

Curriculum Development
In the Fairfield Public Schools

FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CONNECTICUT

PHYSICAL EDUCATION
9 - 12

Board of Education Approved 03/27/2007

PHYSICAL EDUCATION

Statement of Purpose

Physical Education is an integral and vital part of the general education program that significantly contributes to the total growth and development of each student, primarily through movement experiences. It is unique because it provides a balance of activities that reflect and challenge the divergent needs of students in the psychomotor, cognitive and affective domains.

The high school physical education program aims to educate students to be healthy and active throughout their lives. We recognize that regular physical activity is imperative to the well being of all people. The focus of the high school physical education program is to motivate students toward a physically active lifestyle by helping them to understand the physiological benefits of exercise perform a variety of movements and appreciate the joy of activity.

The curriculum at the high school provides opportunities for students to become competent and proficient in several movement forms (net/racket, target, team, individual and outdoor pursuits,) elected from a variety of choices. Within the high school curriculum, students will also have the opportunity to design and develop a personalized physical fitness program to participate in health-enhancing physical activity within school and beyond the physical education class.

Audience

Students in grades 9 – 12

Prerequisite

None

Design and Description

The program at the high school integrates physical, mental, psychological and social aspects into the physical education program. This is necessary for the development of sport skill and for the acquisition of new knowledge about physical activity. In recent years, scientific evidence linking physical activity and health has increased. A “physically educated person values the concept of remaining active throughout life, and appreciates the sense of joy which is derived from physical education.” 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. Sneakers are required for all activities.

Course Objectives

Students will be able to:

- 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.

Physical Education 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.

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

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

Students will develop advanced skills in selected physical activities.

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

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

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.

Students will apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

Students will apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

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.

Students will use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

Students will use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

Students will 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.

Students will demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.

Students will develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Students will 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.

Students will use physical activity as a means of creative expression.

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

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

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

Students will experiment with new physical activities as part of a personal improvement plan.

Information and Technology Standards (to be added)

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?
- How does participation in a choreographed aerobic activity address my personal fitness needs and contribute to my overall wellness?
- What are the skill and concepts necessary to successfully participate in archery?

- What are the skills and concepts necessary to successfully participate in badminton?
- What are the skills and concepts necessary to successfully participate in a basketball game?
- What are the skills and concepts necessary to have positive social interaction while participating in game play?
- What are the skills and concepts necessary to successfully participate in a floor hockey game?
- What are the skills and concepts necessary to successfully participate in a game of Rugby?
- What are the skills and concepts necessary to successfully participate in floor hockey?
- What are the skills and golf concepts necessary to participate in golf?
- What are the skills and concepts necessary to successfully participate in a modified game of lacrosse?
- What are the skills and concepts necessary to successfully participate in “Kinball?”
- What are the skills and concepts necessary to successfully participate in pickle ball?
- What are the techniques and concepts necessary to successfully participate in Pilates?
- How does participation in power walking address my personal fitness needs and contribute to my overall wellness?
- What are the skills and concepts necessary to successfully participate in self-defense?
- What are the skills and concepts necessary to successfully participate in a soccer game?
- What are the skills and concepts necessary to successfully participate in a softball game?
- What are the skills and concepts necessary to maintain appropriate levels of flexibility and muscular strength and endurance?
- What are the skills and concepts necessary to successfully participate in team handball?
- What are the skills and concepts necessary to successfully participate in tennis?
- What are the skills and concepts necessary to successfully participate in a game of ultimate Frisbee?
- What are the skill and concept necessary to successfully participate in volleyball?
- What are the techniques and concepts necessary to successfully participate in Yoga?

UNITS OF STUDY

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.

Physical Education 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.

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

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.

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.

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 the future?

Focus Question

- How does participation in a choreographed aerobic activity address my personal fitness needs and contribute to my overall wellness?

Core Topics

- Basic aerobic moves
- (heart rate) HR check
- create basic choreography of aerobic movements
- cardio respiratory endurance
- warm-up/cool down

Unit Objectives

Students will be able to:

- participate in a choreographed aerobic activity necessary to improve cardio respiratory endurance.
- demonstrate knowledge of monitoring HR.
- acquire an understanding of a variety of aerobic activities and movements.
- develop a choreographed aerobic routine including a warm-up and cool down.

