas of interest.
- experiment with new physical activities as part of a personal improvement plan.

Unit Objectives

Students will be able to:

- participate in activities necessary to improve flexibility.
- participate in activities necessary to improve core strength.
- develop an understanding and an appreciation of the benefits of muscular strength and endurance.

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How will physical activity help me now and in the future?

Focus Question

- What are the techniques and concepts necessary to successfully participate in Pilates?

Assessment

- Students will teach a Pilates exercises. Included in their instruction will be an explanation of the three degrees of difficulty and proper techniques.

Skill Objectives

Students will:

- participate in a variety of Pilates exercises identifying the levels of difficulty listed below:
 - modification level
 - intermediate level
 - challenge level
- feel comfortable adjusting or modifying their level of intensity based on the individual ability.
- apply safety skills and concepts.

Power Walking

This class is designed to help the student become more aware of the benefits of physical activity that require forced breathing, causing the cardio respiratory system to work within a desired heart rate range. Participation in the power walking class will require the student to actively participate in power walking necessary to improve cardio respiratory endurance. [top](#)

Standards

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- use self, peer, teacher and technological resources as tools to implement performance improvements in self and others.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will:

- assess and adjust activities to maintain or improve personal level of health-related fitness.
- use physiological data to adjust levels of exercise and nutrient intake to promote wellness.
- use the results of fitness assessments to guide changes in her or his personal programs of physical activity.
- design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.
- physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

Unit Objectives

Essential Questions

Assessment

<p>Students will be able to:</p> <ul style="list-style-type: none"> • participate in a power walking activity necessary to improve cardio respiratory endurance. • demonstrate knowledge of monitoring HR • acquire an understanding of walking techniques. • develop a warm-up and cool down routines. • determine fitness levels at the beginning and end of the power walking unit. 	<ul style="list-style-type: none"> • How can I move effectively and efficiently? • What can I do to be physically active and why is this important? • Why is it important to be physically fit and how can I stay fit? • How will physical activity help me now and in the future? <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • How does participation in power walking address my personal fitness needs and contribute to my overall wellness? 	<ul style="list-style-type: none"> • Rockport Fitness Test <hr/> <p><u>Skill Objectives</u></p> <p>Students will demonstrate competency in:</p> <ul style="list-style-type: none"> • measuring HR • demonstrating a warm-up and cool down routine. • applying safety skills and concepts • using correct power walking techniques <p>Students will demonstrate an understanding of:</p> <ul style="list-style-type: none"> • the effect of power walking on cardiovascular fitness • pre and post test personal fitness levels <p>Students will:</p> <ul style="list-style-type: none"> • monitor and calculate HR (manually and using HR monitor) <ul style="list-style-type: none"> ○ resting HR ○ active HR ○ target HR ○ recovery HR • apply safety skills and concepts.
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Self Defense and Safety

Participants in this class will become familiar with different aspects of self-defense. Through confidence-building activities and role play, participants will feel less vulnerable and more in control. Strategies are aimed to preventing physical aggression. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- use complex movements and patterns within a variety of dynamic environments.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.
- seek personally challenging experiences through physical activity as a means to personal growth.

Unit Objectives

Students will be able to:

- become aware of their surroundings.
- assess a potentially unsafe situation.
- decide what appropriate action they will

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical

Assessment

- Students will demonstrate three different physical skills that will allow them to get out of danger from someone approaching them from the front, back, side and the ground.

take.	<p>activity?</p> <ul style="list-style-type: none"> • How will physical activity help me now and in the future? <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the skills and concepts necessary to successfully participate in self-defense? 	<p><u>Skill Objectives</u></p> <p>Students will:</p> <ul style="list-style-type: none"> • apply safety skills and concepts. • apply self defense skills. • applies de-escalation skills.
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Soccer

Participants will be given instruction in the basic skills and terminology of soccer. Some of the skills will include dribbling, passing, ball control with head and body and goal kicking. Students will participate actively in a game of soccer, using official rules and equipment. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- use complex movements and patterns within a variety of dynamic environments.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- seek personally challenging experiences through physical activity as a means to personal growth.
- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a soccer game.
- demonstrate an understanding of the strategies of a soccer game.
- demonstrate competency in soccer skills.
- to participate successfully in a soccer game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to successfully participate in a soccer game?

