

Physical Education Grade 7 and 8

Unit 1 Team Sports

Flag Football

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	1.Utilize safety procedures and proper safety precautions 2.Identify the rules and strategies of flag football 3.Comprehend the rules governing play 4.Execute the various skills and techniques to play flag football 5.Demonstrate offensive and defensive strategies 6.Understand the key	2-Point conversion Blocking Carrying the ball Center Completion Dead ball Defense Down Ends Forward Pass Guard Handoff Lateral Pass Line of scrimmage Offense Passing Placekick Punt	10.3.9.A

					points of flag football 7. Use basic terminology associated with the game	Quarterback Running back Safety Screen blocking Snap Tackle Touchdown	
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.			10.3.9.A

	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management ?	Good choices and actions (safe practices) need to be applied in group physical activity settings.	Examine safe practices and strategies in the home, school and community and in physical activity settings.			10.3.9.A
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Participation in physical activity impacts wellness	How can you improve the quality of	Skill-related fitness components	Apply skill-related fitness components			10.5.9.C 10.5.9.E

	throughout a lifetime.	complex movements?	enhance movement performance.	and game strategies when participating in complex games and physical activities.			
	Quality lifelong movement is based on scientific concepts/principles .	How can physical activity choices impact my life as an adolescent?	A variety of factors impact physical activity preferences during adolescence.	Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.			10.4.9.A 10.4.9.D 10.4.9.F

Soccer

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	<p>1.To acquire knowledge and an understanding of soccer</p> <p>2.Understand the rules of the game Identify and use basic terminology associated with the game</p> <p>3.Demonstrate an understanding of how rules and safety practices and procedures are incorporated during drills and games</p> <p>4.Develop an appreciation for the physical skills required to play soccer</p> <p>5. Develop basic skills necessary to play a game of soccer</p> <p>6.Discuss and employ</p>	<p>Dribble</p> <p>Pass</p> <p>Trap</p> <p>Receive</p> <p>Throw-In</p> <p>Kick</p> <p>Shoot on Goal</p> <p>Clear</p> <p>Goalie</p> <p>Hand Ball</p> <p>Header</p> <p>Offside</p> <p>Punt</p>	10.3.9.A

					<p>basic offensive and defensive strategies and tactics</p> <p>7.Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities</p> <p>8.Demonstrate safety procedures during skill development</p>		
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in	Examine safe practices and strategies in the home, school and community and in physical activity			10.3.9.A

		and conflict management ?	the home, school and community. Good choices and actions (safe practices) need to be applied in group physical activity settings.	settings.			
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Participation in physical activity	How can you improve the	Skill-related fitness	Apply skill-related fitness			10.5.9.C 10.5.9.E

	impacts wellness throughout a lifetime.	quality of complex movements?	components enhance movement performance.	components and game strategies when participating in complex games and physical activities.			
	Quality lifelong movement is based on scientific concepts/principles .	How can physical activity choices impact my life as an adolescent?	A variety of factors impact physical activity preferences during adolescence.	Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.			10.4.9.A 10.4.9.D 10.4.9.F

Basketball

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	<p>1. Identify and demonstrate the basic skill associated with basketball</p> <p>2. Understand and demonstrate rules and regulation during team play</p> <p>3. Identify and name positions of players, as well as terminology</p> <p>4. Understand and demonstrate various passes and shots in the game</p> <p>5. Comprehend individual and team offensive and defensive strategies</p> <p>6. Apply an understanding of the connections between the purposes of</p>	<p>Dribbling</p> <p>Passing</p> <p>Shooting</p> <p>Offense</p> <p>Defense</p> <p>Give and Go</p> <p>Pick and Roll</p> <p>Violations</p> <p>Fouls</p>	10.3.9.A

					<p>movements and their effect on fitness</p> <p>7.Demonstrate safety procedures during skill development</p>		
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			<p>10.5.9.A</p> <p>10.5.9.F</p>
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management ?	<p>Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.</p> <p>Good choices and actions (safe practices) need to be</p>	Examine safe practices and strategies in the home, school and community and in physical activity settings.			10.3.9.A

			applied in group physical activity settings.				
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Participation in physical activity impacts wellness throughout a lifetime.	How can you improve the quality of complex movements?	Skill-related fitness components enhance movement performance.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.C 10.5.9.E

