## **Physical Education Grade 9-12**

## **Unit 1 Team Sports**

## **Football**

Estimated Unit Time	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, biomechanica I principles and practice strategies influence movement forms?	Proper application of scientific and biomechanical principles enhance quality of movement.  There is an interrelationshi p among practice, motor skill development and physical activity.  Appropriate selection of motor skill development concepts	Student should be able to incorporate and evaluate motor skill development concepts, practice strategies, and biomechanica I 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 and defensive strategies  6. Understand the	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 10.5.12. F

		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	principles,	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 biomechanica I 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.	<ol> <li>Identify the rules and strategies of flag football</li> <li>Comprehend the rules governing play</li> <li>Execute the various skills and techniques to play flag football</li> <li>Demonstrate offensive and defensive strategies</li> <li>Understand the key points of flag football</li> <li>Use basic terminology associated with the game</li> </ol>	Snapping Positional Awareness Scoring Offensive Strategies Defensive Strategies	
Safety impacts individual and community wellbeing.	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	1.Utilize safety procedures and proper safety precautions  2. Identify the rules and strategies of flag football  3. Comprehend the	Passing Catching Kicking Punting Snapping Positional Awareness Scoring Offensive Strategies	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, biomechanica I principles and practice strategies influence movement forms?  Why do people choose the physical activities they	Determining an appropriate physical activity plan will support lifelong 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.E 10.5.12.F

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	participate in		activity goals	5. Demonstrate		
	over a		over a	offensive and		
	lifetime?		lifetime.	defensive		
				strategies		
			Student			
			should be	6. Understand the		
			able to	key points of flag		
			analyze skill-	football		
			related fitness			
			components,	7. Use basic		
			movement	terminology		
			concepts and	associated with the		
			game	game		
			strategies to			
			promote			
			participation			
			in life-long			
			physical			
			activities.			
Participation in	Why do	Regular physical	Student	1.Utilize safety	Passing	10.4.12.B
physical activity	people	activity impacts	should be	procedures and	Catching	10.4.12.D
impacts wellness	choose the	an individual	able to	proper	Kicking	10.4.12.E
throughout a	physical	physiologically,	analyze the	safety precautions	Punting	10.4.12.6
lifetime.	activities they	socially and	inter-	Safety precautions	Snapping	
illetime.	participate in	psychologically	relationship	2. Identify the rules	Positional	
	over a	throughout a	· •	and strategies of flag	Awareness	
	lifetime?	lifetime.	among emotional,	football	Scoring	
	metime:	metime.		Tootball	_	
			social,	3. Comprehend the	Offensive	
			physical and	rules governing play	Strategies	
			mental	Taics governing play	Defensive	
			health, skill	4. Execute the	Strategies	
			improvement	various skills and		
			and physical	techniques to play		
			activity	flag football		
			preferences	5. Demonstrate		
				J. Demonstrate		

			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 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

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			game	football		
			strategies to			
			promote	7. Use basic		
			participation	terminology		
			in life-long	associated with the		
			physical	game		
			activities.			
Participation in	How do	Movement	Student	1.Utilize safety		10.5.12.A
physical activity	scientific	skills,	should be	procedures and		10.5.12.B
impacts wellness	principles,	movement	able to	proper		10.5.12.C
throughout a	biomechanica	concepts and	incorporate	safety precautions		10.5.12.E
lifetime.	I principles	skill-related	and evaluate			
	and practice	fitness enrich	motor skill	2. Identify the rules		
	strategies	movement	development	and strategies of flag		
	influence	performance	concepts,	football		
	movement	throughout life.	practice			
	forms?	tin oughout me.	strategies and	3. Comprehend the		
	1011113.		biomechanica	rules governing play		
			I principles to	0 01 7		
			enhance	4. Execute the		
			quality of	various skills and		
			movement.	techniques to play		
			movement.	flag football		
				5. Demonstrate		
				offensive and		
				defensive		
				strategies		
				Strategies		
				6. Understand the		
				key points of flag		
				football		
				TOOLDAII		
				7. Use basic		
				terminology		
				associated with the		
				game.		

ph im th	articipation in hysical activity inpacts wellness inroughout a fetime.	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
Estimated Big Unit Time Frames	ig Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lesson Objectives/ Suggested Resources	Vocabulary	Standards/ Eligible Content

8 Days	Quality lifelong	How do	Proper	Student	1.To acquire	dribbling	10.5.12.A
3 2 4 7 3	movement is based	scientific	application of	should be	knowledge and an	passing	10.5.12.A
	on scientific	principles,	scientific and	able to	understanding	trapping	10.5.12.C
	concepts/principles	biomechanica	biomechanical	incorporate	of soccer	shooting	10.5.12.E
		l principles	principles	and evaluate	0. 30000.	offense	10.5.12.F
		and practice	enhance quality	motor skill	2.Understand the	defense	10.0.12
		strategies	of movement.	development	rules of the game	throw-in	
		influence	or movement.	concepts,	and the same games	corner kick	
		movement	There is an	practice	3. To learn the	obstruction	
		forms?	interrelationshi	strategies,	terminology	goal kick	
		1011113.	p among	and	associated with	marking	
			practice, motor	biomechanica	soccer	tackling	
			skill	I principles to		Positional	
			development	enhance	4.To practice and	responsibilities	
			and physical	quality of	develop fundamental	responsibilities	
			activity.	movement.	skills of passing,		
			,	inovernent.	dribbling, shooting,		
			Appropriate		and individual and		
			selection of		team offensive and		
			motor skill		defensive skills		
			development				
			concepts		5. Demonstrate an		
			improves the		understanding of how		
			quality of		rules and safety		
			movement.		practices and		
					procedures need to		
					be adjusted for		
					different movement		
					situations		
					6. Apply safe		
					practices, rules,		
					procedures,		
					etiquette, and good		
					sportsmanship in all		
					physical activity		

				settings, take initiative to encourage others to do the same  7. Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities  8. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships  9.Participation in soccer during and outside of	
				the development and improvement of	
				physical fitness level	
Quality lifelong	How do	Practice	Student		10.4.12.B
movement is based	scientific	strategies affect	should be		10.4.12.D
on scientific	principles,	motor skill	able to		10.4.12.E
concepts/principles		development and enhance	analyze the inter-		
'	I principles and practice	skill	relationship		
	strategies	performance.	among		
	influence	periorinance.	emotional,		
	movement		social,		

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

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

	strategies	health and	in the		10.5.12.F
	influence	fitness goals.	selection of		
	movement	and go and	physical		
	forms?		activities that		
			support the		
	Why do		engagement		
	people		in and		
	choose the		achievement		
	physical		of personal		
	activities they		fitness and		
	participate in		activity goals		
	over a		over a		
	lifetime?		lifetime.		
			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	Why do	Regular physical	Student		10.4.12.B
physical activity	people	activity impacts	should be		10.4.12.D
impacts wellness	choose the	an individual	able to		10.4.12.E
throughout a	physical	physiologically,	analyze the		
lifetime.	activities they	socially and	inter-		
	participate in	psychologically	relationship		

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over		among		
lifeti	ime? lifetime.	emotional,		
		social,		
		physical and		
		mental		
		health, skill		
		improvement		
		and physical		
		activity		
		preferences		
		and		
		participation,		
		over a		
		lifetime.		
Participation in Wha	at Movement	Student		10.5.12.A
i i	wledge is skills,	should be		10.5.12.E
	ded to movement	able to		10.5.12.F
	ct an concepts and	analyze		10.3.12.1
	· ·	movement		
1	- I			
		performance and the		
	ety of movement			
phys		application of		
activ	vities? throughout life.			
		strategies for		
		life-long		
		participation		
		in physical		
		activities.		
		Student		
		should be		
		able to		
		analyze skill-		
		related fitness		
		components,		

Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity scientific shills, movement allifetime.  Participation in physical activity simpact wellness throughout a lifetime.  Participation in physical activity simpacts wellness throughout a lifetime.  Participation in physical activity simpacts wellness throughout a lifetime.  Participation in physical activity simpacts wellness throughout a lifetime.  Participation in physical activity simpacts wellness and propriate response in a variety of physical activities?  Participation in physical activity simpacts wellness throughout a lifetime.  Participation in physical activity simpacts wellness and to recognize activities.  Participation in physical activity simpacts wellness and to response in a variety of physical activities.  Participation in physical activity simpacts wellness and to response in a variety of physical activities.  Participation in physical activity simpacts wellness and to response in a variety of physical activities.		•				
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Participation in physical activity scientific skills, abould be able to incorporate and evaluate movement of movement forms?  Participation in physical activity impacts wellness trategies movement forms?  Participation in physical activity and the proportion in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness and to response in a variety of physical activities?  Participation in physical activities.  Student development development development concepts, practice strategies and biomechanica I principles to enhance quality of movement.  Student should be able to incorporate and evaluate and				game		
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physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical skill-related and evaluate movement.  Participation in physical skill-related and evaluate movement.  Participation in physical skill-related and evaluate movement.  Still development concepts, practice strategies and biomechanica l principles to enchance quality of movement.  10.5.12.B  10.5.12.B  10.5.12.B  10.5.12.B  10.5.12.E  10.5.12.F						
physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a variety of physical activities?  Participation in avariety of physical size of physical activity of game strategies on avariety of physical activity of strategies in a variety of physical size of physical size of physical size of physical size of priciples, able to concepts able to to concepts, practice strategies and biomechanica loror occepts, practice strategies and biomechanica loror occepts	Participation in	How do	Movement	Student		10.5.12.A
impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness enceded to stand physical a ctivities? visible and a ctivities? visible infection in physical a ctivities? visible infection in physical a ctivities? visible infection in concepts and skill-related and evaluate motor skill development concepts, practice strategies and biomechanica l principles to enhance quality of movement.  Student should be riconomical principles to enhance quality of movement.  Student should be riconomical principles to enhance analyze movement.  Student should be riconomical principles to enhance analyze movement should be response in a variety of physical activities? visible inpacts wellness or any propriate and the responses in a variety of physical strategies for strategies for strategies for strategies for strategies for strategies on incorporate i	-	scientific	skills,	should be		10.5.12.B
throughout a lifetime.  biomechanica I principles and practice strategies and performance movement influence movement forms?  Participation in physical activity impacts wellness throughout a lifetime.  Participetion in physical activity impacts wellness throughout a lifetime.  Piomechanica I principles to enhance quality of movement.  Student should be analyze analyze movement select an appropriate response in a variety of physical activities?  Variety of physical sclivities?  Variety of physical strategies?  Variety of physical strategies or strategies or strategies or strategies or strategies and biomechanica l principles to enhance quality of movement.  Student should be and evaluate and evaluat		principles,	movement	able to		10.5.12.C
lifetime.  I principles and practice strategies influence movement forms?  Participation in physical activity impacts wellness throughout a lifetime.  Participation and practice strategies and biomechanica lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  I principles diffense enrich movement development concepts, practice strategies and biomechanica lifetime.  Student should be and evaluate motor skill development concepts, practice strategies and biomechanica lifetine.  Student should be able to analyze movement select an appropriate response in a variety of physical activities?  I principles diffenses enrich motor skill development concepts, practice strategies and biomechanica lifetime.  Student should be able to analyze movement select an analyze movement select the appropriate and the application of physical strategies for		·	concepts and	incorporate		10.5.12.E
and practice strategies influence movement performance movement forms?  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activities?  Participation in physical activities?  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness and to recognize able to analyze movement select the physical activities?  Participation in physical strategies sand biomechanica l principles to enhance quality of movement.  Student movement student able to analyze movement select the performance and the performance and the appropriate and the appropriate and the application of physical strategies for		I principles	-	-		
influence movement forms?  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical are used to should be are used to recognize able to analyze appropriate response in a variety of physical activities?  Participation in physical strategies or strategies and biomechanica   I principles to enhance quality of should be impose in a variety of physical strategies for strategies and biomechanica   I principles to enhance quality of movement.  Student should be impose in a variety of game physical strategies for strategies and biomechanica   I principles to enhance quality of movement.  Student should be impose in a appropriate and the appropriate and the appropriate appropriate or select the appropriate appropriate appropriate are sponses in a application of strategies for		I	fitness enrich	motor skill		
movement forms?  throughout life. practice strategies and biomechanica I principles to enhance quality of movement.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Throughout a propriate response in a variety of physical activities?  Throughout life. practice strategies and biomechanica I principles to enhance quality of movement.  Student should be able to analyze movement performance and to performance and the performance appropriate and the appropriate responses in a application of physical activities?  Throughout life. practice strategies and biomechanica I principles to enhance quality of enhance and to enhance quality of movement.  10.5.12.A 10.5.12.F 10.5.		strategies	movement	development		
forms?  forms?  strategies and biomechanica I principles to enhance quality of movement.  Participation in physical activity knowledge is impacts wellness throughout a lifetime.  Participation in physical activity knowledge is are used to recognize able to tactical appropriate response in a variety of physical activities?  variety of physical scrivities?  strategies and biomechanica I principles to enhance quality of movement.  Student should be 10.5.12.A 10.5.12.E 10.5.12.E 10.5.12.F 10.5.1		influence	performance	concepts,		
forms?  forms?  strategies and biomechanica I principles to enhance quality of movement.  Participation in physical activity knowledge is impacts wellness throughout a lifetime.  Participation in physical activity knowledge is are used to should be recognize able to analyze problems and to response in a variety of physical activities?  physical strategies and biomechanica I principles to enhance quality of movement.  Student should be 10.5.12.A 10.5.12.E 10.5.12.E 10.5.12.F 10.5.12		movement	throughout life.			
Participation in physical activity impacts wellness throughout a lifetime.   Participation in physical activities?   I principles to enhance quality of movement.		forms?	_	strategies and		
Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a pifetime.  Participation in physical activity knowledge is needed to recognize able to an appropriate response in a variety of physical activities?  Participation in what Game strategies Student student physical provide are used to should be analyze able to analyze analyze problems and to performance and the appropriate and the appropriate and the physical strategies for				biomechanica		
Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a pifetime.  Participation in physical activity knowledge is are used to should be impacts wellness needed to recognize able to analyze analyze problems and to response in a variety of physical responses in a activities?  Participation in what Game strategies Student 10.5.12.A 10.5.12.E 10.5.12.E 10.5.12.E 10.5.12.F				I principles to		
Participation in physical activity knowledge is impacts wellness throughout a lifetime.  Participation in What knowledge is are used to should be impacts wellness needed to select an appropriate response in a variety of physical activities?  Movement.  Student should be 10.5.12.E 10.5.12.E 10.5.12.F 10.5.						
Participation in physical activity knowledge is impacts wellness needed to select an appropriate response in a variety of physical activities?  Participation in physical activity knowledge is are used to should be should be analyze movement performance and the appropriate responses in a physical strategies of student student should be 10.5.12.E  10.5.12.A 10.5.12.E 10.5.12.F 10.5.12.				quality of		
physical activity impacts wellness needed to select an appropriate response in a variety of physical activities?  In physical activity impacts wellness needed to should be able to able to analyze able to analyze able to analyze and the appropriate and the appropriate responses in a application of physical strategies for able to able to able to analyze and the appropriate and the appropriate appropriate application of game strategies for able to able to able to analyze analyze analyze and the appropriate and the appropriate appropriate application of game strategies for able to able to able to analyze analyze analyze analyze analyze analyze and the appropriate appropriat				movement.		
physical activity impacts wellness throughout a lifetime.    Possible of the physical activity impacts wellness throughout a lifetime.   Note that the performance activities?   Note that the performance activities?   Note that the performance activities   Note that the performance activitie	Participation in	What	Game strategies	Student		10.5.12.A
impacts wellness throughout a select an appropriate response in a variety of physical activities?  Impacts wellness needed to select an able to analyze problems and to performance and the appropriate and the select the physical strategies for able to analyze problems and to movement performance and the appropriate and the selection of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and to movement performance and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the application of game strategies for analyze problems and the appl	-	knowledge is	_	should be		10.5.12.E
throughout a select an appropriate problems and to movement response in a variety of physical activities? variety of physical strategies for			recognize	able to		10.5.12.F
lifetime.  appropriate response in a variety of physical activities?  problems and to performance and the appropriate responses in a activities?  problems and to performance and the application of game strategies for		select an	_	analyze		
response in a variety of appropriate and the physical responses in a activities? variety of physical strategies for		appropriate	problems and to	<u> </u>		
physical responses in a application of activities? variety of game strategies for		response in a	select the	performance		
physical responses in a application of activities? variety of game physical strategies for		variety of	appropriate	and the		
activities? variety of game physical strategies for		<u> </u>		application of		
physical strategies for		1 -	-	· ·		
activities. life-long			physical	strategies for		
			activities.	life-long		

	Ī	T	1	T	T	T	
				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.			
				Softball			
				Jordan			
Estimate	Big Ideas	Essential	Concepts	Competencie	Lesson Objectives/	Vocabulary	Standards and
d Unit		Questions	(Know)	s	Suggested Resources		Eligible Content
Time				(Do)			
Frames							
8 Days	Quality lifelong	How do	Proper	Student	1.Develop an	Throwing	10.5.12.A

	T	T	1	T	T	
movement is based	scientific	application of	should be	understanding of	Catching	10.5.12.B
on scientific	principles,	scientific and	able to	proper throwing and	Pitching	10.5.12.C
concepts/principles	biomechanica	biomechanical	incorporate	hitting mechanics and	Batting	10.5.12.E
•	l principles	principles	and evaluate	apply those skills in a	Fielding	10.5.12.F
	and practice	enhance quality	motor skill	simulated game	Baserunning	
	strategies	of movement.	development	setting.	Foul Ball	
	influence		concepts,		Inning	
	movement	There is an	practice	2.Understand base	Strike Zone	
	forms?	interrelationshi	strategies,	running strategies	Walk	
		p among	and	and how to properly	Decision Making	
		practice, motor	biomechanica	choose a situationally	Pitch Count	
		skill	I principles to	specific base path.	Ball/Strike	
		development	enhance		Positional	
		and physical	quality of	3.Understand,	Responsibilities	
		activity.	movement.	implement and		
				enforce the rules of		
		Appropriate		softball as they apply		
		selection of		to batting, fielding,		
		motor skill		baserunning and		
		development		general game play.		
		concepts				
		improves the		4.Demonstrate		
		quality of		proper safety		
		movement.		procedures and		
				identify potential		
				safety issues that		
				could occur during		
				softball game play		
				5. Apply the rules of		
				softball through		
				actively participating		
				as an umpire or		
				manager of a team.		
Quality lifelong	How do	Practice	Student			10.4.12.B

	1		1	T	 
movement is based	scientific	strategies affect	should be		10.4.12.D
on scientific	principles,	motor skill	able to		10.4.12.E
concepts/principles	biomechanica	development	analyze the		
	l principles	and enhance	inter-		
	and practice	skill	relationship		
	strategies	performance.	among		
	influence		emotional,		
	movement		social,		
	forms?		physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
Participation in	How can	Movement	Student		10.5.12.A
physical activity	participation	skills,	should be		10.5.12.A 10.5.12.B
impacts wellness	in physical	movement	able to		10.5.12.C
•	1				10.5.12.E
throughout a lifetime.	activity	concepts and skill-related	incorporate and evaluate		10.5.12.6
meume.	enhance my life?				
	liler	fitness enrich	motor skill		
		movement	development		
		performance	concepts,		
		throughout life.	practice		
			strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		
Participation in	How can	Game strategies	Student		10.5.12.A

