

# Physical Education Grade 9-12

## Unit 1 Team Sports

### Football

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/ Suggested Resources	Vocabulary	Standards/ Eligible Content
8 Days	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	<p>Proper application of scientific and biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts</p>	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.	<p>1.Utilize safety procedures and proper safety precautions</p> <p>2. Identify the rules and strategies of flag football</p> <p>3. Comprehend the rules governing play</p> <p>4. Execute the various skills and techniques to play flag football</p> <p>5. Demonstrate offensive and defensive strategies</p> <p>6. Understand the</p>	<p>Passing</p> <p>Catching</p> <p>Kicking</p> <p>Punting</p> <p>Snapping</p> <p>Positional Awareness</p> <p>Scoring</p> <p>Offensive Strategies</p> <p>Defensive Strategies</p>	<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p> <p>10.5.12. F</p>

			improves the quality of movement.		key points of flag football  7. Use basic terminology associated with the game		
	Quality lifelong movement is based on scientific concepts/principles	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Practice strategies affect motor skill development and enhance skill performance.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.	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 points of flag football  7. Use basic terminology associated with the	Passing Catching Kicking Punting Snapping Positional Awareness Scoring Offensive Strategies Defensive Strategies	10.4.12.B 10.4.12.D 10.4.12.E

					game		
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.	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 points of flag football  7. Use basic terminology associated with the game	Passing Catching Kicking Punting Snapping Positional Awareness Scoring Offensive Strategies Defensive Strategies	10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout a	How can participation in physical activity	Game strategies are used to recognize tactical	Student should be able to analyze	1.Utilize safety procedures and proper safety precautions	Passing Catching Kicking Punting	10.5.12.A 10.5.12.E 10.5.12.F

	lifetime.	enhance my life?	problems and to select the appropriate responses in a variety of physical activities.	movement performance and the application of game strategies for lifelong participation in physical activities.	<p>2. Identify the rules and strategies of flag football</p> <p>3. Comprehend the rules governing play</p> <p>4. Execute the various skills and techniques to play flag football</p> <p>5. Demonstrate offensive and defensive strategies</p> <p>6. Understand the key points of flag football</p> <p>7. Use basic terminology associated with the game</p>	<p>Snapping</p> <p>Positional Awareness</p> <p>Scoring</p> <p>Offensive Strategies</p> <p>Defensive Strategies</p>	
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the	Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical	Student should be able to assess safe and unsafe practices in the home, school, community and in	<p>1.Utilize safety procedures and proper safety precautions</p> <p>2. Identify the rules and strategies of flag football</p> <p>3. Comprehend the</p>	<p>Passing</p> <p>Catching</p> <p>Kicking</p> <p>Punting</p> <p>Snapping</p> <p>Positional Awareness</p> <p>Scoring</p> <p>Offensive Strategies</p>	10.3.12.A

		lives of others around me.	activities.  The use of unsafe practices in the home, school and community can have personal and legal consequences.	physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	rules governing play  4. Execute the various skills and techniques to play flag football 5. Demonstrate offensive and defensive strategies  6. Understand the key points of flag football  7. Use basic terminology associated with the game	Defensive Strategies	
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?  Why do people choose the physical activities they	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	Student should be able to evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and	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	Passing Catching Kicking Punting Snapping Positional Awareness Scoring Offensive Strategies Defensive Strategies	10.4.12.A 10.4.12.D 10.5.12.A  10.5.12.A 10.5.12.E 10.5.12.F

		participate in over a lifetime?		<p>activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>	<p>5. Demonstrate offensive and defensive strategies</p> <p>6. Understand the key points of flag football</p> <p>7. Use basic terminology associated with the game</p>		
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	<p>Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences</p>	<p>1.Utilize safety procedures and proper safety precautions</p> <p>2. Identify the rules and strategies of flag football</p> <p>3. Comprehend the rules governing play</p> <p>4. Execute the various skills and techniques to play flag football</p> <p>5. Demonstrate</p>	<p>Passing</p> <p>Catching</p> <p>Kicking</p> <p>Punting</p> <p>Snapping</p> <p>Positional Awareness</p> <p>Scoring</p> <p>Offensive Strategies</p> <p>Defensive Strategies</p>	<p>10.4.12.B</p> <p>10.4.12.D</p> <p>10.4.12.E</p>

				and participation, over a lifetime.	offensive and defensive strategies  6. Understand the key points of flag football  7. Use basic terminology associated with the game		
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities.  Student should be able to analyze skill-related fitness components, movement concepts and	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 points of flag	Passing Catching Kicking Punting Snapping Positional Awareness Scoring Offensive Strategies Defensive Strategies	10.5.12.A 10.5.12.E 10.5.12.F

				game strategies to promote participation in life-long physical activities.	football  7. Use basic terminology associated with the game		
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.	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 points of flag football  7. Use basic terminology associated with the game.		10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E



	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities. Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.	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 points of flag football 7. Use basic terminology associated with the game	Passing Catching Kicking Punting Snapping Positional Awareness Scoring Offensive Strategies Defensive Strategies	10.5.12.A 10.5.12.E 10.5.12.F
<b>Soccer</b>							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lesson Objectives/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards/ Eligible Content</b>