	<p>Quality lifelong movement is based on scientific concepts/principles .</p>	<p>How can physical activity choices impact my life as an adolescent?</p>	<p>A variety of factors impact physical activity preferences during adolescence.</p>	<p>Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.</p>			<p>10.4.9.A 10.4.9.D 10.4.9.F</p>
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Floor Hockey

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	<p>1.Demonstrate knowledge of rules, safety practices, and game procedures</p> <p>2.Display fundamental skills of floor hockey: handling the puck, passing and receiving the puck, stopping and shooting the puck, and goal tending skills</p> <p>3.Execute developmentally mature applications combining locomotor, nonlocomotor, and manipulative skills to participate in floor hockey</p> <p>4.Understand and demonstrate knowledge of offensive/defensive team strategies</p> <p>45.To play in a floor</p>	<p>Dribbling</p> <p>Passing</p> <p>Shooting</p> <p>Fielding</p> <p>Tackling</p> <p>Offense</p> <p>Defense</p> <p>Clear</p> <p>Face-Off</p> <p>Power Play</p> <p>Violations</p> <p>Penalties</p>	10.3.9.A

					hockey game to promote the development and improvement of physical fitness level		
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management ?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community. Good choices and actions (safe practices)	Examine safe practices and strategies in the home, school and community and in physical activity settings.			10.3.9.A

			need to be applied in group physical activity settings.				
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Participation in physical activity impacts wellness throughout a lifetime.	How can you improve the quality of complex movements?	Skill-related fitness components enhance movement performance.	Apply skill-related fitness components and game strategies when participating in complex games and			10.5.9.C 10.5.9.E

				physical activities.			
	Quality lifelong movement is based on scientific concepts/principles .	How can physical activity choices impact my life as an adolescent?	A variety of factors impact physical activity preferences during adolescence.	Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.			10.4.9.A 10.4.9.D 10.4.9.F

Softball

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	1.Develop an understanding of proper throwing and hitting mechanics 2.Understand base running strategies 3.Understand the rules 4.Demonstrate proper safety procedures 5.Develop catching skills	Throwing Catching Pitching Batting Fielding Baserunning Foul Ball Inning Strike Zone Walk Decision Making Pitch Count Ball/Strike Positional Responsibilities	10.3.9.A
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Safety impacts	How can	Understanding	Examine safe			10.3.9.A

	individual and community well-being.	using safe practices and strategies influence injury prevention, emergency preparedness and conflict management ?	g concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community. Good choices and actions (safe practices) need to be applied in group physical activity settings.	practices and strategies in the home, school and community and in physical activity settings.			
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles	How can you improve the quality of complex	Offensive and defensive strategies are used to be	Apply skill-related fitness components and game			10.5.9.A 10.5.9.F

	.	movements?	successful in complex games and activities.	strategies when participating in complex games and physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can you improve the quality of complex movements?	Skill-related fitness components enhance movement performance.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can physical activity choices impact my life as an adolescent?	A variety of factors impact physical activity preferences during adolescence.	Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.			10.4.9.A 10.4.9.D 10.4.9.F

Volleyball

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	<p>1.Acquire the skills necessary to play the game of volleyball with enjoyment and satisfaction</p> <p>2.Develop increasing competence in more advanced specialized skills</p> <p>3.Demonstrate knowledge of rules, safety practices and procedures and then apply that to an increasing range of movement situations</p> <p>4.Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level</p>	<p>Bump</p> <p>Free Ball</p> <p>Match</p> <p>Rally</p> <p>Rotation</p> <p>Side Out</p> <p>Forearm</p> <p>Pass</p> <p>Set</p> <p>Spike</p> <p>Overhand</p> <p>Serve</p> <p>Underhand</p> <p>Serve</p> <p>Offense</p> <p>Defense</p> <p>Faults</p>	10.3.9.A