Skill Objectives

Students will demonstrate competency in:

- Monitor and calculate HR (manually and using HR monitor)
 - Resting HR
 - Active HR
 - Target HR
 - Recovery HR
- demonstrate a choreographed aerobic routine including a warm-up and cool down.
- Application of safety skills and concepts

Students will demonstrate an understanding of:

- the effect of aerobic activity on HR

Sample Assessment

- Choreographed aerobic routine including a warm-up and cool

Pacing

10-week unit of instruction

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.

Physical Education 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.

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.

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?

Core Topics

- Safety
- Archery Terms and concepts
 - Archery equipment vocabulary
 - Appropriate use of equipment
- Rules of scoring
- Archery Skills: stance, grip, nocking arrow, draw, aim, release and follow through.

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.

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.
- apply safety skills and concepts

Sample Assessments

- Skill assessment – Scoring rubric
- Cognitive Assessment

Pacing

10-week unit of instruction

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.

Physical Education 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.

Students will 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.

Students will 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.

Students will 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.

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 the future?

Focus Question

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

Core Topics

- Rules and scoring
- Strategy (doubles & singles)
- Serving
- Drive shot (forehand & backhand)
- Clear shot
- Drop shot
- Smash

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 play.
- demonstrate competency in badminton skills.
- to participate successfully in a badminton game.

Skill Objectives

Students will:

- demonstrate competency in the following badminton skills:
 - serving
 - drive (forehand and backhand)
 - clear (underhand and overhand)
- demonstrate an understanding of:
 - drop shot
 - smash
- demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play.
- apply safety skills and concepts

Sample Assessments

- Skill assessment
- Cognitive assessment

Pacing

10-week unit of instruction

Basketball

This unit offers the student an opportunity to play a team sport. Shooting, passing and basic offense and defense are taught.

Physical Education 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.

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

Students will 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.

Students will 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.

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

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?

Core Topics

- Shooting (jump and set shot)
- Lay-up
- passing (bounce & chest)
- rules and scoring
- strategies
- dribbling
- rebounding

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.

Skill Objectives

Students will:

- demonstrate competency in the following basketball skills:
 - shooting
 - passing
 - dribbling
- develop an understanding of:
 - Rebounding
 - Moving to space
 - Game play strategies
 - Pivoting
 - Lay-ups
- apply safety skills and concepts

Sample Assessment

- Skill assessment

Pacing

10-week unit of instruction

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.

Physical Education 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.

Students will 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.

Students will apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

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.

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.

Students will demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.

Students will develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Students will 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.

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?
- 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 have positive social interaction while participating in game play?

Core Topics

- Sportsmanship
- Effort
- Strategy

Unit Objective

Students will be able to:

- demonstrate sportsmanship in a team/cooperative game.

Skill Objectives

Students will:

- apply safety skills and concepts.
- work cooperatively.
- demonstrate sports related etiquette.
- communicate effectively in group/game situations.
- respect differences of teammates and opponents.

Sample Assessment

- Sportsmanship rubric

Pacing

10 week unit of instruction

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.

Physical Education 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.

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.

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.

Students will apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

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.

Students will use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

Students will 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.

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

Students will experiment with new physical activities as part of a personal improvement plan.

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

- 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?

Core Topics

Flexibility

Sub-topics

- Safe and appropriate stretching exercises
- Principles and concepts for stretching
- Individual planned program

Cardio Respiratory Endurance

Sub-topics

- Safe and appropriate use of equipment
- Heart rate
- Principles and concepts of cardio respiratory endurance
- Individual planned program

Muscular Strength and Endurance

Sub-topics

- Safe and appropriate use of equipment
- Principles and concepts of muscular strength and endurance
- Individual planned program

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 activities necessary to improve muscular strength and endurance.
- acquire an understanding of the principles and concepts of weight training.

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.

Sample Assessment

[Development of an individual fitness plan.](#)

- Flexibility
- Muscular Strength and Endurance
- Cardio Respiratory Endurance

Pacing

10-week unit of instruction

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.

Physical Education 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.

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 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.

Students will 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.