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

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

			physical		
			physical		
Davidata alta alta	NA/In all a	Dec les de d'est	activities.		40.4.42.D
Participation in	Why do	Regular physical	Student		10.4.12.B
physical activity	people	activity impacts	should be		10.4.12.D
impacts wellness	choose the	an individual	able to		10.4.12.E
throughout a	physical	physiologically,	analyze the		
lifetime.	activities they	socially and	inter-		
	participate in	psychologically	relationship		
	over a	throughout a	among		
	lifetime?	lifetime.	emotional,		
			social,		
			physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
Participation in	What	Movement	Student		10.5.12.A
physical activity	knowledge is	skills,	should be		10.5.12.E
impacts wellness	needed to	movement	able to		10.5.12.F
throughout a	select an	concepts and	analyze		
lifetime.	appropriate	skill-related	movement		
	response in a	fitness enrich	performance		
	variety of	movement	and the		
	physical	performance	application of		
	activities?	throughout life.	game		
			strategies for		
			life-long		
			participation		
			in physical		
 l		1	in physical	l	

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

throughout a	select an	tactical	analyze		
lifetime.	appropriate	problems and to	movement		
	response in a	select the	performance		
	variety of	appropriate	and the		
	physical	responses in a	application of		
	activities?	variety of	game		
		physical	strategies for		
		activities.	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.		

## **Ultimate Frisbee**

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

		_		Τ.	Τ .	1
on scientific	principles,	scientific and	able to	demonstrate the	Clap Catch	10.5.12.C
concepts/principles	biomechanica	biomechanical	incorporate	backhand,	C Catch	10.5.12.E
•	l principles	principles	and evaluate	forehand, and	Zone Offense	10.5.12.F
	and practice	enhance quality	motor skill	hammer throws	Zone Defense	
	strategies	of movement.	development	2. Effectively	Turnovers	
	influence		concepts,	demonstrate catching		
	movement	There is an	practice	skills		
	forms?	interrelationshi	strategies,	3. Understands the		
		p among	and	rules of Frisbee		
		practice, motor	biomechanica	4. Demonstrates		
		skill	I principles to	offensive and		
		development	enhance	defensive		
		and physical	quality of	team strategies,		
		activity.	movement.	game concepts, and		
				safety guidelines		
		Appropriate		5. Effectively		
		selection of		demonstrates cutting		
		motor skill		and		
		development		picking skills		
		concepts		6. Use physical		
		improves the		activity as a positive		
		quality of		opportunity for social		
		movement.		and group		
				interaction and		
				development of		
				lifelong		
				skills and relationships		
Quality lifelong	How do	Practice	Student			10.4.12.B
movement is based	scientific	strategies affect	should be			10.4.12.D
on scientific	principles,	motor skill	able to			10.4.12.E
concepts/principles	biomechanica	development	analyze the			
	I principles	and enhance	inter-			
	and practice	skill	relationship			
	strategies	performance.	among			
	influence		emotional,			
		l .		l .	l .	l .

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

	T			T	
		variety of	game		
		physical	strategies for		
		activities.	lifelong		
			participation		
			in physical		
			activities.		
Safety impacts	What are the	Determining the	Student		10.3.12.A
individual and	outcomes of	benefits, risks	should be		
community well-	various safe	and safety	able to assess		
being.	and unsafe	factors of an	safe and		
_	practices and	activity can lead	unsafe		
	what impact	to safe	practices in		
	can the	participation in	the home,		
	outcomes	self-selected	school,		
	have on my	life-long	community		
	life and the	physical	and in		
	lives of others	activities.	physical		
	around me.		activity		
		The use of	settings and		
		unsafe practices	determine		
		in the home,	the		
		school and	associated		
		community can	personal		
		have personal	and/or legal		
		and legal	consequences		
		consequences.	and the		
		consequences.	impact on		
			•		
			personal and		
			community		
5			well-being.		10.1.10.1
Participation in	How do	Determining an	Student		10.4.12.A
physical activity	scientific	appropriate	should be		10.4.12.D
impacts wellness	principles,	physical activity	able to		10.5.12.A
throughout a	biomechanica	plan will	evaluate		
lifetime.	I principles	support life-	personal		

and practice strategies influence movement forms?  Why do people choose the physical activities they participate in over a lifetime?	long personal health and fitness goals.	preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.		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.	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

<u> </u>		physical	performance	application of		
		activities?	throughout life.	game		
		activities:	tilloughout life.	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.		
	Participation in	How do	Movement	Student		10.5.12.A
	physical activity	scientific	skills,	should be		10.5.12.B
	impacts wellness	principles,	movement	able to		10.5.12.C
	throughout a	biomechanica	concepts and	incorporate		10.5.12.E
	lifetime.	l principles	skill-related	and evaluate		
		and practice	fitness enrich	motor skill		
		strategies	movement	development		
		influence	performance	concepts,		
		movement	throughout life.	practice		
		forms?		strategies and		
				biomechanica		
				I principles to		

	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.	movement. 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										
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/ Suggested Resources	Vocabulary	Standards and Eligible Content				

Student

should be

1.Demonstrate the

scoring system and

Bump

Free Ball

10.5.12.A

10.5.12.B

Quality lifelong

movement is based

How do

scientific

Proper

application of

8 Days

			Ι	· .	T	T
on scientific	principles,	scientific and	able to	the correct	Match	10.5.12.C
concepts/princ	•	biomechanical	incorporate	terminology of the	Rally	10.5.12.E
•	l principles	principles	and evaluate	game of	Rotation	10.5.12.F
	and practice	enhance quality	motor skill	volleyball	Side Out	
	strategies	of movement.	development		Forearm Pass	
	influence		concepts,	2.To acquire the skills	Set	
	movement	There is an	practice	necessary to play the	Spike	
	forms?	interrelationshi	strategies,	game of volleyball	Overhand Serve	
		p among	and	with enjoyment,	Underhand Serve	
		practice, motor	biomechanica	satisfaction, and	Offense	
		skill	I principles to	safety	Defense	
		development	enhance	,	Faults	
		and physical	quality of	3.To learn the rules,		
		activity.	movement.	strategy, and team		
		,		play of volleyball		
		Appropriate		,		
		selection of		4.Describe and		
		motor skill		execute in game play		
		development		the skills of serving,		
		concepts		passing, spiking, and		
		improves the		blocking		
		quality of				
		movement.		5.Participate in a		
		movement.		wide variety of		
				activities,		
				including dance,		
				games, sports, and		
				lifetime physical		
				activities		
				6.Use physical activity		
				as a positive		
				opportunity for social		
				and group		
				interaction and		
				development of		1

				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, biomechanica I 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	How can participation	Movement skills,	Student should be		10.5.12.A 10.5.12.B
impacts wellness	in physical	movement	able to		10.5.12.C

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

			1		
	life and the	physical	and in		
	lives of others	activities.	physical		
	around me.		activity		
		The use of	settings and		
		unsafe practices	determine		
		in the home,	the		
		school and	associated		
		community can	personal		
		have personal	and/or legal		
		and legal	consequences		
		consequences.	and the		
		-	impact on		
			personal and		
			community		
			well-being.		
Participation in	How do	Determining an	Student		10.4.12.A
physical activity	scientific	appropriate	should be		10.4.12.D
impacts wellness	principles,	physical activity	able to		10.5.12.A
throughout a	biomechanica	plan will	evaluate		10.0.12
lifetime.	l principles	support life-	personal		10.5.12.A
meenne.	and practice	long personal	preferences		10.5.12.E
	strategies	health and	in the		10.5.12.F
	influence	fitness goals.	selection of		10.0.12
	movement	Titricss godis.	physical		
	forms?		activities that		
	1011115:		support the		
	Why do				
	people		engagement		
	choose the		in and		
			achievement		
	physical		of personal		
	activities they		fitness and		
	participate in		activity goals		
	over a		over a		
	lifetime?		lifetime.		

