

Curriculum Development  
In the Fairfield Public Schools

**FAIRFIELD PUBLIC SCHOOLS**  
FAIRFIELD, CONNECTICUT

**PHYSICAL EDUCATION**  
**MIDDLE SCHOOL**

Board of Education Approved 03/24/2009

# **PHYSICAL EDUCATION MIDDLE SCHOOL**

## **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 diverse needs of students in the psychomotor, cognitive and affective domains.

The physical education program at the middle school level is designed to provide students with a wide variety of activities including lifetime/leisure, individual and team sports, physical fitness and Project Adventure. The main focus is to develop fitness and to encourage physical activity not only during physical education class, but as an integral part of a healthy lifestyle. The program aims to educate students to be healthy and active throughout their lives.

At the middle school level, through an exposure approach, students are provided the opportunity to enhance their physical, emotional, intellectual and social growth. The sequential nature of the K-12 curriculum allows the middle school to foster a unique transition between elementary and high school physical education.

## **Audience**

Students in grades 6-8

## **Prerequisite**

None

## **Design and Description**

The program at the middle 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.

## **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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized skills.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

### ***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 occur in increasingly more complex movement and game forms.

Students will use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Students will apply an understanding of the connections between the purposes of movements and their effect on fitness.

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities 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 demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

Students will assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

Students will analyze the results of one or more components of health-related fitness.

Students will plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

### ***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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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 does participation in a cardio-respiratory endurance activity address my personal fitness needs and contribute to my overall wellness?
- What are the skills 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 basketball activities?
- How does participating in a cooperative games unit provide opportunities for positive social and group interaction through physical activity?
- What are the skills necessary to successfully participate in field hockey?
- How do I record a fitness journal?
- 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?
- What are the skills and concepts necessary to participate in a flag football game?
- 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 hocker?
- What are the skills and concepts necessary to participate in a lacrosse activity/game?
- What are the skills and concepts necessary to successfully participate in pickleball?
- What are the initiatives and team building concepts to have a positive social interaction while participating in the Project Adventure curriculum?

- What are the skills necessary to successfully participate in soccer?
- What are the skills and concepts necessary to be successfully participate in a softball game?
- What are the skills and concepts necessary to successfully participate in speedball?
- What are the skills necessary to successfully participate in a game of team handball?
- What are the skills and concepts necessary to successfully participate in tennis?
- What are the skills and concepts necessary to participate successfully in a track and field unit?
- What are the skills and concepts necessary to participate in an ultimate flying disc activity/game?
- What are the basic skills and concepts necessary to participate in volleyball activities?

## UNITS OF STUDY

### Aerobics

This class is designed to help the student become more aware of the benefits of physical activity that require increased heart rate and heart rate sustained over time. 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will develop increasing competence in more advanced specialized skills.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### *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 occur in increasingly more complex movement and game forms.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### *Physical Fitness*

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

Students will demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

Students will assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

#### *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 self and group expression.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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 cardio respiratory endurance activity address my personal fitness needs and contribute to my overall wellness?

### **Core Topics**

- Basic aerobic moves
- Calculate heart rate and training zone
- 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 on monitoring heart rates.
- acquire an understanding of a variety of aerobic activities and movements.

### **Skill Objectives**

Students will demonstrate competency in:

- monitoring and calculating their heart rate at rest, during exercise and recovery.
- understanding the effect of aerobic activity on heart rate.
- applying safety skills and concepts.

### **Sample Assessment**

Skill Assessment

### **Pacing**

3-4 week unit of instruction



## Archery

This is an introductory archery course. Emphasis is given to the safety skills necessary for target shooting, 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 demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

Students will use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

### Essential Questions

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

### Focus Question

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

### Core Topics

- Safety
- Archery terms and concepts
- Rules of scoring
- Archery skills: stance, grip, knocking 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 an understanding of the skills in shooting an arrow.

### **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 and team score.
- demonstrate safety practice as related to shooting and retrieving arrows.
- apply safety skills and concepts.

