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| **Q1** | **Core Standard Expectations** | **9-12 Physical Education** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and RoutinesSafety |
|  | Personal and Social Responsibility | Exhibit positive Personal and Social Responsibility needed to work with others and independentlyRespond to challenges, successes and failures in socially appropriate waysDisplay proper care of fitness equipment |
|  | Fitness Principles and Concepts  | Describe physiological, psychological, social, and lifelong benefits that may result from regular participation in physical activity, games, and sportsRecognize the components of body compositionIdentify three components of an effective fitness program and describe appropriate exercises for each componentExplain the importance of a proper warm-up and perform proper warm-up exercisesExecute proper workouts focusing on the basic exercise principles, the FITT formula and target heart rate Complete proper cool-down and explain the importance Correctly demonstrate and use various weight training Develop an individualized personal fitness plan which encourages participation in a variety of health-related fitness activitiestechniquesIdentify common injuries, prevention strategies, and appropriate first aid techniques |
|  | Movement Skills  | Self-Assessment of FitnessAssess Health Related Components of Fitnesscardiovascular endurancearm and shoulder strengthabdominal strength or enduranceflexibilityDetermine personal body mass Personal Fitness PlanConstruct a fitness profileList activities for personal planStructure program planPut it in writing – chart daily progressEvaluate and modify your program |
|  | Fitness Skills | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 2 | Management Organization  | Rules, Procedures and Routines  |
|  | Personal and Social Responsibility  | Exhibit positive personal and Personal and Social Responsibility needed to work with others and independentlyRespond to challenges, successes and failures in socially appropriate waysDisplay proper care of golf equipment |
|  | Movement Concepts  | **GOLF**Execute strategies, protocols, and rules in game situations Explain how participating in golf can be enjoyable and self-challengingDescribe how participating in golf can help one maintain a healthy lifestyle |
|  | Movement Skills  | Distinguish between different clubs and their functionsDisplay proper mechanics of the grip in game situation Display proper stance in game situation Display proper swing mechanics in game situation Display proper putting techniques in game situation Demonstrate proper warm-up and cool-down for golf |
|  | Fitness Skills  | Fitness Activities (first 8 – 12 minutes each day of class)Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 3 | Management Organization  | Rules, Procedures and Routines  |
|  | Personal and Social Responsibility  | Exhibit positive personal and Personal and Social Responsibility needed to work with others and independentlyRespond to challenges, successes and failures in socially appropriate waysDisplay proper care of golf equipment |
|  | Movement Concepts  | **GOLF**Execute strategies, protocols, and rules in game situations Explain how participating in golf can be enjoyable and self-challengingDescribe how participating in golf can help one maintain a healthy lifestyle |
|  | Movement Skills  | Distinguish between different clubs and their functionsDisplay proper mechanics of the grip in game situation Display proper stance in game situation Display proper swing mechanics in game situation Display proper putting techniques in game situation Demonstrate proper warm-up and cool-down for golf |
|  | Fitness Skills  | Fitness Activities (first 8 – 12 minutes each day of class)Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and Personal and Social Responsibility needed to work with others and independently Respond to challenges, successes, and failures in socially acceptable ways Display proper care of tennis equipment |
|  | Movement Concepts  | **Tennis** Execute strategies, protocols, and rules in game situations Explain how participating in tennis can be enjoyable and self-challengingDescribe how participating in tennis can help one maintain a healthy lifestyle |
|  | Movement Skills  | TennisDemonstrate grips in game situationsDemonstrate the ready position in game situations Demonstrate the forehand in game situationsDemonstrate the backhand in game situationsDemonstrate the overhead serve in game situations Demonstrate proper warm-up and cool-down for tennis |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and Personal and Social Responsibility needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDisplay proper care of track and field equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in event situationsExplain how participating in track and field can be enjoyable and self-challengingDescribe how participating in track and field can help one maintain a healthy lifestyle  |
|  | Movement Skills  | **Track and Field** Perform sprints of various distances (50, 100, and 200 meters) Perform middle/distance events (400, 800, and 1600 meters) Combine correct body mechanics for running hurdlesDisplay proper mechanics for running relay eventsDisplay proper mechanics of the long jump and standing broad jumpDemonstrate proper mechanics for the softball throw/shot putDemonstrate proper mechanics for the high jumpDemonstrate proper warm-up and cool-down for track and field |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Responsibility needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDisplay proper care of dance and aerobic equipment |
|  | Movement Concepts  | Explain how participating in dance and aerobic can be enjoyable and self-challengingDescribe how participating in dance and aerobic can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Dance**Perform the basic steps to a variety of folk dances Perform basic moves in a variety of square dances Demonstrate basic steps to social dancesDemonstrate basic steps in line dances to appropriate music Perform basic movements in aerobic dance routines Demonstrate proper dance and aerobic warm-up and cool-down |
|  | Fitness Skills  | Fitness Activities (first 8 – 12 minutes each day of class)Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive Personal and Social Responsibility needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable ways |
|  | Movement Concepts  | Execute strategies, protocols, and rules for stunts and tumblingExplain how participating in stunts and tumbling can be enjoyable and self-challengingDescribe how participating in stunts and tumbling can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Stunts**Perform upright springsPerform individual supportsPerform partner supportsPerform inverted supports**Tumbling**Demonstrate basic rollsDemonstrate transitional supportsDemonstrate proper spotting techniquesDemonstrate general safety rules for stunts and tumbling |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDisplay proper care of volleyball equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situationsExplain how participating in volleyball can be enjoyable and self-challengingDescribe how participating in volleyball can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Volleyball**Demonstrate serving skills in a game situation Demonstrate ball control skills in a game situation Demonstrate offensive skills in a game situation Demonstrate defensive skills in a game situation Demonstrate proper warm-up and cool-down for volleyball |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable way Display proper care of softball equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situations Describe how participating in softball can help one maintain a healthy lifestyleExplain how participating in softball can be enjoyable and self-challenging |