8 Days	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	<p>Proper application of scientific and biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.	<p>1.To acquire knowledge and an understanding of soccer</p> <p>2.Understand the rules of the game</p> <p>3. To learn the terminology associated with soccer</p> <p>4.To practice and develop fundamental skills of passing, dribbling, shooting, and individual and team offensive and defensive skills</p> <p>5. Demonstrate an understanding of how rules and safety practices and procedures need to be adjusted for different movement situations</p> <p>6. Apply safe practices, rules, procedures, etiquette, and good sportsmanship in all physical activity</p>	<p>dribbling</p> <p>passing</p> <p>trapping</p> <p>shooting</p> <p>offense</p> <p>defense</p> <p>throw-in</p> <p>corner kick</p> <p>obstruction</p> <p>goal kick</p> <p>marking</p> <p>tackling</p> <p>Positional responsibilities</p>	<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p> <p>10.5.12.F</p>
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					<p>settings, take initiative to encourage others to do the same</p> <p>7. Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities</p> <p>8. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships</p> <p>9. Participation in soccer during and outside of school can promote the development and improvement of physical fitness level</p>		
	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement	Practice strategies affect motor skill development and enhance skill performance.	Student should be able to analyze the inter-relationship among emotional, social,			10.4.12.B 10.4.12.D 10.4.12.E

		forms?		physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of	Student should be able to analyze movement performance and the application of game			10.5.12.A 10.5.12.E 10.5.12.F

			physical activities.	strategies for lifelong participation in physical activities.			
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me.	<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical activities.</p> <p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	Student should be able to assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.			10.3.12.A
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice	Determining an appropriate physical activity plan will support life-long personal	Student should be able to evaluate personal preferences			10.4.12.A 10.4.12.D 10.5.12.A  10.5.12.A 10.5.12.E

		<p>strategies influence movement forms?</p> <p>Why do people choose the physical activities they participate in over a lifetime?</p>	health and fitness goals.	<p>in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.5.12.F
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in	Regular physical activity impacts an individual physiologically, socially and psychologically	Student should be able to analyze the inter-relationship			10.4.12.B 10.4.12.D 10.4.12.E

		over a lifetime?	throughout a lifetime.	among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	<p>Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities.</p> <p>Student should be able to analyze skill-related fitness components,</p>			10.5.12.A 10.5.12.E 10.5.12.F

				movement concepts and game strategies to promote participation in life-long physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for life-long			10.5.12.A 10.5.12.E 10.5.12.F



				<p>participation in physical activities. Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
<div>Softball</div>							
<b>Estimate d Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencie s (Do)</b>	<b>Lesson Objectives/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards and Eligible Content</b>
<b>8 Days</b>	Quality lifelong	How do	Proper	Student	1.Develop an	Throwing	10.5.12.A

	<p>movement is based on scientific concepts/principles .</p>	<p>scientific principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>application of scientific and biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>should be able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.</p>	<p>understanding of proper throwing and hitting mechanics and apply those skills in a simulated game setting.</p> <p>2. Understand base running strategies and how to properly choose a situationally specific base path.</p> <p>3. Understand, implement and enforce the rules of softball as they apply to batting, fielding, baserunning and general game play.</p> <p>4. Demonstrate proper safety procedures and identify potential safety issues that could occur during softball game play</p> <p>5. Apply the rules of softball through actively participating as an umpire or manager of a team.</p>	<p>Catching Pitching Batting Fielding Baserunning Foul Ball Inning Strike Zone Walk Decision Making Pitch Count Ball/Strike Positional Responsibilities</p>	<p>10.5.12.B 10.5.12.C 10.5.12.E 10.5.12.F</p>
	Quality lifelong	How do	Practice	Student			10.4.12.B

	movement is based on scientific concepts/principles .	scientific principles, biomechanical principles and practice strategies influence movement forms?	strategies affect motor skill development and enhance skill performance.	should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in	How can	Game strategies	Student			10.5.12.A

	physical activity impacts wellness throughout a lifetime.	participation in physical activity enhance my life?	are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	should be able to analyze movement performance and the application of game strategies for lifelong participation in physical activities.			10.5.12.E 10.5.12.F
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me.	<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical activities.</p> <p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	Student should be able to assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and			10.3.12.A

				community well-being.			
	Participation in physical activity impacts wellness throughout a lifetime.	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>Why do people choose the physical activities they participate in over a lifetime?</p>	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	<p>Student should be able to evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long</p>			<p>10.4.12.A 10.4.12.D 10.5.12.A</p> <p>10.5.12.A 10.5.12.E 10.5.12.F</p>

				physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical			10.5.12.A 10.5.12.E 10.5.12.F

				activities.  Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness	What knowledge is needed to	Game strategies are used to recognize	Student should be able to			10.5.12.A 10.5.12.E 10.5.12.F

	throughout a lifetime.	select an appropriate response in a variety of physical activities?	tactical problems and to select the appropriate responses in a variety of physical activities.	analyze movement performance and the application of game strategies for life-long participation in physical activities. Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
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## Ultimate Frisbee

