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?	Understandin g 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 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 footbal I 7.Use basic terminology associated with the game	Quarter Quarterback Running back Safety Screen blocking Snap Tackle Touchdown	
Safety impacts individual and community wellbeing.	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 wellbeing.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management?	Understandin g 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 wellbeing.	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.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	complex	enhance	and game		
lifetime.	movements?	movement	_		
illetillle.	movements:	performance.	strategies when		
		performance.			
			participating in complex		
			games and		
			_		
			physical		
Quality lifelong	How can	A variaty of	activities.		10.4.9.A
_		A variety of	Analyze		
movement is based	physical	factors impact	social,		10.4.9.D
on scientific	activity	physical	emotional,		10.4.9.F
concepts/principles	choices	activity	physical,		
•	impact my life	preferences	cognitive and environmenta		
	as an adolescent?	during adolescence.			
	adolescent?	adolescence.	I factors that		
			impact		
			personal		
			fitness and		
			activity goals,		
			preferences		
			and group interactions of		
			adolescents.		
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Soccer

	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?	Understandin g 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.To acquire knowledge and an understanding of soccer 2.Understand the rules of the game Identify and use basic terminology associated with the game 3.Demonstrate an understanding of how rules and safety practices and procedures are incorporated during drills and games 4.Develop an appreciation for the physical skills required to play soccer 5. Develop basic skills necessary to play a game of soccer 6.Discuss and employ	Dribble Pass Trap Receive Throw-In Kick Shoot on Goal Clear Goalie Hand Ball Header Offside Punt	10.3.9.A					

Safety impacts individual and community wellbeing.	What types of strategies would you use to be	Offensive and defensive strategies are used to be	Apply skill- related fitness components and game	basic offensive and defensive strategies and tactics 7.Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities 8.Demonstrate safety procedures during skill development	10.5.9.A 10.5.9.F
	successful in a complex game situation?	successful in complex games and activities.	strategies when participating in complex games and physical activities.		
Safety impacts individual and community wellbeing.	How can using safe practices and strategies influence injury prevention, emergency preparedness	Understandin g 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

thro		quality of complex movements?	components enhance movement performance.	components and game strategies when participating in complex games and physical activities.		
mov on s	vement is based scientific cepts/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 environmenta I 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

			Ba	sketball			
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?	Understandin g 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.Identify and demonstrate the basic skill associated with basketball 2.Understand and demonstrate rules and regulation during team play 3.Identify and name positions of players, as well as terminology 4.Understand and demonstrate various passes and shots in the game 5.Comprehend individual and team offensive and defensive strategies 6.Apply an understanding of the connections between the purposes of	Dribbling Passing Shooting Offense Defense Give and Go Pick and Roll Violations Fouls	10.3.9.A

				movements and their effect on fitness 7.Demonstrate safety procedures during skill development	
Safety impacts individual and community wellbeing.	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 wellbeing.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management ?	Understandin 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	Examine safe practices and strategies in the home, school and community and in physical activity settings.		10.3.9.A

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		applied in			
		group physical			
		activity			
		settings.			
Quality lifelong	How can you	Motor skill	Apply		10.5.9.C
movement is based	improve the	development	scientific		10.5.9.E
on scientific	quality of	concepts are	principles and		
concepts/principles	complex	used to create	practice		
	movements?	complex	strategies to		
		movements.	improve the		
			quality of		
			complex		
			movements.		
Quality lifelong	How can you	Offensive and	Apply skill-		10.5.9.A
movement is based	improve the	defensive	related fitness		10.5.9.F
on scientific	quality of	strategies are	components		
concepts/principles	complex	used to be	and game		
	movements?	successful in	strategies		
		complex	when		
		games and	participating		
		activities.	in complex		
		detivities.	games and		
			physical		
			activities.		
Participation in	How can you	Skill-related	Apply skill-		10.5.9.C
physical activity	improve the	fitness	related fitness		10.5.9.E
impacts wellness	quality of	components	components		10.3.3.L
throughout a	I	enhance	-		
_	complex		and game		
lifetime.	movements?	movement	strategies		
		performance.	when		
			participating		
			in complex		
			games and		
			physical		
			activities.		