			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	Why do	Regular physical	Student		10.4.12.B
Participation in physical activity	people	activity impacts	should be		10.4.12.D
impacts wellness	choose the	an individual	able to		10.4.12.E
throughout a	physical	physiologically,	analyze the		10.4.12.L
lifetime.	activities they	socially and	inter-		
inctinic.	participate in	psychologically	relationship		
	over a	throughout a	among		
	lifetime?	lifetime.	emotional,		
	medine:	metime.	social,		
			physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
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Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  What kinds workedge is impacts wellness throughout a lifetime.  What kinds workedge is impacts wellness throughout a lifetime.  What kinds workedge is in movement appropriate response in a variety of physical activities?  Activities?  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Participation in physical activity impacts wellness throughout a lifetime.  Movement skills, should be able to analyze movement toncepts and game strategies to promote participation in life-long physical activities.  Student should be able to analyze will 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.  Movement skills, should be able to analyze movement concepts and game strategies to promote participation in life-long physical activities.  Movement skills, should be able to analyze movement and the movement and the survivies.  Student should be able to analyze movement and the performance and the performa	T	Ι.	1	T	Г	
Impacts wellness throughout a lifetime.  Impacts wellness select an appropriate response in a variety of physical activity impacts wellness principles, broughout a lifetime.  Impacts wellness elect an appropriate response in a variety of physical activity impacts wellness principles, brite and proprograte activities?  Impacts wellness elect an appropriate response in a variety of physical activities.  Impacts wellness elect an appropriate response in a variety of physical activities.  Impacts wellness elect an appropriate response in a variety of physical activity impacts wellness principles, throughout a biomechanica in the concepts and game strategies to promote physical activities.  Impacts wellness principles, throughout a biomechanica in the concepts and analyze shill related fitness components, movement concepts and game strategies to promote physical activities.  In the to analyze skill-related fitness components, movement concepts and game strategies to promote physical activities.  In the total the the total throughout a biomechanica of the concepts and sale to albeit to						
throughout a lifetime.    Select an appropriate response in a variety of physical activities?   Participation in physical in physical activities.   Participation in physical imports activities			skills,			
lifetime. appropriate response in a variety of physical activities? response in a variety of physical activities. response in a physical activity response in a physical activities. response in a physical activities. response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities response in a physical activities. response in a physical activities.		needed to	movement	able to		10.5.12.F
response in a variety of physical activities?  Participation in physical in physical impacts wellness throughout a blomechanica throughout a blomechanica throughout a blomechanica throughout ilfe.  Participation in physical activity impacts wellness throughout a blomechanica throughout a blomechanica throughout ilfe.  Participation in physical activity impacts wellness throughout a blomechanica throughout a blomechanica to concepts and game strategies to promote participation in life-long physical activity impacts wellness throughout a blomechanica to concepts and game strategies to promote throughout a blomechanica to concepts and concepts and concepts and concepts and concepts and concepts and the application of game strategies for life-long physical activities.  Student should be able to throughout a blomechanica to concepts and concep	throughout a	select an	concepts and	analyze		
variety of physical activities?  wariety of physical activities?  hroughout life.  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 biomechanica ware formulated activities.  Movement should be able to analyze skill-related fitness components, movement to noncepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity impacts wellness throughout a biomechanica movement concepts and incorporate inco	lifetime.	appropriate	skill-related	movement		
physical activities?  performance throughout life.  principation in physical activity impacts wellness throughout a throughout life.  physical activities?  performance throughout life.  principation in physical activities.  performance throughout life.  principation life-long physical activities.  principation in physical activity impacts wellness throughout a biomechanica biomechanica biomechanica incorporate		response in a	fitness enrich	performance		
activities? throughout life. 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 activity impacts wellness throughout a biomechanica game strategies to biomechanica biomechanica concepts and should be incorporate should be incorporate strategies to promote participation in life-long physical activity impacts wellness throughout a biomechanica concepts and incorporate strategies to promote participation in life-long physical activity impacts wellness throughout a biomechanica concepts and incorporate strategies to promote participation in life-long physical activities.		variety of	movement	and the		
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 activity scientific skills, should be impacts wellness throughout a biomechanica concepts and life to lincorporate in life-long the long throughout a strategies to lincorporate in life-long life to		physical	performance	application of		
Participation in physical activities.   Participation in physical activities.   Participation in physical activities.   Participation in physical activities.   Participation in physical activity impacts wellness throughout a biomechanica   principles, biomechanica   principles, biomechanica   life-long participation in life-long physical activities.   life-long physical activity incorporate   life-long physical activity incorporate   life-long physical activities.   life-long physical activity   life-long physical activity   scientific   skills, movement   should be   life-long physical activity   life-long physical activity   scientific   skills, movement   should be   life-long physical activities.   life-long ph		activities?	throughout life.	game		
Participation in physical activities.  Participation in physical activities.  Participation in physical activities.  Participation in physical activities.  Participation in physical activity scientific skills, impacts wellness principles, impacts wellness throughout a biomechanica concepts and sincorporate in corporate in corporate in physical activities.  promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness principles, biomechanica concepts and incorporate				strategies for		
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should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activity impacts wellness throughout a biomechanica strategies, and sale to concepts and lincorporate 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 scientific skills, should be impacts wellness principles, movement able to concepts and incorporate incorp				activities.		
should be able to analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activity impacts wellness throughout a biomechanica 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 scientific skills, should be impacts wellness principles, movement able to concepts and incorporate incorpor						
able to analyze skill- related fitness components, movement concepts and game strategies to promote participation in life-long physical activitity impacts wellness throughout a  biomechanica  able to analyze skill- related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.  5 tudent should be able to 10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E				Student		
analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activity impacts wellness throughout a biomechanica concepts and incorporate analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness throughout a biomechanica concepts and incorporate skill-related fitness components, movement able to incorporate skill-related fitness components and skill-related f				should be		
related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity scientific shills, should be impacts wellness throughout a biomechanica concepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be to incorporate i				able to		
components, movement concepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness throughout a biomechanica concepts and game strategies to promote participation in life-long physical activities.  10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E				analyze skill-		
movement concepts and game strategies to promote participation in life-long physical activity impacts wellness throughout a biomechanica concepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity accientific skills, should be to throughout a biomechanica concepts and incorporate incorpora				related fitness		
concepts and game strategies to promote participation in life-long physical activity scientific should be impacts wellness throughout a biomechanica concepts and game strategies to promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness throughout a biomechanica concepts and incorporate incorporate strategies to promote strategies to promote participation in life-long physical activities.  10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.C 10.5.12.C 10.5.12.E				components,		
game strategies to promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness throughout a biomechanica concepts and incorporate game strategies to promote promote participation in life-long physical activities.  Student should be 10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.C 10.5.12.E				movement		
strategies to promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness principles, movement throughout a biomechanica concepts and incorporate strategies to promote participation in physical activities.  Strategies to promote participation in life-long physical activities.  10.5.12.A 10.5.12.B 10.5.12.B 10.5.12.C 10.5.12.C 10.5.12.E				concepts and		
promote participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness principles, biomechanica concepts and incorporate promote participation in life-long physical activities.  Participation in How do Movement Student student scientific skills, should be 10.5.12.A 10.5.12.B 10.5.12.B 10.5.12.C 10.5.12.C 10.5.12.E				game		
Participation in life-long physical activities.  Participation in physical activity scientific skills, should be impacts wellness throughout a biomechanica concepts and incorporate participation in physical activity in life-long physical activities.  Participation in life-long physical activities.  Student should be 10.5.12.A 10.5.12.B 10.5.12.B 10.5.12.C 10.5.12.E				strategies to		
Participation in physical activity impacts wellness throughout a biomechanica concepts and physical in life-long physical activities.  In life-long physical activities.  Student should be able to throughout a biomechanica concepts and incorporate incorporate  in life-long physical activities.  Student should be able to 10.5.12.B 10.5.12.C 10.5.12.E				promote		
Participation in physical activities.  Participation in physical activity scientific skills, should be impacts wellness principles, movement throughout a biomechanica concepts and incorporate physical activity incorporate physical activity activities.  physical activities.  10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E				participation		
Participation in How do Movement Student physical activity scientific skills, should be impacts wellness principles, movement throughout a biomechanica concepts and incorporate 10.5.12.E				in life-long		
Participation in physical activity scientific skills, should be impacts wellness throughout a biomechanica concepts and student Student should be incorporate 10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E				physical		
physical activity scientific skills, should be impacts wellness principles, movement throughout a biomechanica concepts and incorporate 10.5.12.B 10.5.12.B 10.5.12.C 10.5.12.E				activities.		
impacts wellness principles, movement able to throughout a biomechanica concepts and incorporate 10.5.12.C 10.5.12.E	Participation in	How do	Movement	Student		10.5.12.A
impacts wellness principles, movement able to throughout a biomechanica concepts and incorporate 10.5.12.C 10.5.12.E	physical activity	scientific	skills,	should be		10.5.12.B
throughout a biomechanica concepts and incorporate 10.5.12.E		principles,	movement	able to		10.5.12.C
		biomechanica	concepts and	incorporate		10.5.12.E
	lifetime.	l principles	skill-related	and evaluate		

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

on scientific	principles,	scientific and	able to	fundamental	Shooting	10.5.12.C
concepts/principles	biomechanica	biomechanical	incorporate	skills of	Offense	10.5.12.E
consecution printerpress	l principles	principles	and evaluate	passing,	Defense	10.5.12.F
·	and practice	enhance quality	motor skill	dribbling, shooting,	Give and Go	10.0.12
	strategies	of movement.	development	rebounding, and	Pick and Roll	
	influence	or movement.	concepts,	individual / team	Violations	
	movement	There is an	practice	offensive and	Fouls	
	forms?	interrelationshi	strategies,	defensive skills	1 0 0 1 3	
	1011113.	p among	and	2. Identifies the		
		practice, motor	biomechanica	strategies of team		
		skill	I principles to	offense and defense		
		development	enhance	orrende arra derende		
		and physical	quality of	3. Participation in		
		activity.	movement.	basketball during and		
		,		outside of		
		Appropriate		school can promote		
		selection of		the development and		
		motor skill		improvement of		
		development		physical fitness level		
		concepts				
		improves the		4. Demonstrates an		
		quality of		understanding of how		
		movement.		rules and		
				safety practices and		
				procedures need to		
				be adjusted		
				for different		
				movement situations		
				5. Apply safe		
				practices, rules,		
				procedures,		
				etiquette,		
				and good		
				sportsmanship in all		
				physical activity		

				settings, take initiative to encourage others to do the same.  6. Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities  7. Use physical activities  7. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships	
Quality lifelong movement is based on scientific concepts/principles .	How do scientific principles, biomechanica I 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		10.4.12.B 10.4.12.D 10.4.12.E