Assessment

- Skill assessment

Skill Objectives

Students will:

- demonstrate competency in the following soccer skills:
 - shooting
 - passing
 - dribbling

		<ul style="list-style-type: none">○ trapping● develop an understanding of:<ul style="list-style-type: none">○ rules and scoring○ strategies of game play○ goalie tending skills● apply safety skills and concepts.
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Softball

Participants will review basic skills and rules and concentrate on improving these skills through drills and game situations. Emphasis will be placed on development of skills such as batting, bunting, fielding, ground balls, fly balls, base running and throwing. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a softball game.
- demonstrate an understanding of the strategies of a softball game.
- demonstrate competency in softball skills.
- to participate successfully in a softball game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to successfully participate in a softball game?

Assessment

- Skill assessment

Skill Objectives

Students will:

- demonstrate competency in the following softball skills:
 - throwing
 - catching
 - hitting
- develop an understanding of:
 - fielding (grounder/fly ball)
 - running bases

		<ul style="list-style-type: none">○ pitching○ rules and game play strategies● apply safety skills and concepts.
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Strength/Flexibility

This class emphasizes the importance of flexibility as a component of Fitness. Various stretching techniques are introduced to increase the students' level of flexibility and along with the use of free weights, medicine balls and psysio-balls. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.
- use self, peer, teacher and technological resources as tools to implement performance improvements in self and others.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will:

- assess and adjust activities to maintain or improve personal level of health-related fitness.
- use physiological data to adjust levels of exercise and nutrient intake to promote wellness.
- use the results of fitness assessments to guide changes in her or his personal programs of physical activity.
- design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do

the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- seek personally challenging experiences through physical activity as a means to personal growth.

Unit Objectives

Students will be able to:

- demonstrate an understanding of flexibility concepts.
- demonstrate an understanding of muscular strength and endurance.
- demonstrate an appropriate stretch targeting a specific muscle.

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to maintain appropriate levels of flexibility and muscular strength and endurance?

Assessments

Upon request students will demonstrate proper technique and application of a:

- stretch targeting the indicated muscle.
- muscular strength and endurance exercise targeting the indicated muscle.

Skill Objectives

Students will:

- demonstrate a stretch for each of the followings muscles:
 - hamstrings
 - quadriceps
 - lower back
 - upper back - lats
 - deltoid
 - neck – trapezius
 - gluts
 - upper body
 - pectorals
 - biceps
 - triceps
- apply safety skills and concepts.

Team Handball

Team handball is a game developed by Germany and Denmark and is played in the Olympic Games. The object of the game is to score a goal by moving the ball toward your opponent's goal by dribbling and/or using your hands to pass and throw the ball past your opponent's goalie. The rules are simple and the game is easy to learn. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- use complex movements and patterns within a variety of dynamic environments.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a team handball game.
- demonstrate an understanding of the strategies of a team handball game.
- demonstrate competency in team handball skills.
- participate successfully in a team handball game.

Essential Questions

- What different ways can the body move given a specific purpose?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Focus Question

- What are the skills and concepts necessary to successfully participate in team handball?

Assessment

- Skill assessment

Skill Objectives

Students will:

- demonstrate competency in the following floor hockey skills:
 - throwing
 - catching
 - shooting
- develop an understanding of:

		<ul style="list-style-type: none">○ goal keeping skills○ defensive strategies○ moving to space○ passing● apply safety skills and concepts.
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Tennis

The fundamental skills of forehand, backhand, serve and volley will be taught. Etiquette, rules, and strategies for doubles play will be emphasized. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- persist in practicing activities to increase specific skill competence in areas of interest.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles and doubles tennis match.
- demonstrate an understanding of the strategies for effective singles and doubles

Essential Questions

- What different ways can the body move given a specific purpose?
- What can I do to be physically active and why is this important?
- How do I interact with others during physical activity?