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

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?	Understandin g 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.Demonstrate knowledge of rules, safety practices, and game procedures 2.Display fundamental skills of floor hockey: handling the puck, passing and receiving the puck, stopping and shooting the puck, and goal tending skills 3.Execute developmentally mature applications combining locomotor, nonlocomotor, and manipulative skills to participate in floor hockey 4.Understand and demonstrate knowledge of offensive/defensive team strategies	Dribbling Passing Shooting Fielding Tackling Offense Defense Clear Face-Off Power Play Violations Penalties	10.3.9.A		

				hockey game to promote the development and improvement of physical fitness level	
Safety impacts individual and community wellbeing.	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 wellbeing.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management?	Understandin 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)	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

Softball

essential for wellness and a health-enhancing lifestyle. Safety impacts individual and selections of selections and selections of selections are selected as a selection of selections of selections and selections are selected as a selection of selections of selections are selected as a selection of selections are selected	What are some safety guidelines to follow in physical activity settings?	Understandin g concepts of safe practices and injury prevention can help individuals	Examine safe practices and strategies in the home, school and community	1.Develop an understanding of proper throwing and hitting mechanics	Throwing Catching Pitching Batting	10.3.9.A
individual and s		make good decisions in the home, school and community.	and in physical activity settings.	2.Understand base running strategies 3.Understand the rules 4.Demonstrate proper safety procedures 5.Develop catching skills	Fielding Baserunning Foul Ball Inning Strike Zone Walk Decision Making Pitch Count Ball/Strike Positional Responsibili ties	
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

individual and community wellbeing.	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

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	•	movements?	successful in	strategies		
			complex	when		
			games and	participating		
			activities.	in complex		
				games and		
				physical		
				activities.		
	Participation in	How can you	Skill-related	Apply skill-		10.5.9.C
	physical activity	improve the	fitness	related fitness		10.5.9.E
	impacts wellness	quality of	components	components		
	throughout a	complex	enhance	and game		
	lifetime.	movements?	movement	strategies		
			performance.	when		
				participating		
				in complex		
				games and		
				physical		
				activities.		
	Quality lifelong	How can	A variety of	Analyze		10.4.9.A
	movement is based	physical	factors impact	social,		10.4.9.D
	on scientific	activity	physical	emotional,		10.4.9.F
	concepts/principles	choices	activity	physical,		10111311
	correcpts/printerpres	impact my life	preferences	cognitive and		
	•	as an	during	environmenta		
		adolescent?	adolescence.	I factors that		
		audiescent:	addlescence.	impact		
				personal		
				fitness and		
				activity goals,		
				preferences		
				and group		
				interactions of		
				adolescents.		
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	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?	Understandin g 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.Acquire the skills necessary to play the game of volleyball with enjoyment and satisfaction 2.Develop increasing competence in more advanced specialized skills 3.Demonstrate knowledge of rules, safety practices and procedures and then apply that to an increasing range of movement situations 4.Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level	Bump Free Ball Match Rally Rotation Side Out Forearm Pass Set Spike Overhand Serve Underhand Serve Offense Defense Faults	10.3.9.A			

				5.Apply safe practices, etiquette and sportsmanship in all physical activity settings 6.Use physical activity as a positive opportunity for social and group interaction and the development of skills	
Safety impacts individual and community wellbeing.	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 wellbeing.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict	Understandin g 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 ?	school and community. Good choices and actions (safe practices) need to be applied in group physical activity settings.			
Quality lifelor movement is on scientific concepts/prir	based improve the quality of	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 lifelor movement is on scientific concepts/prir	based improve the quality of	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 physical activ	=	Skill-related fitness	Apply skill- related fitness		10.5.9.C 10.5.9.E

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impacts wellness	quality of	components	components		
throughout a	complex	enhance	and game		
lifetime.	movements?	movement	strategies		
		performance.	when		
			participating		
			in complex		
			games and		
			physical		
			activities.		
Quality lifelong	How can	A variety of	Analyze		10.4.9.A
movement is based	physical	factors impact	social,		10.4.9.D
on scientific	_ · · · ·	physical	emotional,		10.4.9.F
concepts/principles	activity choices	-			10.4.5.
concepts/principles		activity	physical,		
•	impact my life	preferences	cognitive and		
	as an	during	environmenta		
	adolescent?	adolescence.	I factors that		
			impact		
			personal		
			fitness and		
			activity goals,		
			preferences		
			and group		
			interactions of		
			adolescents.		

	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?	Understandin g 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.Apply rules and safety procedures, practice sportsmanship and teamwork, and cooperatively participate in a variety of group and individual fitness activities. 2.Develop fundamental physical skills and progress to complex movement activities as physically able. 3.Develop the personal skills necessary to comfortably and enjoyably participate in cooperative activities. 4.Acquire skills to move safely.	Collaboratio n Cooperation Compromis e Teamwork Problem Solving Decision Making	10.3.9.A			