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/ Suggested Resources	Vocabulary	Standards and Eligible Content
8 Days	Quality lifelong movement is based	How do scientific	Proper application of	Student should be	1. Effectively	Forehand Throw Backhand Throw	10.5.12.A 10.5.12.B



	on scientific concepts/principles .	principles, biomechanical principles and practice strategies influence movement forms?	scientific and biomechanical principles enhance quality of movement.  There is an interrelationship among practice, motor skill development and physical activity.  Appropriate selection of motor skill development concepts improves the quality of movement.	able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.	demonstrate the backhand, forehand, and hammer throws 2. Effectively demonstrate catching skills 3. Understands the rules of Frisbee 4. Demonstrates offensive and defensive team strategies, game concepts, and safety guidelines 5. Effectively demonstrates cutting and picking skills 6. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships	Clap Catch C Catch Zone Offense Zone Defense Turnovers	10.5.12.C 10.5.12.E 10.5.12.F
	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence	Practice strategies affect motor skill development and enhance skill performance.	Student should be able to analyze the inter-relationship among emotional,			10.4.12.B 10.4.12.D 10.4.12.E

		movement forms?		social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a	Student should be able to analyze movement performance and the application of			10.5.12.A 10.5.12.E 10.5.12.F

			variety of physical activities.	game strategies for lifelong participation in physical activities.			
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me.	<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical activities.</p> <p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	Student should be able to assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.			10.3.12.A
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles	Determining an appropriate physical activity plan will support life-	Student should be able to evaluate personal			10.4.12.A 10.4.12.D 10.5.12.A

		<p>and practice strategies influence movement forms?</p> <p>Why do people choose the physical activities they participate in over a lifetime?</p>	<p>long personal health and fitness goals.</p>	<p>preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			<p>10.5.12.A 10.5.12.E 10.5.12.F</p>
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	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of	Movement skills, movement concepts and skill-related fitness enrich movement	Student should be able to analyze movement performance and the			10.5.12.A 10.5.12.E 10.5.12.F

		physical activities?	performance throughout life.	<p>application of game strategies for life-long participation in physical activities.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E

				enhance quality of movement.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for lifelong participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F

## Volleyball

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/ Suggested Resources	Vocabulary	Standards and Eligible Content
8 Days	Quality lifelong movement is based	How do scientific	Proper application of	Student should be	1.Demonstrate the scoring system and	Bump Free Ball	10.5.12.A 10.5.12.B

	<p>on scientific concepts/principles .</p>	<p>principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>scientific and biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.</p>	<p>the correct terminology of the game of volleyball</p> <p>2.To acquire the skills necessary to play the game of volleyball with enjoyment , satisfaction, and safety</p> <p>3.To learn the rules, strategy, and team play of volleyball</p> <p>4.Describe and execute in game play the skills of serving, passing, spiking, and blocking</p> <p>5.Participate in a wide variety of activities, including dance, games, sports, and lifetime physical activities</p> <p>6.Use physical activity as a positive opportunity for social and group interaction and development of</p>	<p>Match Rally Rotation Side Out Forearm Pass Set Spike Overhand Serve Underhand Serve Offense Defense Faults</p>	<p>10.5.12.C 10.5.12.E 10.5.12.F</p>
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					lifelong skills and relationships  7.Apply characteristics of performance for purposeful, recreational, skill, and fitness outcomes		
	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Practice strategies affect motor skill development and enhance skill performance.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness	How can participation in physical	Movement skills, movement	Student should be able to			10.5.12.A 10.5.12.B 10.5.12.C

	throughout a lifetime.	activity enhance my life?	concepts and skill-related fitness enrich movement performance throughout life.	incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for lifelong participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my	Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long	Student should be able to assess safe and unsafe practices in the home, school, community			10.3.12.A

		life and the lives of others around me.	physical activities.  The use of unsafe practices in the home, school and community can have personal and legal consequences.	and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?  Why do people choose the physical activities they participate in over a lifetime?	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	Student should be able to evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.			10.4.12.A 10.4.12.D 10.5.12.A  10.5.12.A 10.5.12.E 10.5.12.F

				Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E

	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	<p>Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.5.12.A 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles	Movement skills, movement concepts and skill-related	Student should be able to incorporate and evaluate			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E

		and practice strategies influence movement forms?	fitness enrich movement performance throughout life.	motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities. Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote			10.5.12.A 10.5.12.E 10.5.12.F

				participation in life-long physical activities.			
Basketball							
<b>Estimate d Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencie s (Do)</b>	<b>Lesson Objectives/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards and Eligible Content</b>
<b>8 Days</b>	Quality lifelong movement is based	How do scientific	Proper application of	Student should be	1. Practices and develops	Dribbling Passing	10.5.12.A 10.5.12.B

	<p>on scientific concepts/principles .</p>	<p>principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>scientific and biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.</p>	<p>fundamental skills of passing , dribbling, shooting, rebounding, and individual / team offensive and defensive skills</p> <p>2. Identifies the strategies of team offense and defense</p> <p>3. Participation in basketball during and outside of school can promote the development and improvement of physical fitness level</p> <p>4. Demonstrates an understanding of how rules and safety practices and procedures need to be adjusted for different movement situations</p> <p>5. Apply safe practices, rules, procedures, etiquette, and good sportsmanship in all physical activity</p>	<p>Shooting Offense Defense Give and Go Pick and Roll Violations Fouls</p>	<p>10.5.12.C 10.5.12.E 10.5.12.F</p>
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					<p>settings, take initiative to encourage others to do the same.</p> <p>6. Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities</p> <p>7. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships</p>		
	<p>Quality lifelong movement is based on scientific concepts/principles .</p>	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>Practice strategies affect motor skill development and enhance skill performance.</p>	<p>Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical</p>			<p>10.4.12.B 10.4.12.D 10.4.12.E</p>

				activity preferences and participation, over a lifetime.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for lifelong participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F

	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me.	<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical activities.</p> <p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	Student should be able to assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.			10.3.12.A
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	Student should be able to evaluate personal preferences in the selection of physical activities that support the			10.4.12.A 10.4.12.D 10.5.12.A  10.5.12.A 10.5.12.E 10.5.12.F

