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| **Q1** | **Core Standard Expectations** | **9-12 Physical Education** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Exhibit positive Personal and Social Responsibility needed to work with others and independently  Respond to challenges, successes and failures in socially appropriate ways  Display 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 sports  Recognize the components of body composition  Identify three components of an effective fitness program and describe appropriate exercises for each component  Explain the importance of a proper warm-up and perform proper warm-up exercises  Execute 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 activities  techniques  Identify common injuries, prevention strategies, and appropriate first aid techniques |
|  | Movement Skills | Self-Assessment of Fitness  Assess Health Related Components of Fitness  cardiovascular endurance  arm and shoulder strength  abdominal strength or endurance  flexibility  Determine personal body mass  Personal Fitness Plan  Construct a fitness profile  List activities for personal plan  Structure program plan  Put it in writing – chart daily progress  Evaluate and modify your program |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes and failures in socially appropriate ways  Display 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-challenging  Describe how participating in golf can help one maintain a healthy lifestyle |
|  | Movement Skills | Distinguish between different clubs and their functions  Display 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 exercises  Perform strength exercises (select several)  Perform endurance exercises |
|  |  |  |
| 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 independently  Respond to challenges, successes and failures in socially appropriate ways  Display 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-challenging  Describe how participating in golf can help one maintain a healthy lifestyle |
|  | Movement Skills | Distinguish between different clubs and their functions  Display 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 exercises  Perform 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-challenging  Describe how participating in tennis can help one maintain a healthy lifestyle |
|  | Movement Skills | Tennis  Demonstrate grips in game situations  Demonstrate the ready position in game situations  Demonstrate the forehand in game situations  Demonstrate the backhand in game situations  Demonstrate the overhead serve in game situations  Demonstrate proper warm-up and cool-down for tennis |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways  Display proper care of track and field equipment |
|  | Movement Concepts | Execute strategies, protocols, and rules in event situations  Explain how participating in track and field can be enjoyable and self-challenging  Describe 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 hurdles  Display proper mechanics for running relay events  Display proper mechanics of the long jump and standing broad jump  Demonstrate proper mechanics for the softball throw/shot put  Demonstrate proper mechanics for the high jump  Demonstrate proper warm-up and cool-down for track and field |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways  Display proper care of dance and aerobic equipment |
|  | Movement Concepts | Explain how participating in dance and aerobic can be enjoyable and self-challenging  Describe 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 dances  Demonstrate 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 exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways |
|  | Movement Concepts | Execute strategies, protocols, and rules for stunts and tumbling  Explain how participating in stunts and tumbling can be enjoyable and self-challenging  Describe how participating in stunts and tumbling can help one maintain a healthy lifestyle |
|  | Movement Skills | **Stunts**  Perform upright springs  Perform individual supports  Perform partner supports  Perform inverted supports  **Tumbling**  Demonstrate basic rolls  Demonstrate transitional supports  Demonstrate proper spotting techniques  Demonstrate general safety rules for stunts and tumbling |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways  Display proper care of volleyball equipment |
|  | Movement Concepts | Execute strategies, protocols, and rules in game situations  Explain how participating in volleyball can be enjoyable and self-challenging  Describe 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 exercises  Perform 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 independently  Respond 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 lifestyle  Explain how participating in softball can be enjoyable and self-challenging |
|  | Movement Skills | **Softball**  Perform throwing skills in a game situation  Perform catching skills in a game situation  Perform fielding skills in a game situation  Perform hitting skills in a game situation  Demonstrate proper warm-up and cool-down for softball |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways  Display proper care of basketball equipment |
|  | Movement Concepts | Execute strategies, protocols, and rules  Explain how participating in basketball can be enjoyable and self-challenging  Describe 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 situation  Demonstrate shooting 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 basketball |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises |
|  |  |  |
| WEEK 2 | Management Organization | Rules, Procedures and Routines |
|  | Personal and Social Responsibility | Exhibit positive personal and social skills needed to work with others and independently  Respond to challenges, successes, and failures in socially acceptable ways  Display proper care of basketball equipment |
|  | Movement Concepts | Execute strategies, protocols, and rules  Explain how participating in basketball can be enjoyable and self-challenging  Describe 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 situation  Demonstrate shooting 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 basketball |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond 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-challenging  Describe 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 situations  Demonstrate blocking skills in game situations  Demonstrate kicking skills in game situations  Demonstrate proper warm-up and cool-down for flag football |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond 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-challenging  Describe 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 situations  Demonstrate blocking skills in game situations  Demonstrate kicking skills in game situations  Demonstrate proper warm-up and cool-down for flag football |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways  Display 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-challenging  Describe how participating in bowling can help one maintain a healthy lifestyle |
|  | Movement Skills | **Bowling**  Demonstrate grip in game situations  Demonstrate approach in game situations  Demonstrate delivery in game situations  Demonstrate follow-through in game situations  Demonstrate proper warm-up and cool-down for bowling |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond 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 situations  Explain how participating in table tennis can be enjoyable and self-challenging  Describe how participating in table tennis can help one maintain a healthy lifestyle |
|  | Movement Skills | **Table Tennis**  Demonstrate the proper grip in a game situation  Demonstrate the various strokes in a game situation  Demonstrate the serve in a game situation  Demonstrate proper warm-up and cool-down for table tennis |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways |
|  | Movement Concepts | Execute strategies, protocols, and rules in game situations  Describe 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 toss  Demonstrate proper stance  Demonstrate proper warm-up and cool-down for horseshoes |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes, and failures in socially acceptable ways |
|  | Movement Concepts | Execute strategies, protocols, and rules in game situations  Explain how participating in shuffleboard can be enjoyable and self-challenging  Describe how participating in shuffleboard can help one maintain a healthy lifestyle |
|  | Movement Skills | **Shuffleboard**  Demonstrate proper shooting techniques  Demonstrate proper grip on que  Demonstrate proper warm-up and cool-down for shuffleboard  Demonstrate proper use of shuffleboard equipment |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 independently  Respond to challenges, successes and failures in socially appropriate ways  Display 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 sports  Recognize the components of body composition  Identify three components of an effective fitness program and describe appropriate exercises for each component  Explain the importance of a proper warm-up and perform proper warm-up exercises  Execute 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 activities  techniques  Identify common injuries, prevention strategies, and appropriate first aid techniques |
|  | Health Related Components of Fitness | Re-assess Health Related Components of Fitness  cardiovascular endurance  arm and shoulder strength  abdominal strength or endurance  flexibility  Re-access personal body mass  Re-evaluate Personal Fitness Plan  Re-evaluate personal fitness profile  Modify activities for personal plan  Re-access the structure of program plan  Put it in writing – chart daily progress  Re-evaluate and modify your program |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises |
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