Assessment

- Skill assessment
- Cognitive assessment

Skill Objectives

Students will:

<p>play.</p> <ul style="list-style-type: none"> • demonstrate competency in tennis skills to participate successfully in a tennis match. 	<ul style="list-style-type: none"> • How will physical activity help me now and in the future? <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the skills and concepts necessary to successfully participate in tennis? 	<ul style="list-style-type: none"> • demonstrate competency in the following floor hockey skills: <ul style="list-style-type: none"> ○ throwing ○ catching ○ shooting • develop an understanding of: <ul style="list-style-type: none"> ○ goal keeping skills ○ defensive strategies ○ moving to space ○ passing • apply safety skills and concepts.
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Ultimate Flying Disc

This unit offers the student an opportunity to develop the skills of Frisbee throwing and catching and use them in team and individual game activities. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- maintain and further develop the fundamental movement skills in open environments.
- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- regularly engage in moderate to vigorous physical activities of their choice on a regular basis.
- apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.
- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.
- demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play an ultimate flying disc game.

Essential Questions

- What different ways can the body move given a specific purpose?
- What can I do to be physically active and why is this important?

Assessment

- Skill assessment

<ul style="list-style-type: none"> • demonstrate an understanding of the strategies of an ultimate flying disc game. • demonstrate competency in ultimate flying disc skills. • to participate successfully in an ultimate flying disc game. 	<ul style="list-style-type: none"> • How do I interact with others during physical activity? • How will physical activity help me now and in the future? <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the skills and concepts necessary to successfully participate in a game of ultimate Frisbee? 	<p><u>Skill Objectives</u></p> <p>Students will:</p> <ul style="list-style-type: none"> • demonstrate competency in the following ultimate flying disc skills: <ul style="list-style-type: none"> ○ throwing (backhand) ○ catching • develop an understanding of: <ul style="list-style-type: none"> ○ moving to space ○ defensive strategies ○ passing • apply safety skills and concepts.
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Volleyball

Participants will receive instruction in basic rules and regulations of the game. Skills taught and practiced will include passing, serving, and beginning play sets of bump, set and spike. An all physical education class volleyball tournament will culminate this unit. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.
- develop advanced skills in selected physical activities.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will:

- apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.
- develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules and scoring of a volleyball game.
- demonstrate an understanding of strategies and position responsibilities of a volleyball game.
- demonstrate competency in volleyball

Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Assessment

- Skill assessment
- Cognitive assessment

Skill Objectives

Students will:

<p>skills.</p> <ul style="list-style-type: none"> • participate successfully in a volleyball game. 	<p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the skill and concept necessary to successfully participate in volleyball? 	<ul style="list-style-type: none"> • demonstrate competency in the following volleyball skills: <ul style="list-style-type: none"> ○ serving ○ underhand pass ○ overhead pass • demonstrate an understanding of: <ul style="list-style-type: none"> ○ spike ○ overhand serve • apply safety skills and concepts.
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Yoga

The course is designed to promote good physical and mental health through breathing, stretching and relaxation techniques. Discipline, concentration, coordination, and control of one's mind and body will be emphasized. [top](#)

Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will:

- demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will:

- engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will:

- assess and adjust activities to maintain or improve personal level of health-related fitness.
- use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will:

- make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.
- seek personally challenging experiences through physical activity as a means to personal growth.

- persist in practicing activities to increase specific skill competence in areas of interest.
- experiment with new physical activities as part of a personal improvement plan.

<p><u>Unit Objectives</u> Students will be able to:</p> <ul style="list-style-type: none"> • participate in activities necessary to improve flexibility. • participate in activities necessary to improve strength. • develop an understanding and an appreciation of the benefits of muscular strength and flexibility. • demonstrate breath control and yoga poses 	<p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • What different ways can the body move given a specific purpose? • How can I move effectively and efficiently? • What can I do to be physically active and why is this important? • Why is it important to be physically fit and how can I stay fit? • How will physical activity help me now and in the future? <p><u>Focus Question</u></p> <ul style="list-style-type: none"> • What are the techniques and concepts necessary to successfully participate in Yoga? 	<p><u>Assessment</u> Students will teach yoga poses. Included in their instruction will be an explanation of correct breath control.</p> <p><u>Skill Objectives</u> Students will:</p> <ul style="list-style-type: none"> • participate in a variety of Yoga poses: <ul style="list-style-type: none"> ○ Standing poses ○ Seated poses ○ Backward bends • feel comfortable adjusting or modifying their level of intensity based on the individual ability. • demonstrate appropriate breath control. • apply safety skills and concepts.
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