		Why do people choose the physical activities they participate in over a lifetime?		<p>engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental			10.4.12.B 10.4.12.D 10.4.12.E

				health, skill improvement and physical activity preferences and participation, over a lifetime.			
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	<p>Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote</p>			10.5.12.A 10.5.12.E 10.5.12.F

				participation in life-long physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for life-long participation in physical activities. Student should be			10.5.12.A 10.5.12.E 10.5.12.F

				able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
Floor Hockey							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lesson Objectives/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards and Eligible Content</b>
<b>8 Days</b>	Quality lifelong movement is based	How do scientific	Proper application of	Student should be	1. Demonstrate knowledge of rules,	Dribbling Passing	10.5.12.A 10.5.12.B

	<p>on scientific concepts/principles .</p>	<p>principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>scientific and biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.</p>	<p>safety practices, and game procedures</p> <p>2. Display fundamental skills of floor hockey: handling the puck, passing and receiving the puck, stopping 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>5. To play in a floor hockey game to promote the development and improvement of physical fitness level</p>	<p>Shooting Fielding Tackling Offense Defense Clear Face-Off Power Play Violations Penalties</p>	<p>10.5.12.C 10.5.12.E 10.5.12.F</p>
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	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Practice strategies affect motor skill development and enhance skill performance.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E

	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for lifelong participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me.	<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical activities.</p> <p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	Student should be able to assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on			10.3.12.A

				personal and community well-being.			
	Participation in physical activity impacts wellness throughout a lifetime.	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>Why do people choose the physical activities they participate in over a lifetime?</p>	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	<p>Student should be able to evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation</p>			<p>10.4.12.A 10.4.12.D 10.5.12.A</p> <p>10.5.12.A 10.5.12.E 10.5.12.F</p>

				in life-long physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to analyze movement performance and the application of game strategies for life-long participation			10.5.12.A 10.5.12.E 10.5.12.F

				<p>in physical activities.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity	What knowledge is	Game strategies are used to	Student should be			10.5.12.A 10.5.12.E

	impacts wellness throughout a lifetime.	needed to select an appropriate response in a variety of physical activities?	recognize tactical problems and to select the appropriate responses in a variety of physical activities.	able to analyze movement performance and the application of game strategies for life-long participation in physical activities. Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			10.5.12.F
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<div>Cooperative Games</div>							
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Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/ Suggested Resources	Vocabulary	Standards and Eligible Content
<b>8 Days</b>	Quality lifelong movement is based on scientific	How do scientific principles,	Proper application of scientific and	Student should be able to	1.Demonstrate an understanding of movement concepts	Collaboration Cooperation Compromise	10.5.12.A 10.5.12.B 10.5.12.C

	<p>concepts/principles .</p>	<p>biomechanical principles and practice strategies influence movement forms?</p>	<p>biomechanical principles enhance quality of movement.</p> <p>There is an interrelationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>incorporate and evaluate motor skill development concepts, practice strategies, and biomechanical principles to enhance quality of movement.</p>	<p>and the use of motor skills</p> <p>2.Demonstrate responsible personal and social behavior and understand safety procedures</p> <p>3.Demonstrate the ability to use effective interpersonal skills</p> <p>4.Demonstrate the ability to use the decision making skills of appropriate goal setting, risk taking, and problem solving</p> <p>5.Understand the potential outcomes for participating in Team Challenges / Team Games, including challenge, enjoyment, self expression, and social interaction</p> <p>6.Demonstrate an understanding of and respect for differences</p>	<p>Teamwork Problem Solving Decision Making</p>	<p>10.5.12.E 10.5.12.F</p>
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	Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Practice strategies affect motor skill development and enhance skill performance.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E

	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Student should be able to analyze movement performance and the application of game strategies for lifelong participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F
	Safety impacts individual and community well-being.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me.	<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected life-long physical activities.</p> <p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	Student should be able to assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on			10.3.12.A

				personal and community well-being.			
	Participation in physical activity impacts wellness throughout a lifetime.	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>Why do people choose the physical activities they participate in over a lifetime?</p>	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	<p>Student should be able to evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation</p>			<p>10.4.12.A 10.4.12.D 10.5.12.A</p> <p>10.5.12.A 10.5.12.E 10.5.12.F</p>

				in life-long physical activities.			
	Participation in physical activity impacts wellness throughout a lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Student should be able to analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout a lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to analyze movement performance and the application of game strategies for life-long participation			10.5.12.A 10.5.12.E 10.5.12.F

				<p>in physical activities.</p> <p>Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity	What knowledge is	Game strategies are used to	Student should be			10.5.12.A 10.5.12.E

	impacts wellness throughout a lifetime.	needed to select an appropriate response in a variety of physical activities?	recognize tactical problems and to select the appropriate responses in a variety of physical activities.	able to analyze movement performance and the application of game strategies for life-long participation in physical activities. Student should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			10.5.12.F
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Unit 2 Individual Sports							
Badminton							
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Unit Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e Content