				5.Understand concepts of physical fitness. 6.Use listening and observation skills to gain understanding. 7.Use communication strategies and skills effectively to present ideas to others. 8.Analyze and reflect of ideas while paying attention and listening in a variety of situations. 9.Use a variety of effective listening strategies. 10.Encourage group members to offer ideas and points of view.	
Safety impacts individual and community wellbeing.	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		10.5.9.A 10.5.9.F

			gamas and	T T	
			games and		
			physical		
			activities.		
Safety impacts	How can	Understandin	Examine safe		10.3.9.A
individual and	using safe	g concepts of	practices and		
community well-	practices and	safe practices	strategies in		
being.	strategies	and injury	the home,		
	influence	prevention	school and		
	injury	can help	community		
	prevention,	individuals	and in		
	emergency	make good	physical		
	preparedness	decisions in	activity		
	and conflict	the home,	settings.		
	management	school and			
	?	community.			
		,			
		Good choices			
		and actions			
		(safe			
		practices)			
		need to be			
		applied in			
		group physical			
		activity			
		settings.			
Quality lifelong	How can you	Motor skill	Apply		10.5.9.C
movement is based	improve the	development	scientific		10.5.9.E
on scientific	quality of	concepts are	principles and		10.5.5.L
	complex	used to create	principles and practice		
concepts/principles	•		· ·		
•	movements?	complex	strategies to		
		movements.	improve the		
			quality of		
			complex		
			movements.		
Quality lifelong	How can you	Offensive and	Apply skill-		10.5.9.A

movement is based	improve the	defensive	related fitness		10.5.9.F
on scientific	quality of	strategies are	components		10.5.5.1
concepts/principles	complex	used to be	and game		
concepts/principles	movements?	successful in	strategies		
•	movements:	complex	when		
		games and	participating		
		activities.	· · · · · · · ·		
		activities.	in complex		
			games and		
			physical		
5		CLUL L. I	activities.		40.5.0.0
Participation in	How can you	Skill-related	Apply skill-		10.5.9.C
physical activity	improve the	fitness	related fitness		10.5.9.E
impacts wellness	quality of	components	components		
throughout a	complex	enhance	and game		
lifetime.	movements?	movement	strategies		
		performance.	when		
			participating		
			in complex		
			games and		
			physical		
			activities.		
Quality lifelong	How can	A variety of	Analyze		10.4.9.A
movement is based	physical	factors impact	social,		10.4.9.D
on scientific	activity	physical	emotional,		10.4.9.F
concepts/principles	choices	activity	physical,		
	impact my life	preferences	cognitive and		
	as an	during	environmenta		
	adolescent?	adolescence.	I factors that		
			impact		
			personal		
			fitness and		
			activity goals,		
			preferences		
			and group		
			interactions of		

		adolescents.		

	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?	Understandin g 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/Ana erobic Capacity Cardiovascu lar 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 lifelong fitness			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?	A variety of factors impact physical activity preferences during adolescence.	and activity goals. Evaluate physical activity preferences, responses of body's systems and activities that support lifelong fitness and activity		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.	goals. 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

				10.5.9.D
			Describe,	20.0.0.2
			using	
			appropriate	
			vocabulary,	
			and use	
			training	
			principles to	
			improve	
			physical	10.5.9.C
			fitness.	10.5.9.E
				10.5.9.6
			Apply	
			scientific	
			principles and	
			practice	
			strategies to	
			improve the	
			quality of	
			complex	
			movements.	
Quality lifelong	What	Biomechanical	Describe,	10.5.9.D
movement is based	principles can	principles	using	
on scientific	be used to	affect the	appropriate	
concepts/principles	improve	quality of	vocabulary,	
	physical	complex	and use	
	fitness?	movements.	training	
			principles to	
			improve	
			physical	
			fitness.	10.5.9.C
				10.5.9.E
			Apply	
			scientific	
			principles and	
			practice	

			strategies to improve the quality of complex movements.		
physic		achievement	Evaluate physical activity preferences, responses of body's systems and activities that support lifelong fitness and activity goals. Describe, using appropriate vocabulary, and use training principles to improve physical fitness.		10.4.9.C 10.4.9.D 10.4.9.E
physic	pation in How can physical activity activity	Relationships exist between regular	Evaluate physical activity		10.4.9.C 10.4.9.D 10.4.9.E

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.	Analyze social, emotional, physical, cognitive and environmenta I factors that impact personal fitness and activity goals, preferences and group interactions of adolescents. Describe, using appropriate vocabulary, and use training principles to improve physical fitness.		10.4.9.A 10.4.9.D 10.4.9.F

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	

	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	 Demonstrates competency in motor skills and movement patterns needed to perform a variety of aquatic activities. 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. Demonstrate a basic competency of treading/floating/introd uctory 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			

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

			lifetime.		
			Cuanta		
			Create a		
			personal		
			fitness		
			program		
			based on		
			personal data,		
			exercise and		
			training		
			principles and		
			fitness		
			components.		
Participation in	How do	Movement	Incorporate		10.5.12.A
physical activity	scientific	skills,	and evaluate		10.5.12.B
impacts wellness	principles,	movement	motor skill		10.5.12.C
throughout a	biomechanica	concepts and	development		10.5.12.E
lifetime.	l principles	skill related	concepts,		
	and practice	fitness enrich	practice		
	strategies	movement	strategies and		
	influence	performance	biomechanical		
	movement	throughout	principles to		
	forms?	life.	enhance		
			quality of		
			movement.		