		1	1	1	,	,
			activity			
			preferences			
			and			
			participation,			
			over a			
			lifetime.			
Participation in	How can	Movement	Student			10.5.12.A
physical activity	participation	skills,	should be			10.5.12.B
impacts wellness	in physical	movement	able to			10.5.12.C
throughout a	activity	concepts and	incorporate			10.5.12.E
lifetime.	enhance my	skill-related	and evaluate			
	life?	fitness enrich	motor skill			
		movement	development			
		performance	concepts,			
		throughout life.	practice			
			strategies and			
			biomechanica			
			I principles to			
			enhance			
			quality of			
			movement.			
Participation in	How can	Game strategies	Student			10.5.12.A
	participation	are used to	should be			10.5.12.E
	1 -	recognize	able to			10.5.12.F
	activity	tactical	analyze			
lifetime.	enhance my	problems and to	movement			
	life?	select the	performance			
		appropriate	and the			
			application of			
			game			
			_			
		activities.	_			
			in physical			
			activities.			
Participation in physical activity impacts wellness throughout a lifetime.	participation in physical activity enhance my	are used to recognize tactical problems and to select the appropriate responses in a variety of physical	quality of movement.  Student should be able to analyze movement performance and the application of game strategies for lifelong participation in physical			10.5.12.E

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Safety impacts	What are the	Determining the	Student		10.3.12.A
individual and	outcomes of	benefits, risks	should be		
community well-	various safe	and safety	able to assess		
being.	and unsafe	factors of an	safe and		
	practices and	activity can lead	unsafe		
	what impact	to safe	practices in		
	can the	participation in	the home,		
	outcomes	self-selected	school,		
	have on my	life-long	community		
	life and the	physical	and in		
	lives of others	activities.	physical		
	around me.		activity		
		The use of	settings and		
		unsafe practices	determine		
		in the home,	the		
		school and	associated		
		community can	personal		
		have personal	and/or legal		
		and legal	consequences		
		consequences.	and the		
			impact on		
			personal and		
			community		
			well-being.		
Participation in	How do	Determining an	Student		10.4.12.A
physical activity	scientific	appropriate	should be		10.4.12.D
impacts wellness	principles,	physical activity	able to		10.5.12.A
throughout a	biomechanica	plan will	evaluate		10.3.12.7
lifetime.	I principles	support life-	personal		10.5.12.A
medine.	and practice	long personal	preferences		10.5.12.E
	strategies	health and	in the		10.5.12.F
	influence	fitness goals.	selection of		
	movement	Titiless goals.	physical		
	forms?		activities that		
	10111151				
			support the		

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	Why do		engagement		
	people		in and		
	choose the		achievement		
	physical		of personal		
	activities they		fitness and		
	participate in		activity goals		
	over a		over a		
	lifetime?		lifetime.		
			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	Why do	Regular physical	Student		10.4.12.B
physical activity	people	activity impacts	should be		10.4.12.D
impacts wellness	choose the	an individual	able to		10.4.12.E
throughout a	physical	physiologically,	analyze the		
lifetime.	activities they	socially and	inter-		
3	participate in	psychologically	relationship		
	over a	throughout a	among		
	lifetime?	lifetime.	emotional,		
	metime.	medine.	social,		
			physical and		
			mental		
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				health, skill		
				improvement		
				and physical		
				activity		
				preferences		
				and		
				participation,		
				over a		
				lifetime.		
	Participation in	What	Movement	Student		10.5.12.A
	physical activity	knowledge is	skills,	should be		10.5.12.E
	impacts wellness	needed to	movement	able to		10.5.12.F
	throughout a	select an	concepts and	analyze		
	lifetime.	appropriate	skill-related	movement		
		response in a	fitness enrich	performance		
		variety of	movement	and the		
		physical	performance	application of		
		activities?	throughout life.	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		
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			participation		
			in life-long		
			physical		
			activities.		
Participation in	How do	Movement	Student		10.5.12.A
physical activity	scientific	skills,	should be		10.5.12.B
impacts wellness	principles,	movement	able to		10.5.12.C
throughout a	biomechanica	concepts and	incorporate		10.5.12.E
lifetime.	I principles	skill-related	and evaluate		
	and practice	fitness enrich	motor skill		
	strategies	movement	development		
	influence	performance	concepts,		
	movement	throughout life.	practice		
	forms?		strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		
Participation in	What	Game strategies	Student		10.5.12.A
physical activity	knowledge is	are used to	should be		10.5.12.E
impacts wellness	needed to	recognize	able to		10.5.12.F
throughout a	select an	tactical	analyze		
lifetime.	appropriate	problems and to	movement		
	response in a	select the	performance		
	variety of	appropriate	and the		
	physical	responses in a	application of		
	activities?	variety of	game		
		physical	strategies for		
		activities.	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.				
Floor Hockey								
Estimate	Big Ideas	Essential	Concepts	Competencie	Lesson Objectives/	Vocabulary	Standards and	
d Unit	<b>3</b>	Questions	(Know)	s	Suggested Resources	,	Eligible Content	
Time		-		(Do)				
Frames								
8 Days	Quality lifelong	How do	Proper	Student	1. Demonstrate	Dribbling	10.5.12.A	
	movement is based	scientific	application of	should be	knowledge of rules,	Passing	10.5.12.B	

on scientific concepts/principles .	principles, biomechanica I principles and practice strategies influence movement forms?	scientific and biomechanical principles enhance quality of movement.  There is an interrelationshi p 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 biomechanica I principles to enhance quality of movement.	safety practices, and game procedures  2. Display fundamental skills of floor hockey: handling the puck, passing and receiving the puck, stopping and shooting the puck, and goal tending skills  3. Execute developmentally mature applications combining locomotor, nonlocomotor, and manipulative skills to participate in floor hockey  4. Understand and demonstrate knowledge of offensive/defe nsive team strategies  5. To play in a floor hockey game to promote the development and improvement of physical fitness.	Shooting Fielding Tackling Offense Defense Clear Face-Off Power Play Violations Penalties	10.5.12.C 10.5.12.E 10.5.12.F
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0 -10 100 1	11	Describes	CL desi	<u> </u>	40.4.42.D
Quality lifelong	How do	Practice	Student		10.4.12.B
movement is based	scientific	strategies affect	should be		10.4.12.D
on scientific	principles,	motor skill	able to		10.4.12.E
concepts/principles	biomechanica	development	analyze the		
•	l principles	and enhance	inter-		
	and practice	skill	relationship		
	strategies	performance.	among		
	influence		emotional,		
	movement		social,		
	forms?		physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
Participation in	How can	Movement	Student		10.5.12.A
physical activity	participation	skills,	should be		10.5.12.B
impacts wellness	in physical	movement	able to		10.5.12.C
throughout a	activity	concepts and	incorporate		10.5.12.E
lifetime.	enhance my	skill-related	and evaluate		10.3.12.2
medine.	life?	fitness enrich	motor skill		
	iiiC:	movement	development		
		performance	concepts,		
		throughout life.	<u>-</u>		
		till oughout life.	practice		
			strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		

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	Participation in	How can	Game strategies	Student		10.5.12.A
	physical activity	participation	are used to	should be		10.5.12.E
	impacts wellness	in physical	recognize	able to		10.5.12.F
	throughout a	activity	tactical	analyze		
	lifetime.	enhance my	problems and to	movement		
		life?	select the	performance		
			appropriate	and the		
			responses in a	application of		
			variety of	game		
			physical	strategies for		
			activities.	lifelong		
				participation		
				in physical		
				activities.		
	Safety impacts	What are the	Determining the	Student		10.3.12.A
	individual and	outcomes of	benefits, risks	should be		
	community well-	various safe	and safety	able to assess		
	being.	and unsafe	factors of an	safe and		
		practices and	activity can lead	unsafe		
		what impact	to safe	practices in		
		can the	participation in	the home,		
		outcomes	self-selected	school,		
		have on my	life-long	community		
		life and the	physical	and in		
		lives of others	activities.	physical		
		around me.		activity		
			The use of	settings and		
			unsafe practices	determine		
			in the home,	the		
			school and	associated		
			community can	personal		
			have personal	and/or legal		
			and legal	consequences		
			consequences.	and the		
				impact on		
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personal and	
community	
well-being.	
Participation in How do Determining an Student 10.4.1	.2.A
physical activity scientific appropriate should be 10.4.1	.2.D
impacts wellness principles, physical activity able to 10.5.1	.2.A
throughout a biomechanica plan will evaluate	
lifetime. I principles support life- personal 10.5.1	.2.A
and practice   long personal   preferences   10.5.1	.2.E
strategies health and in the 10.5.1	.2.F
influence fitness goals. selection of	
movement physical	
forms? activities that	
support the	
Why do engagement	
people in and	
choose the achievement	
physical of personal	
activities they fitness and	
participate in activity goals	
over a over a	
lifetime? lifetime.	
Student	
should be	
able to	
analyze skill-	
related fitness	
components,	
movement	
concepts and	
game	
strategies to	
promote	
participation	