### **Sample Assessments**

- Skill Assessment
- Scoring Rubric

### **Pacing**

3-4 week unit of instruction

## **Badminton**

This is an introductory badminton course. Emphasis is given to the skills necessary to participate in a badminton 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities 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 understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

#### ***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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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
- Forehand
- Backhand
- Clear
- Smash
- Serve

### **Unit Objectives**

Students will be able to:

- demonstrate an understanding of rules and scoring in badminton.
- demonstrate increased competency in badminton skills to participate in a badminton activity/game.

### **Skill Objectives**

Students will:

- demonstrate competency in the following badminton skills:
  - Serving
  - Forehand and backhand

### **Sample Assessments**

- Skill Assessment
- Cognitive Assessment

**Pacing**

3-4 week unit of instruction

## **Basketball**

This is an introductory basketball course. Emphasis is given to the skills necessary to participate in a basketball 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized skills.

#### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Students will apply appropriate skills for resolving conflicts peacefully.

#### ***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 about participating in different physical activities based on feelings and interests.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

### **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 basketball activities?

### **Core Topics**

- Dribbling
- Passing
- Set shot
- Lay up
- Defense/Offense
- Spacing/movement
- Rules

### **Unit Objectives**

Students will be able to:

- demonstrate an understanding of the basic rules necessary to play a basketball game.
- demonstrate competency in basketball skills.
- actively participate in a basketball activity/game.

### **Skill Objectives**

Students will:

- demonstrate increased competency in the following basketball skills:
  - shooting
  - passing
  - dribbling
- develop an understanding of:
  - spacing/movement
  - offensive and defensive concepts
  - rules
- apply safety skills and concepts.

### **Sample Assessment**

Skill Assessment

### **Pacing**

3-4 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### ***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 knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

#### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.



Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

### ***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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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**

How does participating in a cooperative games unit provide opportunities for positive social and group interaction through physical activity?

### **Core Topics**

- Communication
- Team work
- Respect
- Sportsmanship
- Strategy
- Gross motor skills
- Cardio vascular endurance

### **Unit Objective**

Students will be able to:

- demonstrate an understanding of cooperative concepts to successfully participate in a cooperative group activity.

### **Skill Objectives**

Students will:

- demonstrate competency in the following cooperative skills:
  - Communication
  - Sportsmanship
  - Respect
  - Strategizing
- demonstrate competency in the following gross motor skills:
  - Running
  - Jumping
  - Throwing
  - Catching
  - Kicking

### **Sample Assessment**

Teacher Observation

### **Pacing**

3-4 week unit of instruction

## **Field Hockey**

This is an introductory field hockey course. Emphasis is given to the skills necessary to participate in a field hockey activity/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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will apply appropriate skills for resolving conflicts peacefully.

#### ***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 about participating in different physical activities based on feelings and interests.

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

### **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 necessary to successfully participate in field hockey?

### **Core Topics**

- Safety
- Rules of game play
- Dribble
- Push pass
- Drive
- Dodging
- Tackling
- Scooping
- Field position
- Offensive and defensive concepts

### **Unit Objectives**

Students will be able to:

- demonstrate an understanding of appropriate safety rules.
- demonstrate an understanding of game play.
- demonstrate an understanding of the skills necessary to participate in a field hockey activity/game.

### **Skill Objectives**

Students will:

- demonstrate increased competency in the following field hockey skills:
  - Dribble
  - Push pass
  - Drive
  - Defense
  - Dodging
  - Tackling
  - Scooping
- demonstrate an understanding of:
  - Offense/Defense
  - Rules
  - Safety

### **Sample Assessments**

- Skill Assessment
- Scoring Rubric

### **Pacing**

3-4 week unit of instruction

## **Fitness**

This unit offers an opportunity for the students to experience a variety of fitness activities which include the areas of strength, flexibility, and cardio respiratory endurance.

### **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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness 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 occur in increasingly more complex movement and game forms.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Students will apply an understanding of the connections between the purposes of movements and their effect on fitness.

Students will engage in a variety of appropriate physical activities 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 demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

Students will assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

Students will analyze the results of one or more components of health-related fitness.