8 Days	<p>Health concepts are essential for wellness and health-enhancing lifestyle.</p> <p>Safety impacts individual and community well-being.</p> <p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p> <p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</p>	Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	<ol style="list-style-type: none"> <li>1. Understands the rules and objectives of the game: Court, equipment and scoring</li> <li>2. Demonstrates the proper knowledge of game strategies: single vs. doubles</li> <li>3. Demonstrates proper techniques: Serving and basic clear shots</li> <li>4. Demonstrates proper techniques of specialty shots: Lob, drive, drop, and smash</li> <li>5. Class participation</li> <li>6. Teamwork, safety, and sportsmanship (Behavior)</li> </ol>	<p>Shuttlecock</p> <p>Serve</p> <p>Clear</p> <p>Drop Shot</p> <p>Smashing</p> <p>Faults</p> <p>Side to Side Team Play</p> <p>Front to Back Team Play</p> <p>Service Line</p>	10.3.12.A
	Quality life-long	How do	There is an	Incorporate			10.5.12.A



	movement is based on scientific concepts/principles .	scientific principles, biomechanical principles and practice strategies influence movement forms?	inter-relationship among practice, motor skill development and physical activity.  Appropriate selection of motor skill development concepts improves the quality of movement.	and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.B 10.5.12.C 10.5.12.E
	Quality life-long movement is based on scientific concepts/principles .	How can you enhance the quality of movement for life-long participation in physical activity?	Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Quality life-long movement is based	How do scientific	Proper application of	Incorporate and evaluate			10.5.12.A 10.5.12.B

	on scientific concepts/principles .	principles, biomechanical principles and practice strategies influence movement forms?	scientific and biomechanical principles enhances quality of movement.	motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout lifetime.	How can you enhance the quality of movement for life-long participation in physical activity?	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 lifetime.  Analyze skill-related fitness components, movement concepts and game strategies to promote			10.4.12.A 10.4.12.D 10.5.12.A 10.5.12.E 10.5.12.F

				participation in life-long physical activities.			
	Participation in physical activity impacts wellness throughout lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Participation in physical activity impacts wellness throughout lifetime.	How can participation in physical activity enhance my life?	Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and			10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F

			Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	participation over a lifetime.			
	Participation in physical activity impacts wellness throughout lifetime.	How can you enhance the quality of movement for life-long participation in physical activity?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	<p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E 10.5.12.F

	Participation in physical activity impacts wellness throughout lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	<p>Analyze movement performance and the application of game strategies for life-long participation in physical activities.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.5.12.A 10.5.12.E 10.5.12.F
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## Table Tennis

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggested Resources	Vocabulary	Standards/Eligible Content
8 Days	Health concepts are essential for wellness and	What are the outcomes of various safe	The use of unsafe practices in the home,	Assess safe and unsafe practices in	1.Understand and apply rules and strategies of table	Backhand Backspin Block	10.3.12.A

	<p>health-enhancing lifestyle.</p> <p>Safety impacts individual and community well-being.</p> <p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<p>and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?</p>	<p>school and community can have personal and legal consequences.</p> <p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</p>	<p>the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.</p>	<p>tennis.</p> <p>2.Execute various skills of table tennis play including forehand, backhand, drop, cut, and serve shots.</p> <p>3.Utilize a paddle to strike the Table Tennis ball</p> <p>4.Apply different strategies to the game of Table Tennis as well as understand differences in rules between doubles and singles play</p> <p>5. Referee their own game of Table Tennis and play in a fun and competitive setting</p>	<p>Doubles</p> <p>Drop Shot</p> <p>Forehand</p> <p>Let</p> <p>Lob</p> <p>Receive</p> <p>Serve</p> <p>Set</p> <p>Smash</p> <p>Topspin</p>	
	<p>Quality life-long movement is based on scientific concepts/principles .</p>	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>There is an inter-relationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p>

			development concepts improves the quality of movement.				
	Quality life-long movement is based on scientific concepts/principles .	How can you enhance the quality of movement for life-long participation in physical activity?	Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Quality life-long movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Proper application of scientific and biomechanical principles enhances quality of movement.	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in	How can you	Determining an	Evaluate			10.4.12.A

	physical activity impacts wellness throughout lifetime.	enhance the quality of movement for life-long participation in physical activity?	appropriate physical activity plan will support life-long personal health and fitness goals.	<p>personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.4.12.D 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	Why do people choose the physical activities they participate in over a	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a	Analyze the inter-relationship among emotional, social, physical and			10.4.12.B 10.4.12.D 10.4.12.E



		lifetime?	lifetime.	mental health skill improvement and physical activity preferences and participation over a lifetime.			
	Participation in physical activity impacts wellness throughout lifetime.	How can participation in physical activity enhance my life?	Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.  Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in	How can you	Movement	Analyze skill-			10.5.12.A

	physical activity impacts wellness throughout lifetime.	enhance the quality of movement for life-long participation in physical activity?	skills, movement concepts and skill-related fitness enrich movement performance throughout life.	related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.  Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.B 10.5.12.C 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Analyze movement performance and the application of game strategies for life-long participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F

				Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
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## Pickle Ball

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggested Resources	Vocabulary	Standards/Eligible Content
8 Days	Health concepts are essential for wellness and	What are the outcomes of various safe	The use of unsafe practices in the home,	Assess safe and unsafe practices in	1.Understand the fundamental techniques in various	Ace Backcourt Backhand	10.3.12.A

	<p>health-enhancing lifestyle.</p> <p>Safety impacts individual and community well-being.</p> <p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<p>and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?</p>	<p>school and community can have personal and legal consequences.</p> <p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</p>	<p>the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.</p>	<p>strokes used in the game of pickle-ball</p> <p>2. Demonstrates an understanding of playing strategies in both doubles and singles</p> <p>3. Identify and understand the rules of pickle-ball</p> <p>4. Understand basic terminology used in the game of pickle-ball</p> <p>5. Participates in doubles and singles tournament</p>	<p>Backspin Baseline Centerline Crosscourt Doubles Drop Shot Fault Foot Fault Forehand No Volley Zone Rally Serve</p>	
	<p>Quality life-long movement is based on scientific concepts/principles .</p>	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>There is an inter-relationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			<p>10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E</p>