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			in life-long		
			physical		
			activities.		
Participation in	Why do	Regular physical	Student		10.4.12.B
physical activity	people	activity impacts	should be		10.4.12.D
impacts wellness	choose the	an individual	able to		10.4.12.E
throughout a	physical	physiologically,	analyze the		
lifetime.	activities they	socially and	inter-		
	participate in	psychologically	relationship		
	over a	throughout a	among		
	lifetime?	lifetime.	emotional,		
			social,		
			physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
Participation in	What	Movement	Student		10.5.12.A
physical activity	knowledge is	skills,	should be		10.5.12.E
impacts wellness	needed to	movement	able to		10.5.12.F
throughout a	select an	concepts and	analyze		
lifetime.	appropriate	skill-related	movement		
c.	response in a	fitness enrich	performance		
	variety of	movement	and the		
	physical	performance	application of		
	activities?	throughout life.	game		
	detivities:	till oabiloat life.	strategies for		
			life-long		
			participation		
			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.		
	Participation in	How do	Movement	Student		10.5.12.A
	physical activity	scientific	skills,	should be		10.5.12.B
	impacts wellness	principles,	movement	able to		10.5.12.C
	throughout a	biomechanica	concepts and	incorporate		10.5.12.E
	lifetime.	l principles	skill-related	and evaluate		
		and practice	fitness enrich	motor skill		
		strategies	movement	development		
		influence	performance	concepts,		
		movement	throughout life.	practice		
		forms?		strategies and		
				biomechanica		
				I principles to		
				enhance		
				quality of		
				movement.		
	Participation in	What	Game strategies	Student		10.5.12.A
	physical activity	knowledge is	are used to	should be		10.5.12.E
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impacts wellness	needed to	recognize	able to		10.5.12.F
throughout a	select an	tactical	analyze		
lifetime.	appropriate	problems and to			
	response in a	select the	performance		
	variety of	appropriate	and the		
	physical	responses in a	application of		
	activities?	variety of	game		
		physical	strategies for		
		activities.	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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			Coope	erative Gai	mes		
Estimate	Big Ideas	Essential	Concepts	Competencie	Lesson Objectives/	Vocabulary	Standards and
d Unit		Questions	(Know)	s	Suggested Resources		Eligible Content
Time				(Do)			
Frames 8 Days	Quality lifelong	How do	Proper	Student	1.Demonstrate an	Collaboration	10.5.12.A
Days	movement is based	scientific	application of	should be	understanding of	Cooperation	10.5.12.A 10.5.12.B
	on scientific	principles,	scientific and	able to	movement concepts	Compromise	10.5.12.C
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concepts/principles	biomechanica	biomechanical	incorporate	and the use of motor	Teamwork	10.5.12.E
	l principles	principles	and evaluate	skills	Problem Solving	10.5.12.F
	and practice	enhance quality	motor skill	2.Demonstrate	Decision Making	
	strategies	of movement.	development	responsible personal		
	influence	or movement.	concepts,	and		
	movement	There is an	practice	social behavior and		
	forms?	interrelationshi	strategies,	understand safety		
	1011113:	p among	and	procedures		
		practice, motor	biomechanica	procedures		
		skill	I principles to	3.Demonstrate the		
		development	enhance	ability to use effective		
		and physical		interpersonal skills		
		activity.	quality of	interpersonal skins		
		activity.	movement.	4.Demonstrate the		
		Appropriate		ability to use the		
		selection of		decision making skills		
		motor skill		of appropriate goal		
		development		setting, risk taking,		
		concepts		and problem solving		
		improves the		and problem solving		
		quality of		5.Understand the		
		movement.		potential outcomes		
		movement.		for participating in		
				Team Challenges /		
				Team		
				Games, including		
				challenge,		
				enjoyment,		
				self expression, and		
				social interaction		
				6.Demonstrate an		
				understanding of and		
				respect for differences		
				uniterences		
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Quality lifelong	How do	Practice	Student		10.4.12.B
movement is based	scientific	strategies affect	should be		10.4.12.D
on scientific	principles,	motor skill	able to		10.4.12.E
concepts/principles	biomechanica	development	analyze the		
•	l principles	and enhance	inter-		
	and practice	skill	relationship		
	strategies	performance.	among		
	influence		emotional,		
	movement		social,		
	forms?		physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
Participation in	How can	Movement	Student		10.5.12.A
physical activity	participation	skills,	should be		10.5.12.B
impacts wellness	in physical	movement	able to		10.5.12.C
throughout a	activity	concepts and	incorporate		10.5.12.E
lifetime.	enhance my	skill-related	and evaluate		
	life?	fitness enrich	motor skill		
		movement	development		
		performance	concepts,		
		throughout life.	practice		
			strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		
			movement.		

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Participation in	How can	Game strategies	Student		10.5.12.A
physical activity	participation	are used to	should be		10.5.12.E
impacts wellness	in physical	recognize	able to		10.5.12.F
throughout a	activity	tactical	analyze		
lifetime.	enhance my	problems and to	movement		
	life?	select the	performance		
		appropriate	and the		
		responses in a	application of		
		variety of	game		
		physical	strategies for		
		activities.	lifelong		
			participation		
			in physical		
			activities.		
Safety impacts	What are the	Determining the	Student		10.3.12.A
individual and	outcomes of	benefits, risks	should be		
community well-	various safe	and safety	able to assess		
being.	and unsafe	factors of an	safe and		
	practices and	activity can lead	unsafe		
	what impact	to safe	practices in		
	can the	participation in	the home,		
	outcomes	self-selected	school,		
	have on my	life-long	community		
	life and the	physical	and in		
	lives of others	activities.	physical		
	around me.		activity		
		The use of	settings and		
		unsafe practices	determine		
		in the home,	the		
		school and	associated		
		community can	personal		
		have personal	and/or legal		
		and legal	consequences		
		consequences.	and the		
			impact on		
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				personal and		
				community		
				well-being.		
	Participation in	How do	Determining an	Student		10.4.12.A
	physical activity	scientific	appropriate	should be		10.4.12.D
	impacts wellness	principles,	physical activity	able to		10.5.12.A
	throughout a	biomechanica	plan will	evaluate		
	lifetime.	l principles	support life-	personal		10.5.12.A
		and practice	long personal	preferences		10.5.12.E
		strategies	health and	in the		10.5.12.F
		influence	fitness goals.	selection of		
		movement		physical		
		forms?		activities that		
				support the		
		Why do		engagement		
		people		in and		
		choose the		achievement		
		physical		of personal		
		activities they		fitness and		
		participate in		activity goals		
		over a		over a		
		lifetime?		lifetime.		
				Student		
				should be		
				able to		
				analyze skill-		
				related fitness		
				components,		
				movement		
				concepts and		
				game		
				strategies to		
				promote		
				participation		
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			in life-long		
			physical		
			activities.		
Participation in	Why do	Regular physical	Student		10.4.12.B
physical activity	people	activity impacts	should be		10.4.12.D
impacts wellness	choose the	an individual	able to		10.4.12.E
throughout a	physical	physiologically,	analyze the		
lifetime.	activities they	socially and	inter-		
	participate in	psychologically	relationship		
	over a	throughout a	among		
	lifetime?	lifetime.	emotional,		
			social,		
			physical and		
			mental		
			health, skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation,		
			over a		
			lifetime.		
Participation in	What	Movement	Student		10.5.12.A
physical activity	knowledge is	skills,	should be		10.5.12.E
impacts wellness	needed to	movement	able to		10.5.12.F
throughout a	select an	concepts and	analyze		10.0.12
lifetime.	appropriate	skill-related	movement		
medine.	response in a	fitness enrich	performance		
	variety of	movement	and the		
	physical	performance	application of		
	activities?	throughout life.	game		
	activities:	till oughout life.	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.		
	Participation in	How do	Movement	Student		10.5.12.A
	physical activity	scientific	skills,	should be		10.5.12.B
	impacts wellness	principles,	movement	able to		10.5.12.C
	throughout a	biomechanica	concepts and	incorporate		10.5.12.E
	lifetime.	l principles	skill-related	and evaluate		
		and practice	fitness enrich	motor skill		
		strategies	movement	development		
		influence	performance	concepts,		
		movement	throughout life.	practice		
		forms?		strategies and		
				biomechanica		
				I principles to		
				enhance		
				quality of		
				movement.		
	Participation in	What	Game strategies	Student		10.5.12.A
	physical activity	knowledge is	are used to	should be		10.5.12.E
-						

impacts wellness	needed to	recognize	able to	=	10.5.12.F
throughout a	select an	tactical	analyze		10.5.12.F
lifetime.		problems and to	movement		
meume.	appropriate	select the			
	response in a		performance		
	variety of	appropriate	and the		
	physical	responses in a	application of		
	activities?	variety of	game		
		physical	strategies for		
		activities.	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.		

			Unit 2 Ir	ndividual S	ports			
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	

1	I	1	1	Ţ	
movement is based	scientific	inter-	and evaluate		10.5.12.B
on scientific	principles,	relationship	motor skill		10.5.12.C
concepts/principles	biomechanica	among practice,	development		10.5.12.E
	l principles	motor skill	concepts,		
	and practice	development	practice		
	strategies	and physical	strategies and		
	influence	activity.	biomechanica		
	movement	·	I principles to		
	forms?	Appropriate	enhance		
		selection of	quality of		
		motor skill	movement.		
		development			
		concepts			
		improves the			
		quality of			
		movement.			
Quality life-long	How can you	Practice	Analyze the		10.4.12.B
movement is based	enhance the	strategies affect	inter-		10.4.12.D
on scientific	quality of	motor skill	relationship		10.4.12.E
concepts/principles	movement	development	among		
	for life-long	and enhance	emotional,		
	participation	skill	social,		
	in physical	performance.	physical and		
	activity?	periormaneer	mental health		
	accivity.		skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation		
			over a		
			lifetime.		
Quality life long	How do	Dropor	•		10.5.12.A
Quality life-long		Proper	Incorporate and evaluate		
movement is based	scientific	application of	and evaluate		10.5.12.B