Essential Question

- 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?

Focus Question

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

Core Topics

- Throwing
- Catching
- Passing Patterns
- Center Snap
- Hand-off and Ball Carrying Technique
- Rules and game play strategies
- Punting/Kicking

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 football game.

Skill Objectives

Students will:

- demonstrate competency in the following basketball skills:
 - Throwing
 - Catching
 - Center Snap
 - Ball Carrying
- develop an understanding of:
 - Passing Patterns
 - Hand-offs
 - Rules and game play strategies
 - Punting/Kicking
- apply safety skills and concepts

Sample Assessment

- Skill Assessment

Pacing

10 week unit of instruction

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.

Physical Education 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.

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 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.

Students will 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.

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?

Focus Question

- What are the skills and concepts necessary to successfully participate in a game of Rugby

Core Topics

- Passing – Underhand/Lateral
- Throwing – overhead soccer style
- Catching – Two hands
- Rules and game play strategy

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.
- participate successfully in a Rugby game.

Skill Objectives

Students will:

- Demonstrate competence in the following Rugby skills:
 - Passing – underhand/lateral
 - Receiving the pass – two hands
- Develop and understanding of
 - Moving to space
 - Lateral passing
 - Offensive and defensive strategies
 - Positioning on field
- Applies safety rules and concepts

Sample Assessment:

- Skill assessment
- Cognitive assessment

Pacing

5-Week unit of instruction

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.

Physical Education 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.

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

Students will 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.

Students will 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.

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?

Core Topics

- Rules and scoring
- Strategy
- Passing
 - Clear pass
 - Push pass
- Wrist shot
- Slap Shot
- Face-off
- Goal keeping skills
- Safety

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.

Skill Objectives

Students will:

- demonstrate competency in the following floor hockey skills:
 - passing
 - clear Pass
 - push Pass
 - trapping
 - wrist shot
- demonstrate safety during game play
- develop an understanding of:
 - goal keeping skills
 - slap shot
 - face-off
- apply safety skills and concepts

Sample Assessments

- Skill assessment
- Cognitive assessment

Pacing

10-week unit of instruction

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.

Physical Education 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.

Students will 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.

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

Essential Question

- 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?

Core Topics

- Golf etiquette and safety
- Types and appropriate use of equipment
 - Clubs
 - Bag

- Golf Tees
- Golf vocabulary necessary for participation
- Golf skills
 - Chipping technique
 - Swing technique
 - Putting technique

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.

Skill Objectives

Students will:

- demonstrate commentary in the following golf skills:
 - grip
 - putting
 - basic golf Swing
 - driver
 - irons
 - chipping
- participate successfully in all aspects of a modified golf game including
 - keeping score
 - following proper etiquette
 - adhering to safety rules
- demonstrate an understanding of necessary golf terms
 - scoring terms
 - 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

Sample Assessments

- Cognitive assessment
- Skill Assessment

Pacing

10-week unit of instruction

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.

Physical Education 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.

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

Students will 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.

Students will 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.

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?

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Core Topics

- Throwing
- Catching
- Cradling
- Shooting (quick and bounce)
- Scooping
- Rules and game play strategies

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.
- to participate successfully in a modified lacrosse game.

Skill Objectives

Students will:

- demonstrate competency in the following ultimate Frisbee skills:
 - throwing
 - catching
 - scooping
 - cradling
- develop an understanding of:
 - moving to space
 - defensive strategies
 - passing
 - shooting
- apply safety skills and concepts

Sample Assessment

- Skill assessment

Pacing

10-week unit of instruction

DRAFT

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.

Physical Education 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.

Students will demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.

Students will develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

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?”

Core Topics

- Rules and Scoring

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- Strategy
- Passing
- Immobilizing the ball
- Serving
- Moving with the Ball

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.

Skill Objectives

Students will:

- demonstrate competency in the following “Kinball” skills:
 - serving
 - passing
 - movement with the ball (individual and with a teammate)
 - immobilization of the ball
- develop and understanding of:
 - defensive strategies
 - offensive strategies
 - moving to space
 - rules and scoring
- apply safety skills and concepts

Sample Assessments

- Skill assessment
- Cognitive Assessment

Pacing

10 week unit of instruction

DRAFT

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.