	Quality life-long movement is based on scientific concepts/principles .	How can you enhance the quality of movement for life-long participation in physical activity?	Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Quality life-long movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Proper application of scientific and biomechanical principles enhances quality of movement.	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout lifetime.	How can you enhance the quality of movement for life-long participation	Determining an appropriate physical activity plan will support life-long personal	Evaluate personal preferences in the selection of physical			10.4.12.A 10.4.12.D 10.5.12.A 10.5.12.E 10.5.12.F

		in physical activity?	health and fitness goals.	<p>activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
	Participation in physical activity impacts wellness throughout lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity			10.4.12.B 10.4.12.D 10.4.12.E

				preferences and participation over a lifetime.			
	Participation in physical activity impacts wellness throughout lifetime.	How can participation in physical activity enhance my life?	<p>Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.</p> <p>Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.</p>	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	How can you enhance the quality of movement for life-long participation	Movement skills, movement concepts and skill-related fitness enrich	Analyze skill-related fitness components, movement concepts and game			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E 10.5.12.F

		in physical activity?	movement performance throughout life.	<p>strategies to promote participation in life-long physical activities.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			
	Participation in physical activity impacts wellness throughout lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	<p>Analyze movement performance and the application of game strategies for life-long participation in physical activities.</p> <p>Analyze skill-related fitness components, movement concepts and</p>			10.5.12.A 10.5.12.E 10.5.12.F



				game strategies to promote participation in life-long physical activities.			
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<b>Golf</b>
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<b>Estimate d Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencie s (Do)</b>	<b>Lesson Objectives/Suggeste d Resources</b>	<b>Vocabulary</b>	<b>Standards/Eligibl e Content</b>
8 Days	Health concepts are essential for wellness and health-enhancing	What are the outcomes of various safe and unsafe	The use of unsafe practices in the home, school and	Assess safe and unsafe practices in the home,	1. demonstrate correct balance during and after a swing.	Eagle Birdie Approach Par	10.3.12.A

	<p>lifestyle.</p> <p>Safety impacts individual and community well-being.</p> <p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<p>practices and what impact can the outcomes have on my life and the lives of others around me?</p>	<p>community can have personal and legal consequences.</p> <p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</p>	<p>school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.</p>	<p>2. list benefits of playing Golf as a lifelong activity.</p> <p>3. grip club using either an overlapping or interlocking grip.</p> <p>4. demonstrate correct address of the ball, utilizing correct stance for a swing.</p> <p>5. demonstrate knowledge of etiquette by listing norms for both greens and course play.</p> <p>6. identify and demonstrate specific cues for the chip shot, drive and putt.</p> <p>7. list equipment and clothing needed to play Golf</p>	<p>Backspin</p> <p>Backswing</p> <p>Bogie</p> <p>Bunker</p> <p>Chip</p> <p>Putt</p> <p>Cup</p> <p>Divot</p> <p>Drive</p> <p>Green</p> <p>Fairway</p> <p>Tee</p> <p>Follow Through</p> <p>Hazard</p>	
	<p>Quality life-long movement is based on scientific concepts/principles .</p>	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>There is an inter-relationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of</p>			<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p>

			development concepts improves the quality of movement.	movement.			
	Quality life-long movement is based on scientific concepts/principles .	How can you enhance the quality of movement for life-long participation in physical activity?	Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Quality life-long movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Proper application of scientific and biomechanical principles enhances quality of movement.	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in	How can you	Determining an	Evaluate			10.4.12.A

	physical activity impacts wellness throughout lifetime.	enhance the quality of movement for life-long participation in physical activity?	appropriate physical activity plan will support life-long personal health and fitness goals.	<p>personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.4.12.D 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	Why do people choose the physical activities they participate in over a	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a	Analyze the inter-relationship among emotional, social, physical and			10.4.12.B 10.4.12.D 10.4.12.E

		lifetime?	lifetime.	mental health skill improvement and physical activity preferences and participation over a lifetime.			
	Participation in physical activity impacts wellness throughout lifetime.	How can participation in physical activity enhance my life?	Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.  Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in	How can you	Movement	Analyze skill-			10.5.12.A

	physical activity impacts wellness throughout lifetime.	enhance the quality of movement for life-long participation in physical activity?	skills, movement concepts and skill-related fitness enrich movement performance throughout life.	related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.  Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.B 10.5.12.C 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Analyze movement performance and the application of game strategies for life-long participation in physical activities.			10.5.12.A 10.5.12.E 10.5.12.F

				Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
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## Frisbee Golf

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggested Resources	Vocabulary	Standards/Eligible Content
8 Days	Health concepts are essential for wellness and health-enhancing	What are the outcomes of various safe and unsafe	The use of unsafe practices in the home, school and	Assess safe and unsafe practices in the home,	1. Participate in a complete round of Frisbee golf, consisting of	Ace Birdie Approach Drive	10.3.12.A