				<u> </u>		
	on scientific	principles,	scientific and	motor skill		10.5.12.C
C	concepts/principles	biomechanica	biomechanical	development		10.5.12.E
		l principles	principles	concepts,		
		and practice	enhances	practice		
		strategies	quality of	strategies and		
		influence	movement.	biomechanica		
		movement		I principles to		
		forms?		enhance		
				quality of		
				movement.		
P	Participation in	How can you	Determining an	Evaluate		10.4.12.A
p	ohysical activity	enhance the	appropriate	personal		10.4.12.D
i	mpacts wellness	quality of	physical activity	preferences		10.5.12.A
t	hroughout	movement	plan will	in the		10.5.12.E
li	ifetime.	for life-long	support life-	selection of		10.5.12.F
		participation	long personal	physical		
		in physical	health and	activities that		
		activity?	fitness goals.	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		

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

T		1		1	1
			participation		
		Movement	over a		
		skills,	lifetime.		
		movement			
		concepts and			
		skill-related			
		fitness enrich			
		movement			
		performance			
		throughout life.			
Participation in	How can you	Movement	Analyze skill-		10.5.12.A
physical activity	enhance the	skills,	related fitness		10.5.12.B
impacts wellness	quality of	movement	components,		10.5.12.C
throughout	movement	concepts and	movement		10.5.12.E
lifetime.	for life-long	skill-related	concepts and		10.5.12.F
	participation	fitness enrich	game		
	in physical	movement	strategies to		
	acitivity?	performance	promote		
	deletivity.	throughout life.	participation		
		tinoughout inc.	in life-long		
			physical		
			activities.		
			activities.		
			Incorporate		
			and evaluate		
			motor skill		
			development		
			-		
			concepts,		
			practice		
			strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		

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

## **Table Tennis**

Estimate d Unit	Big Ideas	Essential Questions	Concepts (Know)	Competencie	Lesson Objectives/Suggeste	Vocabulary	Standards/Eligibl e Content
Time		Questions	(1.11011)	(Do)	d Resources		
Frames							
8 Days	Health concepts are	What are the	The use of	Assess safe	1.Understand and	Backhand	10.3.12.A
	essential for	outcomes of	unsafe practices	and unsafe	apply rules and	Backspin	
	wellness and	various safe	in the home,	practices in	strategies of table	Block	

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

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

physical activity	enhance the	appropriate	personal		10.4.12.D
impacts wellness	quality of	physical activity	preferences		10.4.12.D 10.5.12.A
throughout	movement	plan will	in the		10.5.12.K 10.5.12.E
lifetime.		•	selection of		10.5.12.F
metime.	for life-long	support life-			10.5.12.F
	participation	long personal	physical		
	in physical	health and	activities that		
	activity?	fitness goals.	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		
			participation		
			in life-long		
			physical		
			activities.		
Participation in	Why do	Regular physical	Analyze the		10.4.12.B
physical activity	people	activity impacts	inter-		10.4.12.D
impacts wellness	choose the	an individual	relationship		10.4.12.E
throughout	physical	physiologically,	among		
lifetime.	activities they	socially and	emotional,		
	participate in	psychologically	social,		
	over a	throughout a	physical and		

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

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

				Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.			
			P	ickle Ball			
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e 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

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

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Quality life-long	How can you	Practice	Analyze the			L0.4.12.B
movement is based	enhance the	strategies affect	inter-			L0.4.12.D
on scientific	quality of	motor skill	relationship		1	L0.4.12.E
concepts/principles	movement	development	among			
	for life-long	and enhance	emotional,			
	participation	skill	social,			
	in physical	performance.	physical and			
	activity?		mental health			
			skill			
			improvement			
			and physical			
			activity			
			preferences			
			and			
			participation			
			over a			
			lifetime.			
Quality life-long	How do	Proper	Incorporate		1	L0.5.12.A
movement is based	scientific	application of	and evaluate		1	L0.5.12.B
on scientific	principles,	scientific and	motor skill		1	L0.5.12.C
concepts/principles	biomechanica	biomechanical	development		1	L0.5.12.E
	l principles	principles	concepts,			
	and practice	enhances	practice			
	strategies	quality of	strategies and			
	influence	movement.	biomechanica			
	movement		I principles to			
	forms?		enhance			
			quality of			
			movement.			
Participation in	How can you	Determining an	Evaluate			L0.4.12.A
physical activity	enhance the	appropriate	personal		1	L0.4.12.D
impacts wellness	quality of	physical activity	preferences		1	L0.5.12.A
throughout	movement	plan will	in the		1	L0.5.12.E
lifetime.	for life-long	support life-	selection of		1	L0.5.12.F
	participation	long personal	physical			

	to also also	ام مالله ما			
	in physical	health and	activities that		
	activity?	fitness goals.	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		
			participation		
			in life-long		
			physical		
			activities.		
Darticipation in	Why do	Pogular physical			10.4.12.B
Participation in	Why do	Regular physical	Analyze the		
physical activity	people	activity impacts	inter-		10.4.12.D
impacts wellness	choose the	an individual	relationship		10.4.12.E
throughout	physical	physiologically,	among		
lifetime.	activities they	socially and	emotional,		
	participate in	psychologically	social,		
	over a	throughout a	physical and		
	lifetime?	lifetime.	mental health		
			skill		
			improvement		
			and physical		
			activity		

Participation in physical activity impacts wellness throughout lifetime.  Participation in	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.	preferences and participation over a lifetime.  Analyze the inter- relationship among emotional, social, physical and mental health skill improvement and physical activity preferences and participation over a lifetime.  Analyze skill-		10.4.12.B 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.E 10.5.12.F
physical activity impacts wellness throughout	enhance the quality of movement	skills, movement concepts and	related fitness components, movement		10.5.12.B 10.5.12.C 10.5.12.E
lifetime.	for life-long participation	skill-related fitness enrich	concepts and game		10.5.12.F

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		in physical	movement	strategies to		
		acitivity?	performance	promote		
			throughout life.	participation		
				in life-long		
				physical		
				activities.		
				Incorporate		
				and evaluate		
				motor skill		
				development		
				concepts,		
				practice		
				strategies and		
				biomechanica		
				I principles to		
				enhance		
				quality of		
				movement.		
	Dauticination in	What	Cama atvatasias			10 5 12 4
	Participation in		Game strategies	Analyze		10.5.12.A
	physical activity	knowledge is	are used to	movement		10.5.12.E
	impacts wellness	needed to	recognize	performance		10.5.12.F
	throughout	select an	tactical	and the		
	lifetime.	appropriate	problems and to	application of		
		response in a	select the	game		
		variety of	appropriate	strategies for		
		physical	responses in a	life-long		
		activities?	variety of	participation		
			physical	in physical		
			activities.	activities.		
				Analyze skill-		
				related fitness		
				components,		
				movement		
				concepts and		

				game strategies to promote participation in life-long physical activities.			
				Golf			
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e 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,	demonstrate     correct balance     during and after a     swing.	Eagle Birdie Approach Par	10.3.12.A

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

			Ι .	1	
		development	movement.		
		concepts			
		improves the			
		quality of			
		movement.			
Quality life-long	How can you	Practice	Analyze the		10.4.12.B
movement is based	enhance the	strategies affect	inter-		10.4.12.D
on scientific	quality of	motor skill	relationship		10.4.12.E
concepts/principles	movement	development	among		
	for life-long	and enhance	emotional,		
	participation	skill	social,		
	in physical	performance.	physical and		
	activity?	, postovinioni i	mental health		
			skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation		
			over a		
			lifetime.		
Ovelity life lane	11	Duanan			40 5 42 4
Quality life-long	How do	Proper	Incorporate		10.5.12.A
movement is based	scientific	application of	and evaluate		10.5.12.B
on scientific	principles,	scientific and	motor skill		10.5.12.C
concepts/principles	biomechanica	biomechanical	development		10.5.12.E
•	l principles	principles	concepts,		
	and practice	enhances	practice		
	strategies	quality of	strategies and		
	influence	movement.	biomechanica		
	movement		I principles to		
	forms?		enhance		
			quality of		
			movement.		
Participation in	How can you	Determining an	Evaluate		10.4.12.A

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

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

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

				Analyze skill-related fitness components, movement concepts and game strategies to promote participation in life-long physical activities.						
	Frisbee Golf									
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e 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,	Participate in a complete round of Frisbee golf, consisting of	Ace Birdie Approach Drive	10.3.12.A			

1:61-1-			11		D.J.	
lifestyle.	practices and	community can	school,	creating and playing a	Driver	
	what impact	have personal	community	9-hole course.	Lie	
Safety impacts	can the	and legal	and in		Midrange	
individual and	outcomes	consequences.	physical	2.Demonstrate	Par	
community well-	have on my		activity	competence and	Putt	
being.	life and the	Determining the	settings and	proper form while	Putter	
	lives of others	benefits, risks	determine	utilizing various	Basket	
Community well-	around me?	and safety	the	throwing techniques.	Throw	
being is dependent		factors of an	associated			
upon a balance of		activity can lead	personal	3.Demonstrate		
personal and social		to safe	and/or legal	appropriate behavior		
responsibility.		participation in	consequences	while participating in		
		self-selected,	and the	Frisbee		
		life-long	impact on	golf, showing		
		physical	personal and	personal		
		activities.	community	responsibility and		
			well-being.	avoiding dangerous		
			wen being.	situations.		
				4.Demonstrate		
				respect for others		
				and give feedback		
				and evaluation to		
				playing		
				mates.		
				illates.		
				5.Explain the benefits		
				of participating in		
				Frisbee as a		
				lifelong activity		
Quality life-long	How do	There is an	Incorporate			10.5.12.A
movement is based	scientific	inter-	and evaluate			10.5.12.B
on scientific	principles,	relationship	motor skill			10.5.12.C
concepts/principles	biomechanica	among practice,	development			10.5.12.E
	l principles	motor skill	concepts,			
	and practice	development	practice			
	strategies	and physical	strategies and			
	Jul alceles	and physical	Juliance and			