Physical Education 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.

Students will 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.

Students will 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.

Students will 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.

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?

DRAFT

- How will physical activity help me now and in the future?

Focus Question

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

Core Topics

- Rules and scoring
- Strategy (doubles and singles)
 - Passing
 - Lobbing
- Serving
- Drive shot (forehand & backhand)
- Drop shot (dink)
- Overhead slam
- Volley

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.
- demonstrate competency in pickleball skills.
to participate successfully in a pickleball game.

Skill Objectives

Students will:

- demonstrate competency in the following Pickleball skills:
 - serving
 - drive shot (forehand and backhand)
- demonstrate an understanding of:
 - drop shot (dink)
 - smash
 - lob
 - volley
- demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play
- apply safety skills and concepts

Sample Assessments

- Skill Assessment
- Cognitive assessment

Pacing

10-week unit of instruction

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.

Physical Education 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.

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.

Students will use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

Students will design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

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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.

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

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

Students will experiment with new physical activities as part of a personal improvement plan.

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?

Core Topics

- Flexibility
- Muscular strength
- Muscular endurance

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.

Skill Objectives

Students will:

- participate in a variety of Pilates exercises identifying the levels of difficulty listed below:
 - modification level
 - intermediate level
 - challenge level

DRAFT

- feel comfortable adjusting or modifying their level of intensity based on the individual ability.
- apply safety skills and concepts

Sample Assessment

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

Pacing

10-week unit of instruction

DRAFT

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.

Physical Education 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.

Students will apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

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.

Students will use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

Students will use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

Students will 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

DRAFT

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.

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

Essential Questions

- 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

- How does participation in power walking address my personal fitness needs and contribute to my overall wellness?

Core Topics

- Walking Technique
- HR check (heart rate)
- Warm-up and cool down
- Cardio respiratory endurance

Unit Objectives

Students will be able to:

- 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.

Skill Objectives

Students will demonstrate competency in:

- Measuring HR
- Demonstrate a warm-up and cool down routine.
- Applies safety skills and concepts
- Correct power walking techniques

Students will demonstrate an understanding of:

- The effect of power walking on cardiovascular fitness
- Monitor and calculate HR (manually and using HR monitor)

DRAFT

- Resting HR
- Active HR
- Target HR
- Recovery HR
- Pre and post test personal fitness levels
- apply safety skills and concepts

Sample Assessment

- Rockport Fitness Test

Pacing

10-week unit of instruction

DRAFT

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.

Physical Education 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.

Students will 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.

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

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?

DRAFT

Focus Question

- What are the skills and concepts necessary to successfully participate in self-defense?

Core Topics

- Awareness of environment
- Assessment of a potentially unsafe situation
- Appropriate action plan

Unit Objectives

Students will be able to:

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

Skill Objectives

Students will:

- apply safety skills and concepts.
- apply self defense skills.
- applies de-escalation skills.

Sample 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.

Pacing

10 week unit of instruction

DRAFT

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.

Physical Education 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.

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

Students will 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.

Students will 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.

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

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?

DRAFT

Focus Question

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

Core Topics

- Shooting
- Passing
- Rules and scoring
- Strategies of game play
- Dribbling
- Trapping
- Goalie tending skills

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.

Skill Objectives

Students will:

- demonstrate competency in the following soccer skills:
 - Shooting
 - Passing
 - Dribbling
 - Trapping
- develop an understanding of:
 - Rules and scoring
 - Strategies of game play
 - Goalie tending skills
- apply safety skills and concepts

Sample Assessment

- Skill assessment

Pacing

10-week unit of instruction

DRAFT

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.

Physical Education 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.

Students will 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.

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?

Core Topics

- Throwing
- Catching
- Hitting
- Running Bases
- Pitching
- Rules and game play strategies

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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.

Skill Objectives

Students will:

- demonstrate competency in the following softball skills:
 - Throwing
 - Catching
 - Hitting
- develop an understanding of:
 - Fielding (grounders/fly ball)
 - Running Bases
 - Pitching
 - rules and game play strategies
- apply safety skills and concepts

Sample Assessment

- Skill assessment

Pacing

5-week unit of instruction

DRAFT

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 physio-balls.