Students will plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all 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 make decisions about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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 record a fitness journal?
- 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 a muscular strength endurance activity address my personal fitness needs and contribute to my overall wellness?

### **Core Topics**

#### Flexibility

- Safe and appropriate stretching exercises
- Principles and concepts for stretching
- Fitness Journal/Fitness Log

#### Cardio Respiratory Endurance

- Safe and appropriate use of equipment
- Heart rate/training zone
- Principles and concepts of cardio respiratory endurance
- Fitness Journal/Fitness Log

#### Muscular Strength and Endurance

- Safe and appropriate use of equipment
- Principles and concepts of muscular strength and endurance
- Fitness Journal/Fitness Log

### **Unit Objectives**

Students will be able to:

- participate in cardio respiratory endurance activities necessary to improve cardio respiratory endurance.
- 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.
- develop an understanding of the relationship between exercise and muscle group.
- 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:

- participate in a variety of cardio vascular activities such as Pilates and step aerobics.
- calculate resting, target and recovery heart rate.

- use cardio respiratory equipment such as the recumbent bike, elliptical trainer, Stairmasters, air dyne bikes and rowers and jump ropes.
- apply safety skills and concepts.
- use the weight training equipment such as cybex equipment, Hoist machines, free weights, medicine ball, thera bans, physio balls and balance boards.
- use Tech Fitness such as DDR, Eye Toy, interactive bikes, Xavix, Wii, Playstation and Xbox.

### **Sample Assessments**

- Skill Assessment
- Cognitive Assessment

### **Pacing**

3-6 week unit of instruction



## **Flag Football**

This is an introductory flag football course. Emphasis is given to the skills necessary to participate in a flag football 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness 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 knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will develop 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 make decisions about participating in different physical activities based on feelings and interests.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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 participate in a flag football game?

### **Core Topics**

- Throwing
- Catching
- Pass patterns
- Rules and game play strategies
- Punting/place kicking
- Running with the football

### **Unit Objectives**

Students will be able to:

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

### **Skill Objectives**

Students will:

- demonstrate competency in the following flag football skills:
  - Throwing
  - Catching
  - Pass patterns
- develop an understanding of:
  - Pass patterns
  - Basic defense
  - Kicking and Punting
  - Safety skills and concepts

### **Sample Assessment**

Skill Assessment

### **Pacing**

3-4 week unit of instruction

## **Floor Hockey**

This is an introductory floor hockey course. Emphasis is given to the skills necessary to participate in a floor hockey 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized skills.

#### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will develop 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 make decisions about participating in different physical activities based on feelings and interests.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

### **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
- Passing and receiving
- Strategy
- Face-off
- Goalkeeping
- Stick Handling
- Safety

### **Unit Objectives**

Students will be able to:

- demonstrate an understanding of the rules and safety concepts necessary to play a floor hockey activity/game.
- demonstrate an understanding of team play on offense and defense to participate successfully in a floor hockey activity/game.
- demonstrate competency in floor hockey skills.

### **Skill Objectives**

Students will:

- demonstrate competency in the following floor hockey skills:
  - Passing
  - Receiving
  - Face-offs
  - Goalkeeping
  - Stick handling
- apply safety skills and concepts.

### **Sample Assessment**

Skill Assessment

### **Pacing**

3-4 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 woods, irons and putters.

### 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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will develop increasing competence in more advanced specialized skills.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Students will apply appropriate skills for resolving conflicts peacefully.

#### *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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

# DRAFT

## **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?

## **Core Topics**

- Golf etiquette and safety
- Golf fundamentals of grip, stance and alignment.
- Basic golf swing
- Putting
- Introduction to golf terminology
- Introduction to basic rules of the game

## **Unit Objectives**

Students will be able to:

- demonstrate a basic understanding of the rules, safety, terminology and etiquette for appropriate participation in golf.
- demonstrate competency in basic golf skills.

## **Skill Objectives**

Students will:

- demonstrate an understanding of the following basic golf skills:
  - Grip
  - Stance
  - Basic swing
  - Putting

## **Sample Assessment**

Skill Assessment

## **Pacing**

3-4 week unit of instruction

## Hocker

This unit offers the student an opportunity to play a team game using a variety of sport skills.