	<p>lifestyle.</p> <p>Safety impacts individual and community well-being.</p> <p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<p>practices and what impact can the outcomes have on my life and the lives of others around me?</p>	<p>community can have personal and legal consequences.</p> <p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</p>	<p>school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.</p>	<p>creating and playing a 9-hole course.</p> <p>2.Demonstrate competence and proper form while utilizing various throwing techniques.</p> <p>3.Demonstrate appropriate behavior while participating in Frisbee golf, showing personal responsibility and avoiding dangerous situations.</p> <p>4.Demonstrate respect for others and give feedback and evaluation to playing mates.</p> <p>5.Explain the benefits of participating in Frisbee as a lifelong activity</p>	<p>Driver</p> <p>Lie</p> <p>Midrange</p> <p>Par</p> <p>Putt</p> <p>Putter</p> <p>Basket</p> <p>Throw</p>	
	<p>Quality life-long movement is based on scientific concepts/principles .</p>	<p>How do scientific principles, biomechanical principles and practice strategies</p>	<p>There is an inter-relationship among practice, motor skill development and physical</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and</p>			<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p>



		influence movement forms?	activity.  Appropriate selection of motor skill development concepts improves the quality of movement.	biomechanical principles to enhance quality of movement.			
	Quality life-long movement is based on scientific concepts/principles .	How can you enhance the quality of movement for life-long participation in physical activity?	Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Quality life-long movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence	Proper application of scientific and biomechanical principles enhances quality of movement.	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E

		movement forms?		I principles to enhance quality of movement.			
	Participation in physical activity impacts wellness throughout lifetime.	How can you enhance the quality of movement for life-long participation in physical activity?	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	<p>Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.4.12.A 10.4.12.D 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in physical activity	Why do people	Regular physical activity impacts	Analyze the inter-			10.4.12.B 10.4.12.D

	impacts wellness throughout lifetime.	choose the physical activities they participate in over a lifetime?	an individual physiologically, socially and psychologically throughout a lifetime.	relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.E
	Participation in physical activity impacts wellness throughout lifetime.	How can participation in physical activity enhance my life?	Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.  Movement skills, movement concepts and skill-related	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F

			fitness enrich movement performance throughout life.				
	Participation in physical activity impacts wellness throughout lifetime.	How can you enhance the quality of movement for life-long participation in physical activity?	Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	<p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	What knowledge is needed to select an appropriate response in a	Game strategies are used to recognize tactical problems and to select the	Analyze movement performance and the application of game			10.5.12.A 10.5.12.E 10.5.12.F

		variety of physical activities?	appropriate responses in a variety of physical activities.	<p>strategies for life-long participation in physical activities.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			
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## Track & Field

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggested Resources	Vocabulary	Standards/Eligible Content
8 Days	Health concepts are essential for wellness and	What are the outcomes of various safe	The use of unsafe practices in the home,	Assess safe and unsafe practices in	1.Understand rules for performing each event	Starting Blocks Triple Jump Sprint	10.3.12.A

	<p>health-enhancing lifestyle.</p> <p>Safety impacts individual and community well-being.</p> <p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<p>and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?</p>	<p>school and community can have personal and legal consequences.</p> <p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</p>	<p>the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.</p>	<p>2.Develop skills necessary to perform each event</p> <p>3.Appreciate differences between each event and events they might be successful based on personal fitness level</p> <p>4.Understand safety procedures required in performing each event</p> <p>5.Recognize equipment needed for each event</p>	<p>Shot Put</p> <p>Relay</p> <p>Pace</p> <p>Long Jump</p> <p>Hurdle</p> <p>High Jump</p> <p>Fosbury Flop</p> <p>Discus</p> <p>Baton</p> <p>Javelin</p> <p>Hammer Throw</p>	
	<p>Quality life-long movement is based on scientific concepts/principles .</p>	<p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p>	<p>There is an inter-relationship among practice, motor skill development and physical activity.</p> <p>Appropriate selection of motor skill development concepts improves the</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p>

			quality of movement.				
	Quality life-long movement is based on scientific concepts/principles .	How can you enhance the quality of movement for life-long participation in physical activity?	Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E
	Quality life-long movement is based on scientific concepts/principles .	How do scientific principles, biomechanical principles and practice strategies influence movement forms?	Proper application of scientific and biomechanical principles enhances quality of movement.	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E
	Participation in physical activity impacts wellness throughout	How can you enhance the quality of movement	Determining an appropriate physical activity plan will	Evaluate personal preferences in the			10.4.12.A 10.4.12.D 10.5.12.A 10.5.12.E

	lifetime.	for life-long participation in physical activity?	support life-long personal health and fitness goals.	<p>selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.</p>			10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	Why do people choose the physical activities they participate in over a lifetime?	Regular physical activity impacts an individual physiologically, socially and psychologically throughout a lifetime.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement			10.4.12.B 10.4.12.D 10.4.12.E



				and physical activity preferences and participation over a lifetime.			
	Participation in physical activity impacts wellness throughout lifetime.	How can participation in physical activity enhance my life?	Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.  Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Analyze the inter-relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.			10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F
	Participation in physical activity impacts wellness throughout	How can you enhance the quality of movement	Movement skills, movement concepts and	Analyze skill-related fitness components, movement			10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E

	lifetime.	for life-long participation in physical activity?	skill-related fitness enrich movement performance throughout life.	<p>concepts and game strategies to promote participation in life-long physical activities.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			10.5.12.F
	Participation in physical activity impacts wellness throughout lifetime.	What knowledge is needed to select an appropriate response in a variety of physical activities?	Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	<p>Analyze movement performance and the application of game strategies for life-long participation in physical activities.</p> <p>Analyze skill-related fitness components,</p>			10.5.12.A 10.5.12.E 10.5.12.F

				movement concepts and game strategies to promote participation in life-long physical activities.			
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Unit 3 Lifetime Sports
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Yoga/Pilates
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Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e Content
16 Days	Quality lifelong movement is based	How can participation	Physical activity intensity levels	Analyze the inter-	1.Discover the origins of pilates and hatha	B.E.A.M. Breathe	10.4.12.B 10.4.12.D