Physical Education 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.

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.

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.

Students will use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

Students will use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

DRAFT

Students will 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.

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?

Core Topics

- Warm-up
- Stretching concepts
 - Static
 - Dynamic
- Muscular strength and endurance

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.

Skill Objectives

Students will:

DRAFT

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

Sample Assessments

- Upon request students will demonstrate proper technique and application of a stretch targeting the indicated muscle.
- Upon request students will demonstrate proper technique and application of a muscular strength and endurance exercise targeting the indicated muscle.

Pacing

10-week unit of instruction

DRAFT

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.

Physical Education 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.

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

Students will 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.

Students will 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.

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?

DRAFT

Core Topics

- Throwing
- Catching
- Passing
- Shooting
- Goalie keeping skills
- Rules and game play strategy

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.
- to participate successfully in a team handball game.

Skill Objectives

Students will:

- demonstrate competency in the following floor hockey skills:
 - throwing
 - catching
 - shooting
- develop an understanding of:
 - goal keeping skills
 - defensive strategies
 - moving to space
 - passing
- apply safety skills and concepts

Sample Assessment

- Skill assessment

Pacing

10-week unit of instruction

DRAFT

Tennis

The fundamental skills of forehand, backhand, serve and volley will be taught. Etiquette, rules, and strategies for doubles play will be emphasized.

Physical Education 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.

Students will 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.

Students will apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

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.

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.

Students will 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.

DRAFT

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 the future?

Focus Question

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

Core Topics

- Rules and scoring
- Strategy (doubles and singles)
 - Passing
 - Lobbing
- Serving
- Forehand & backhand
- Drop shot
- Overhead slam
- Volley

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 play.
- demonstrate competency in tennis skills to participate successfully in a tennis match.

Skill Objective

Students will:

- demonstrate competency in the following tennis skills:
 - serving
 - forehand and backhand
- demonstrate an understanding of:
 - drop shot
 - overhead
 - lob
 - volleying
 - passing
- demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for match play.
- apply safety skills and concepts.

Sample Assessments

DRAFT

- Skill Assessment
- Cognitive assessment

Pacing

10-week unit of instruction

DRAFT

Ultimate Frisbee

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.

Physical Education 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.

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

Students will 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.

Students will apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

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.

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.

Students will develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Students will 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.

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

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 the future?

Focus Question

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

Core Topics

- Throwing (sidearm and backhand)
- Catching (one hand, two hand & pancake)
- Passing
- Rules and game play strategies

Unit Objectives

Students will be able to:

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

Skill Objectives

Students will:

- demonstrate competency in the following ultimate Frisbee skills:
 - throwing (backhand)
 - catching
- develop an understanding of:
 - moving to space
 - defensive strategies
 - passing
- apply safety skills and concepts

Sample Assessment

- Skill assessment

Pacing

10-week unit of instruction

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.

Physical Education 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.

Students will 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.

Students will 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.

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?

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Focus Question

- What are the skill and concept necessary to successfully participate in volleyball?

Core Topics

- Rules and scoring
- Strategies
 - Rotation
 - Position responsibilities
- Serving
 - Overhand
 - Underhand
- Underhand pass (bump)
- Overhead pass (set)
- Spike

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 skills.
- participate successfully in a volleyball game.

Skill Objective

Students will:

- demonstrate competency in the following volleyball skills:
 - serving
 - underhand pass
 - overhead pass
- demonstrate an understanding of:
 - spike
 - overhand serve
- apply safety skills and concepts.

Sample Assessments

- Skill assessment
- Cognitive assessment

Pacing

10-week unit of instruction

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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.

Physical Education 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.

Students will 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.

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

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

Students will experiment with new physical activities as part of a personal improvement plan.

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 Yoga?

Core Topics

- Flexibility
- Muscular strength
- Muscular endurance
- Breath Control
- Poses

Unit Objectives

Students will be able to:

- 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.

Skill Objectives

Students will:

- participate in a variety of Yoga poses.
 - 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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Sample Assessment

Students will teach yoga poses. Included in their instruction will be an explanation of correct breath control.

Pacing

10-week unit of instruction