### 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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

#### *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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

# DRAFT

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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 hocker?

## **Core Topics**

- Currying
- Passing
- Dribbling
- Kicking
- Scooping
- Rules and Strategies

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of rules and scoring in hocker.
- demonstrate competency in a variety of team sport skills to participate in a game of hocker.

## **Skill Objectives**

Students will:

- demonstrate competency in the following hocker skills:
  - Currying
  - Passing
  - Dribbling
  - Kicking
  - Scooping

## **Sample Assessment**

Skill Assessment

## **Pacing**

3-4 week unit of instruction



## Lacrosse

This is an introductory lacrosse course. Emphasis is given to the skills necessary to participate in a modified lacrosse 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Students will apply appropriate skills for resolving conflicts peacefully.

#### *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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

# DRAFT

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

## **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 participate in a lacrosse activity/game?

## **Core Topics**

- Cradling
- Catching
- Throwing
- Scooping
- Offense/Defense
- Spacing/movement
- Face off
- Safety
- Rules

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of basic rules and safety concepts to participate in a lacrosse activity/game.
- demonstrate competency in lacrosse skills to participate in a lacrosse activity/game.

## **Skill Objectives**

Students will:

- demonstrate competency in the following lacrosse skills:
  - Cradling
  - Catching
  - Throwing
  - Scooping
  - Offense/defense
  - Spacing/movement
  - Rules
- apply safety skills and concepts.

## **Sample Assessment**

# DRAFT

Skill Assessment

## **Pacing**

3-4 week unit of instruction

## **Pickleball**

This is an introductory pickleball course. Emphasis is given to the skills necessary to participate in a pickleball 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities 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 understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

#### ***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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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 pickleball?

## **Core Topics**

- Rules and Scoring
- Forehand
- Backhand
- Volley
- Serve
- No volley zone

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of rules and scoring in pickleball.
- demonstrate competency in pickleball skills to participate in a pickleball match.

## **Skill Objectives**

Students will:

- demonstrate competency in the following pickleball skills
  - serving
  - forehand and backhand
  - volley

## **Sample Assessment**

Skill Assessment

# DRAFT

## **Pacing**

3-4 week unit of instruction

# DRAFT

## **Project Adventure**

This unit will provide students with an opportunity to participate in Project Adventure games, initiatives and climbing activities. Students will participate under the guidelines of the Project Adventure “Full Value Concepts”.

## **Physical Education Standards**

### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will apply an understanding of the connections between the purposes of movements and their effect on fitness.

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities 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 understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

### ***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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

# DRAFT

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **Essential Questions**

- 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**

How do games, initiatives and team building opportunities facilitate the development of positive social interactions?

## **Core Topics**

- Full Value Concept
  - Be Here
  - Be Safe
  - Set Goals
  - Be Honest
  - Let go and move on
- Safety
- Challenge by choice
- Trust
- Communication
- Leadership
- Respect
- Planning
- Critical thinking
- Persistence
- Tying a Studebaker harness
- Securing a universal harness
- Australian belay
- Proper use of carabineers
- Climbing commands
- Physical support techniques/spotting

## **Unit Objectives**

Students will be able to:

- demonstrate a basic understanding of rules, safety and terminology for appropriate successful participation in the Project Adventure curriculum.
- demonstrate increased competency in basic Project Adventure skills.
- demonstrate an understanding of Project Adventure concepts.