|  | Movement Skills  | **Softball** Perform throwing skills in a game situationPerform catching skills in a game situationPerform fielding skills in a game situationPerform hitting skills in a game situationDemonstrate proper warm-up and cool-down for softball |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| **Q2** | **Core Standard Expectations** | **9-12 Physical Education** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines  |
|  | Personal and Social Responsibility | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDisplay proper care of basketball equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rulesExplain how participating in basketball can be enjoyable and self-challengingDescribe how participating in basketball can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Basketball** Demonstrate dribbling skills in a game situation Demonstrate passing skills in a game situationDemonstrate shooting skills in a game situation Demonstrate offensive skills in a game situationDemonstrate defensive skills in a game situationDemonstrate proper warm-up and cool-down for basketball  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 2 | Management Organization  | Rules, Procedures and Routines  |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDisplay proper care of basketball equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rulesExplain how participating in basketball can be enjoyable and self-challengingDescribe how participating in basketball can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Basketball** Demonstrate dribbling skills in a game situation Demonstrate passing skills in a game situationDemonstrate shooting skills in a game situation Demonstrate offensive skills in a game situationDemonstrate defensive skills in a game situationDemonstrate proper warm-up and cool-down for basketball  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable ways Display proper care of flag football equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situations Explain how participating in flag football can be enjoyable and self-challengingDescribe how participating in flag football can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Flag Football**Demonstrate passing skills in game situations Demonstrate catching skills in game situationsDemonstrate blocking skills in game situationsDemonstrate kicking skills in game situations Demonstrate proper warm-up and cool-down for flag football  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable ways Display proper care of flag football equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situations Explain how participating in flag football can be enjoyable and self-challengingDescribe how participating in flag football can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Flag Football**Demonstrate passing skills in game situations Demonstrate catching skills in game situationsDemonstrate blocking skills in game situationsDemonstrate kicking skills in game situations Demonstrate proper warm-up and cool-down for flag football  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDisplay proper care of bowling equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situations Explain how participating in bowling can be enjoyable and self-challengingDescribe how participating in bowling can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Bowling**Demonstrate grip in game situationsDemonstrate approach in game situations Demonstrate delivery in game situations Demonstrate follow-through in game situationsDemonstrate proper warm-up and cool-down for bowling |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable ways Display proper care of table tennis equipment |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situationsExplain how participating in table tennis can be enjoyable and self-challengingDescribe how participating in table tennis can help one maintain a healthy lifestyle  |
|  | Movement Skills  | **Table Tennis**Demonstrate the proper grip in a game situationDemonstrate the various strokes in a game situation Demonstrate the serve in a game situationDemonstrate proper warm-up and cool-down for table tennis |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable ways |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situationsDescribe how participating in horseshoes can help one maintain a healthy lifestyle Explain how participating in horseshoes can be enjoyable and self-challenging |
|  | Movement Skills  | **Horseshoes**Execute proper tossDemonstrate proper stanceDemonstrate proper warm-up and cool-down for horseshoes |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable ways |
|  | Movement Concepts  | Execute strategies, protocols, and rules in game situationsExplain how participating in shuffleboard can be enjoyable and self-challengingDescribe how participating in shuffleboard can help one maintain a healthy lifestyle |
|  | Movement Skills  | **Shuffleboard**Demonstrate proper shooting techniquesDemonstrate proper grip on queDemonstrate proper warm-up and cool-down for shuffleboardDemonstrate proper use of shuffleboard equipment |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility  | Exhibit positive Personal and Social Responsibility needed to work with others and independentlyRespond to challenges, successes and failures in socially appropriate waysDisplay proper care of fitness equipment |
|  | Fitness Principles and Concepts  | Describe physiological, psychological, social, and lifelong benefits that may result from regular participation in physical activity, games, and sportsRecognize the components of body compositionIdentify three components of an effective fitness program and describe appropriate exercises for each componentExplain the importance of a proper warm-up and perform proper warm-up exercisesExecute proper workouts focusing on the basic exercise principles, the FITT formula and target heart rate Complete proper cool-down and explain the importance Correctly demonstrate and use various weight training Develop an individualized personal fitness plan which encourages participation in a variety of health-related fitness activitiestechniquesIdentify common injuries, prevention strategies, and appropriate first aid techniques |
|  | Health Related Components of Fitness | Re-assess Health Related Components of Fitnesscardiovascular endurancearm and shoulder strengthabdominal strength or enduranceflexibilityRe-access personal body mass Re-evaluate Personal Fitness PlanRe-evaluate personal fitness profileModify activities for personal planRe-access the structure of program planPut it in writing – chart daily progressRe-evaluate and modify your program |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises Perform endurance exercises |
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