					<p>5. Apply safe practices, etiquette and sportsmanship in all physical activity settings</p> <p>6. Use physical activity as a positive opportunity for social and group interaction and the development of skills</p>		
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			<p>10.5.9.A</p> <p>10.5.9.F</p>
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home,	Examine safe practices and strategies in the home, school and community and in physical activity settings.			10.3.9.A

		management ?	<p>school and community.</p> <p>Good choices and actions (safe practices) need to be applied in group physical activity settings.</p>				
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F
	Participation in physical activity	How can you improve the	Skill-related fitness	Apply skill-related fitness			10.5.9.C 10.5.9.E

	impacts wellness throughout a lifetime.	quality of complex movements?	components enhance movement performance.	components and game strategies when participating in complex games and physical activities.			
	Quality lifelong movement is based on scientific concepts/principles .	How can physical activity choices impact my life as an adolescent?	A variety of factors impact physical activity preferences during adolescence.	Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.			10.4.9.A 10.4.9.D 10.4.9.F

Cooperative Games

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
5 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity settings?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	<p>1.Apply rules and safety procedures, practice sportsmanship and teamwork, and cooperatively participate in a variety of group and individual fitness activities.</p> <p>2.Develop fundamental physical skills and progress to complex movement activities as physically able.</p> <p>3.Develop the personal skills necessary to comfortably and enjoyably participate in cooperative activities.</p> <p>4.Acquire skills to move safely.</p>	<p>Collaboration</p> <p>Cooperation</p> <p>Compromise</p> <p>Teamwork</p> <p>Problem Solving</p> <p>Decision Making</p>	10.3.9.A

					<p>5.Understand concepts of physical fitness.</p> <p>6.Use listening and observation skills to gain understanding.</p> <p>7.Use communication strategies and skills effectively to present ideas to others.</p> <p>8.Analyze and reflect of ideas while paying attention and listening in a variety of situations.</p> <p>9.Use a variety of effective listening strategies.</p> <p>10.Encourage group members to offer ideas and points of view.</p>		
	Safety impacts individual and community well-being.	What types of strategies would you use to be successful in a complex game situation?	Offensive and defensive strategies are used to be successful in complex games and activities.	Apply skill-related fitness components and game strategies when participating in complex			<p>10.5.9.A</p> <p>10.5.9.F</p>

				games and physical activities.			
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management ?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community. Good choices and actions (safe practices) need to be applied in group physical activity settings.	Examine safe practices and strategies in the home, school and community and in physical activity settings.			10.3.9.A
	Quality lifelong movement is based on scientific concepts/principles .	How can you improve the quality of complex movements?	Motor skill development concepts are used to create complex movements.	Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.C 10.5.9.E
	Quality lifelong	How can you	Offensive and	Apply skill-			10.5.9.A

	movement is based on scientific concepts/principles .	improve the quality of complex movements?	defensive strategies are used to be successful in complex games and activities.	related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.F
	Participation in physical activity impacts wellness throughout a lifetime.	How can you improve the quality of complex movements?	Skill-related fitness components enhance movement performance.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.C 10.5.9.E
	Quality lifelong movement is based on scientific concepts/principles .	How can physical activity choices impact my life as an adolescent?	A variety of factors impact physical activity preferences during adolescence.	Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of			10.4.9.A 10.4.9.D 10.4.9.F

				adolescents.			
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Unit 2 Personal Physical Fitness

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are some safety guidelines to follow in physical activity setting?	Understanding concepts of safe practices and injury prevention can help individuals make good decisions in the home, school and community.	Examine safe practices and strategies in the home, school and community and in physical activity settings.	1. Recognize fitness equipment and its use 2. Understand safety involved with exercising and using various equipment 3. Appreciate benefits of improved physical fitness 4. Perform strength training and cardiovascular exercises in fitness center	Aerobic/Anaerobic Capacity Cardiovascular Endurance F.I.T.T. Principles Flexibility Muscular Endurance Muscular Strength Load Set Repetition	10.3.9.A
	Quality lifelong movement is based on scientific concepts/principles.	What principles can be used to improve physical fitness?	The body's response during physical activity is affected by internal and external factors.	Evaluate physical activity preferences, responses of body's systems and activities that support life-long fitness			10.4.9.C 10.4.9.D 10.4.9.E

				and activity goals.			
	Quality lifelong movement is based on scientific concepts/principles .	What principles can be used to improve physical fitness?	A variety of factors impact physical activity preferences during adolescence.	Evaluate physical activity preferences, responses of body's systems and activities that support life-long fitness and activity goals.			10.4.9.C 10.4.9.D 10.4.9.E
	Quality lifelong movement is based on scientific concepts/principles .	What principles can be used to improve physical fitness?	Motor skill development concepts are used to create complex movements.	Describe, using appropriate vocabulary, and use training principles to improve physical fitness,			10.5.9.D
	Quality lifelong movement is based on scientific concepts/principles .	What principles can be used to improve physical fitness?	Training principles identified by specific vocabulary impact the effectiveness of a fitness program.	Apply skill-related fitness components and game strategies when participating in complex games and physical activities.			10.5.9.A 10.5.9.F