	on scientific concepts/principles .	in physical activity enhance my life?	elicit physiological responses which are impacted by changes in adult health status.	relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation over a lifetime.	yoga 2.Analyze the principles of pilates and philosophy of hatha yoga 3.Analyze the benefits of pilates movements and yoga poses 4.Develop the skill techniques of breathing and injury prevention Perform a sequence of pilates exercises and yoga poses 5.Analyze the strengthening and relaxing effects of pilates and yoga	Energize Align Move Body-Mind Connection Centering Om Namaste Pose	10.4.12.E
	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my life?	Physical activity preferences of adults are determined by many factors.	Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals			10.4.12.A 10.4.12.D 10.5.12.A

				over a lifetime.			
	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my life?	There is an inter-relationship among practice, motor skill development and physical activity.	Create a personal fitness program based on personal data, exercise and training principles and fitness components.			10.4.12.A 10.4.12.B 10.4.12.D
	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.B 10.4.12.D
	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my life?	A personal fitness program incorporates exercise and training principles.	Create a personal fitness program based on personal data, exercise and training principles and fitness components.			10.4.12.A 10.4.12.B 10.4.12.D

	Participation in physical activity impacts wellness throughout a lifetime.	How can you enhance the quality of movement for lifelong participation in physical activity?	Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	<p>Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Create a personal fitness program based on personal data,</p>			<p>10.4.12.A 10.4.12.D 10.5.12.A</p> <p>10.5.12.A 10.5.12.E 10.5.12.F</p> <p>10.4.12.A 10.4.12.B 10.5.12.D</p>
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				exercise and training principles and fitness components.			
	Participation in physical activity impacts wellness throughout a lifetime.	How can participation in physical activity enhance my life?	Movement skills, movement concepts and skill related fitness enrich movement performance throughout life.	Create a personal fitness program based on personal data, exercise and training principles and fitness components.			10.4.12.A 10.4.12.B 10.5.12.D

## Aquatics

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggested Resources	Vocabulary	Standards/Eligible Content
10 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	Analyze the inter-relationship among emotional, social,	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of aquatic activities.	Floating Treading Bobbing Rhythmic Breathing Freestyle	10.4.12.B 10.4.12.D 10.4.12.E

			impacted by changes in adult health status.	physical and mental health, skill improvement and physical activity preferences and participation over a lifetime.	<p>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.</p> <p>3. Demonstrate a basic competency of treading/floating/introductory life saving techniques utilizing the available equipment in the facility.</p>	Backstroke Breast stroke Butterfly Scissor kick Flutter Kick Frog kick Dolphin kick Arm Stroke	
	Quality lifelong movement is based on scientific concepts/principles .	How can participation in physical activity enhance my life?	Physical activity preferences of adults are determined by many factors.	Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.			10.4.12.A 10.4.12.D 10.5.12.A
	Quality lifelong movement is based	How can participation	Appropriate selection of	Create a personal			10.4.12.A 10.4.12.B



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

## Personal Physical Fitness

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/Suggested Resources	Vocabulary	Standards/Eligible Content
12 Days	Quality lifelong movement is based on scientific concepts/principles.	What knowledge is necessary to create a personal fitness	Appropriate selection of motor skill development concepts improves the	Create a personal fitness program based on personal data,	1.Increase one's self confidence and self esteem  2.Perform conditioning	Aerobic/Anaerobic Capacity Cardiovascular Endurance F.I.T.T. Principles Flexibility	10.4.12.A 10.4.12.B 10.5.12.D

		program?	<p>quality of movement.</p> <p>A personal fitness program incorporates exercise and training principles.</p>	<p>exercise and training principles and fitness components.</p>	<p>exercises for endurance, strength and flexibility</p> <p>3.Use physiological data to adjust levels of exercise and promote wellness</p> <p>4.Provide for continual monitoring of students' fitness level</p> <p>5.Identify a student's fitness weaknesses and strengths so that areas in need of improvement can be seen and individual programs can be developed</p> <p>6.Use the results of fitness assessments to guide changes in her or his personal program of physical activity</p> <p>7.Design and implement a personal wellness program based upon information obtained from the fitness</p>	<p>Muscular Endurance</p> <p>Muscular Strength</p> <p>Load</p> <p>Set</p> <p>Repetition</p>	<p>10.4.12.A</p> <p>10.4.12.B</p> <p>10.5.12.D</p>
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					<p>assessment and in accordance with appropriate training and nutritional principles</p> <p>8. Incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness</p> <p>9. Assess and adjust activities to maintain or improve personal level of health-related fitness</p>		
	Participation in physical activity impacts wellness throughout a lifetime.	How can you enhance the quality of movement for lifelong participation in physical activity?	Determining an appropriate physical activity plan will support lifelong personal health and fitness goals.	Create a personal fitness program based on personal data, exercise and training principles and fitness components.			10.4.12.A 10.4.12.B 10.5.12.D
	Participation in physical activity impacts wellness throughout a lifetime.	How can you enhance the quality of movement for lifelong participation	Movement skills, movement concepts and skill related fitness enrich	Create a personal fitness program based on personal data,			10.4.12.A 10.4.12.B 10.5.12.D

		in physical activity?	movement performance throughout life.	<p>exercise and training principles and fitness components.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>			<p>10.5.12.A</p> <p>10.5.12.B</p> <p>10.5.12.C</p> <p>10.5.12.E</p>
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