# DRAFT

## Skill Objectives

Students will:

- participate in cooperative games by demonstrating increased competency in the following Project Adventure concepts/skills:
  - Full Value Concept
  - Trust
  - Communication
  - Respect
  - Leadership
  - Safety
- participate in initiatives by demonstrating increased competency in the following Project adventure concepts/skills:
  - Full Value Concept
  - Trust
  - Planning
  - Critical Thinking
  - Leadership
  - Persistence
  - Communication
  - Physical support techniques
  - Respect
  - Safety
- participate in climbing activities by demonstrating increased competency in the following Project Adventure concepts/skills:
  - Full Value Concepts
  - Trust
  - Communication
  - Respect
  - Leadership
  - Planning
  - Critical thinking
  - Persistence
  - Physical support techniques
  - Tying a Studebaker harness
  - Securing a universal harness
  - Use of carabineers
  - Australian belay
  - Climbing commands
  - Safety

## Sample Assessments

- Cognitive Assessment
- Skill Assessment (harness)

## Pacing

4-6 week unit of instruction

# DRAFT

## Soccer

This is an introductory soccer course. Emphasis is given to the skills necessary to participate in a soccer 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized skills.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

#### *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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

# DRAFT

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

## **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 necessary to successfully participate in soccer?

## **Core Topics**

- Dribbling
- Passing
- Trapping
- Spacing/movement
- Positioning
- Shooting
- Offense/defense
- Rules

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of the basic rules necessary to participate in a soccer activity/game.
- demonstrate competency in soccer skills.
- actively participate successfully in a soccer activity/game.

## **Skill Objectives**

Students will:

- demonstrate competency in the following soccer skills:
  - dribbling
  - passing
  - trapping
  - shooting
- demonstrate an understanding of:
  - positions
  - spacing/movement
  - offensive and defensive concepts
  - rules

# DRAFT

- apply safety skills and concepts.

## **Sample Assessment**

Skill Assessment

## **Pacing**

3-4 week unit of instruction

# DRAFT

## Softball

This is an introductory softball course. Emphasis is given to the skills necessary to participate in a softball 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized skills.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Students will apply appropriate skills for resolving conflicts peacefully.

#### *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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

# DRAFT

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

## **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 be successfully participate in a softball game?

## **Core Topics**

- Throwing
- Catching
- Hitting
- Running bases
- Rules and game play strategies

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of the rules necessary to participate in a softball game.
- demonstrate competency in softball skills.
- participate successfully in a variety of modified softball activities.

## **Skill Objectives**

Students will:

- demonstrate competency in the following softball skills:
  - Throwing
  - Catching
  - Hitting
- demonstrate an understanding of running bases, game rules and game play.

## **Sample Assessment**

Skill Assessment

## **Pacing**

3-4 week unit of instruction

# DRAFT

## Speedball

This unit offers the student an opportunity to play a team game using a variety of sport skills.

### 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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

#### *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 about participating in different physical activities based on feelings and interests.

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

Students will use physical activity as a means of self and group expression.

# DRAFT

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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 speedball?

## **Core Topics**

- Passing
- Dribbling
- Throwing
- Kicking
- Rules and strategies

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of rules and scoring in speedball.
- demonstrate competency in variety of team sport skills to participate in a game of speedball.

## **Skill Objectives**

Students will:

- demonstrate competency in the following speedball skills:
  - Passing
  - Dribbling
  - Throwing
  - Kicking

## **Sample Assessments**

Skill Assessment

## **Pacing**

3-4 week unit of instruction



# DRAFT

## **Team Handball**

This is an introductory team handball course. Emphasis is given to the skills necessary to participate in a team handball 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

#### ***Responsible Behavior***

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

#### ***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 about participating in different physical activities based on feelings and interests.

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

# DRAFT

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

## **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 necessary to successfully participate in a game of team handball?

## **Core Topics**

- Throwing
- Catching
- Passing
- Shooting
- Dribbling
- Spacing/movement
- Offense/defense
- Rules

## **Unit Objectives**

Students will be able to:

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

## **Skill Objectives**

Students will:

- demonstrate competency in the following team handball skills:
  - throwing
  - catching
  - dribbling
  - passing
  - shooting
- develop an understanding of:
  - spacing/movement
  - offensive and defensive concepts
  - rules
- apply safety skills and concepts.

## **Sample Assessment**

# DRAFT

Skill Assessment

## **Pacing**

3-4 week unit of instruction

# DRAFT

## Tennis

This is an introductory tennis course. Emphasis is given to the skills necessary to participate in a game of tennis.