				<p>Describe, using appropriate vocabulary, and use training principles to improve physical fitness.</p> <p>Apply scientific principles and practice strategies to improve the quality of complex movements.</p>			<p>10.5.9.D</p> <p>10.5.9.C</p> <p>10.5.9.E</p>
	<p>Quality lifelong movement is based on scientific concepts/principles .</p>	<p>What principles can be used to improve physical fitness?</p>	<p>Biomechanical principles affect the quality of complex movements.</p>	<p>Describe, using appropriate vocabulary, and use training principles to improve physical fitness.</p> <p>Apply scientific principles and practice</p>			<p>10.5.9.D</p> <p>10.5.9.C</p> <p>10.5.9.E</p>

				strategies to improve the quality of complex movements.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can physical activity choices impact my life as an adolescent?	Informed selections of physical activities can lead to the achievement of personal fitness and activity goals.	<p>Evaluate physical activity preferences, responses of body's systems and activities that support life-long fitness and activity goals.</p> <p>Describe, using appropriate vocabulary, and use training principles to improve physical fitness.</p>			<p>10.4.9.C 10.4.9.D 10.4.9.E</p> <p>10.5.9.D</p>
	Participation in physical activity impacts wellness	How can physical activity	Relationships exist between regular	Evaluate physical activity			<p>10.4.9.C 10.4.9.D 10.4.9.E</p>

	throughout a lifetime.	choices impact my life as an adolescent?	participation in physical activity and adolescent health improvement.	preferences, responses of body's systems and activities that support life-long fitness and activity goals.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can physical activity choices impact my life as an adolescent?	Motor skill improvement through physical activity is impacted by individual choices and differences.	<p>Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.</p> <p>Describe, using appropriate vocabulary, and use training principles to improve physical fitness.</p>			<p>10.4.9.A 10.4.9.D 10.4.9.F</p> <p>10.5.9.D</p>

	Participation in physical activity impacts wellness throughout a lifetime.	How can physical activity choices impact my life as an adolescent?	Skill-related fitness components enhance movement performance.	Describe, using appropriate vocabulary, and use training principles to improve physical fitness.			10.5.9.D
	Participation in physical activity impacts wellness throughout a lifetime.	How can physical activity choices impact my life as an adolescent?	The selection of appropriate practice strategies improves motor skills.	Describe, using appropriate vocabulary, and use training principles to improve physical fitness. Apply scientific principles and practice strategies to improve the quality of complex movements.			10.5.9.D 10.5.9.C 10.5.9.E

Unit 3 Aquatics

Estimate d Unit Time Frame	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligib le Content
5 Days	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my life?	Physical activity intensity levels elicit physiological responses which are impacted by changes in adult health status.	Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation over a lifetime	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of aquatic activities. 2. Demonstrate an understanding of safety procedures and expectations in an aquatic/pool environment by adhering to personal limitations and being aware/alert in an aquatic setting. 3. Demonstrate a basic competency of treading/floating/introductory life saving techniques utilizing the available equipment in the facility.	Floating Treading Bobbing Rhythmic Breathing Freestyle Backstroke Breast stroke Butterfly Scissor kick Flutter Kick Frog kick Dolphin kick Arm Stroke	10.4.12.B 10.4.12.D 10.4.12.E
	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my	Physical activity preferences of adults are determined	Evaluate personal preferences in the selection of physical			10.4.12.A 10.4.12.D 10.5.12.A

		life?	by many factors.	activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.			
	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my life?	Appropriate selection of motor skill development concepts improves the quality of movement.	Create a personal fitness program based on personal data, exercise and training principles and fitness components.			10.4.12.A 10.4.12.D 10.5.12.A
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a			10.4.12.A 10.4.12.D 10.5.12.A

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[illegible]

[illegible]

[illegible]