### 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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

#### *Engaging in Physical Activity*

**Students will participate regularly in physical activity.**

Students will engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities 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 understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

# DRAFT

## *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 about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

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

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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
- Forehand
- Backhand
- Volley
- Serve

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of rules and scoring in tennis.
- demonstrate competency in tennis skills to participate in a tennis activity/game.

## **Skill Objectives**

Students will:

- demonstrate competency in the following tennis skills
  - Serving
  - Forehand and backhand
  - Volley

## **Sample Assessment**

# DRAFT

Skill Assessment

## **Pacing**

3-4 week unit of instruction

# DRAFT

## **Track and Field**

This is an introductory track and field course. Emphasis is given to the skills necessary to successfully participate in the individual sport of track and field.

### **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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized 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 occur in increasingly more complex movement and game forms.

Students will use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Students will apply an understanding of the connections between the purposes of movements and their effect on fitness.

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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Students will engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level.

## *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 about participating in different physical activities based on feelings and interests.

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

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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 will physical activity help me now and in the future?

## **Focus Question**

What are the skills and concepts necessary to participate successfully in a track and field unit?

## **Core Topics**

- Running
  - Sprinting
  - Distance running
- Relays
  - Baton exchange
- Throwing
  - Discus/flying disc
  - Shot put
  - Softball
- Jumping
  - Long jump
  - High jump
  - Triple jump
- Hurdling



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- Safety
- Rules

## **Unit Objective**

Students will be able to:

- demonstrate an understanding of sprinting/distance running, throwing and jumping.

## **Skill Objectives**

Students will:

- demonstrate competency in the following track and field skills:
  - Running form (sprinting, distance running)
  - Hurdling
  - Starts
  - Jumping technique (long jump, high jump, triple jump)
  - Relays (baton exchange)
  - Throwing technique (shot put, discus/flying disc, softball throw)

## **Sample Assessment**

Skill Assessment

## **Pacing**

3-4 week unit of instruction

### **Ultimate Flying Disc**

This is an introductory ultimate Frisbee course. Emphasis is given to the skills necessary to participate in an ultimate Frisbee 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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities 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 understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Students will apply appropriate skills for resolving conflicts peacefully.

## *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 about participating in different physical activities based on feelings and interests.

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

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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 participate in an ultimate flying disc activity/game?

## **Core Topics**

- Throwing
- Catching
- Spacing/movement
- Offense/defense
- Marking with count
- Rules

## **Unit Objectives**

Students will be able to:

- demonstrate competency in ultimate flying disc skills.
- demonstrate an understanding of basic rules necessary to participate in an ultimate flying disc activity/game.

## **Skill Objectives**

Students will:

- demonstrate competency in the following flying disc skills:

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- Throwing
- Catching
- develop and understanding of:
  - Spacing/movement
  - Offense/defense
  - Marking with count
  - Rules

## **Sample Assessment**

Skill Assessment

## **Pacing**

3-4 week unit of instruction

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## Volleyball

This is an introductory volleyball course. Emphasis is given to the skills necessary to participate in a volleyball activity/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 demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

#### *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 occur in increasingly more complex movement and game forms.

Students will use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

#### *Responsible Behavior*

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

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Students will apply appropriate skills for resolving conflicts peacefully.

#### *Benefits of Physical Activity*

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**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 about participating in different physical activities based on feelings and interests.

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

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.

## **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 basic skills and concepts necessary to participate in volleyball activities?

## **Core Topics**

- Rules and Scoring
- Rotation
- Underhand and overhand serves
- Applying Safety Concepts

## **Unit Objectives**

Students will be able to:

- demonstrate an understanding of rules and scoring of a volleyball game.
- demonstrate an understanding of strategies, movement, and spacing during game play.
- demonstrate proper technique of volleyball skills.

## **Skill Objectives**

Students will:

- demonstrate increased competency in the following volleyball skills:
  - Serving (underhand and/or overhand)
  - Underhand Pass(bump)
  - Overhead Pass(set)
- apply safety skills.
- demonstrate an understanding of:
  - Rotation
  - Rules and scoring

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**Sample Assessment**  
Skill Assessment

**Pacing**  
3-4 week unit of instruction