			1		
	influence	activity.	biomechanica		
	movement		I principles to		
	forms?	Appropriate	enhance		
		selection of	quality of		
		motor skill	movement.		
		development			
		concepts			
		improves the			
		quality of			
		movement.			
Quality life-long	How can you	Practice	Analyze the		10.4.12.B
movement is based	enhance the	strategies affect	inter-		10.4.12.D
on scientific	quality of	motor skill	relationship		10.4.12.E
concepts/principles	movement	development	among		
	for life-long	and enhance	emotional,		
	participation	skill	social,		
	in physical	performance.	physical and		
	activity?		mental health		
	activity.		skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation		
			over a		
			lifetime.		
Ovality life land	Harrida	Duonon	-		10 5 12 4
Quality life-long	How do	Proper	Incorporate		10.5.12.A
movement is based	scientific	application of	and evaluate		10.5.12.B
on scientific	principles,	scientific and	motor skill		10.5.12.C
concepts/principles	biomechanica	biomechanical	development		10.5.12.E
•	l principles	principles	concepts,		
	and practice	enhances	practice		
	strategies	quality of	strategies and		
	influence	movement.	biomechanica		

Т	T	T	1	Ţ	
	movement		I principles to		
	forms?		enhance		
			quality of		
			movement.		
Participation in	How can you	Determining an	Evaluate		10.4.12.A
physical activity	enhance the	appropriate	personal		10.4.12.D
impacts wellness	quality of	physical activity	preferences		10.5.12.A
throughout	movement	plan will	in the		10.5.12.E
lifetime.	for life-long	support life-	selection of		10.5.12.F
	participation	long personal	physical		
	in physical	health and	activities that		
	activity?	fitness goals.	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		
			participation		
			in life-long		
			physical		
			activities.		
Participation in	Why do	Regular physical	Analyze the		10.4.12.B
physical activity	people	activity impacts	inter-		10.4.12.D
priyorear activity	Peoble	activity impacts			10.7.12.0

Γ			T	T	T
impacts wellness	choose the	an individual	relationship		10.4.12.E
throughout	physical	physiologically,	among		
lifetime.	activities they	socially and	emotional,		
	participate in	psychologically	social,		
	over a	throughout a	physical and		
	lifetime?	lifetime.	mental health		
			skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation		
			over a		
			lifetime.		
Participation in	How can	Adult group	Analyze the		10.4.12.B
physical activity	participation	interactions	inter-		10.4.12.D
impacts wellness	in physical	that occur in	relationship		10.4.12.E
throughout	activity	physical	among		10.5.12.A
lifetime.	enhance my	activities	emotional,		10.5.12.A 10.5.12.E
metime.	life?	provide an	social,		10.5.12.E 10.5.12.F
	ille:	·	*		10.5.12.6
		opportunity to	physical and		
		develop the	mental health		
		skills necessary	skill		
		to be	improvement		
		productive and	and physical		
		contributing	activity		
		members of	preferences		
		society.	and		
			participation		
		Movement	over a		
		skills,	lifetime.		
		movement			
		concepts and			
		skill-related			

		T		Г	1
		fitness enrich			
		movement			
		performance			
		throughout life.			
Participation in	How can you	Movement	Analyze skill-		10.5.12.A
physical activity	enhance the	skills,	related fitness		10.5.12.B
impacts wellness	quality of	movement	components,		10.5.12.C
throughout	movement	concepts and	movement		10.5.12.E
lifetime.	for life-long	skill-related	concepts and		10.5.12.F
	participation	fitness enrich	game		
	in physical	movement	strategies to		
	acitivity?	performance	promote		
		throughout life.	participation		
			in life-long		
			physical		
			activities.		
			Incorporate		
			and evaluate		
			motor skill		
			development		
			concepts,		
			practice		
			strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		
Participation in	What	Game strategies	Analyze		10.5.12.A
physical activity	knowledge is	are used to	movement		10.5.12.E
impacts wellness	needed to	recognize	performance		10.5.12.F
throughout	select an	tactical	and the		
lifetime.	appropriate	problems and to	application of		
	response in a	select the	game		
			0 -		

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

		quality of			
		movement.			
Quality life-long	How can you	Practice	Analyze the		10.4.12.B
movement is based	enhance the	strategies affect	inter-		10.4.12.D
on scientific	quality of	motor skill	relationship		10.4.12.E
concepts/principles	movement	development	among		
	for life-long	and enhance	emotional,		
	participation	skill	social,		
	in physical	performance.	physical and		
	activity?		mental health		
			skill		
			improvement		
			and physical		
			activity		
			preferences		
			and		
			participation		
			over a		
		_	lifetime.		
Quality life-long	How do	Proper	Incorporate		10.5.12.A
movement is based	scientific	application of	and evaluate		10.5.12.B
on scientific	principles,	scientific and	motor skill		10.5.12.C
concepts/principles	biomechanica	biomechanical	development		10.5.12.E
•	l principles	principles	concepts,		
	and practice	enhances	practice		
	strategies influence	quality of movement.	strategies and biomechanica		
	movement	movement.	I principles to		
	forms?		enhance		
	1011113:		quality of		
			movement.		
Participation in	How can you	Determining an	Evaluate		10.4.12.A
physical activity	enhance the	appropriate	personal		10.4.12.D
impacts wellness	quality of	physical activity	preferences		10.5.12.A
throughout	movement	plan will	in the		10.5.12.E

lifetime.	for life-long	support life-	selection of		10.5.12.F
meenne.	participation	long personal	physical		10.5.12.1
	in physical	health and	activities that		
	activity?	fitness goals.	support the		
	activity.	Treness Bouler	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		
			participation		
			in life-long		
			physical		
			activities.		
Participation in	Why do	Regular physical	Analyze the		10.4.12.B
physical activity	people	activity impacts	inter-		10.4.12.D
impacts wellness	choose the	an individual	relationship		10.4.12.E
throughout	physical	physiologically,	among		
lifetime.	activities they	socially and	emotional,		
	participate in	psychologically	social,		
	over a	throughout a	physical and		
	lifetime?	lifetime.	mental health		
			skill		
			improvement		

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.	and physical activity preferences and participation over a lifetime.  Analyze the interrelationship 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- related fitness		10.5.12.A
physical activity	enhance the	skills,			10.5.12.B
impacts wellness	quality of	movement	components,		10.5.12.C
throughout	movement	concepts and	movement		10.5.12.E

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lifetime.	for life-long	skill-related	concepts and		10.5.12.F
	participation	fitness enrich	game		
	in physical	movement	strategies to		
	acitivity?	performance	promote		
		throughout life.	participation		
			in life-long		
			physical		
			activities.		
			Incorporate		
			and evaluate		
			motor skill		
			development		
			concepts,		
			practice		
			strategies and		
			biomechanica		
			I principles to		
			enhance		
			quality of		
			movement.		
Participation in	What	Game strategies			10.5.12.A
	_				
		_	•		10.3.12.1
incilie.			1		
	-		_		
	-	1	_		
	activities:		I -		
		activities.	activities.		
			Analyze skill-		
			related fitness		
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. Analyze skill-		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.					
			Unit 3 I	Lifetime S <sub>l</sub>	ports				
	Yoga/Pilates								
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/prince.	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 to on scientific concepts/prince.	pased participation in physical	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	How can	There is an	Create a		10.4.12.A
movement is based	participation	inter-	personal		10.4.12.B
on scientific	in physical	relationship	fitness		10.4.12.D
concepts/principles	activity	among practice,	program		
	enhance my	motor skill	based on		
	life?	development	personal data,		
		and physical	exercise and		
		activity.	training		
			principles and		
			fitness		
			components.		
Quality lifelong	How can	Appropriate	Create a		10.4.12.A
movement is based	participation	selection of	personal		10.4.12.B
on scientific	in physical	motor skill	fitness		10.4.12.D
concepts/principles	activity	development	program		
	enhance my	concepts	based on		
	life?	improves the	personal data,		
		quality of	exercise and		
		movement.	training		
			principles and		
			fitness		
			components.		
Quality lifelong	How can	A personal	Create a		10.4.12.A
movement is based	participation	fitness program	personal		10.4.12.B
on scientific	in physical	incorporates	fitness		10.4.12.D
concepts/principles	activity	exercise and	program		
	enhance my	training	based on		
	life?	principles.	personal data,		
			exercise and		
			training		
			principles and		
			fitness		
			components.		

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

10 Days	Quality lifelong movement is based on scientific concepts/principles	How can participation in physical activity	Physical activity intensity levels elicit physiological	Analyze the inter-relationship among	1. Demonstrates competency in motor skills and movement patterns needed to	Floating Treading Bobbing Rhythmic	10.4.12.B 10.4.12.D 10.4.12.E
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e Content
			<u> </u>	Aquatics			
	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.	exercise and training principles and fitness components.  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

emotional,

social,

perform a variety of

aquatic activities.

Breathing

Freestyle

enhance my

life?

responses

which are

Quality lifelong movement is based	How can participation	Physical activity preferences of	physical and mental health, skill improvement and physical activity preferences and participation over a lifetime.	2. Demonstrate an understanding of safety procedures and expectations in an aquatic/pool environment by adhering to personal limitations and being aware/alert in an aquatic setting.  3. Demonstrate a basic competency of treading/floating/introd uctory life saving techniques utilizing the available equipment in the facility.	Backstroke Breast stroke Butterfly Scissor kick Flutter Kick Frog kick Dolphin kick Arm Stroke	10.4.12.A 10.4.12.D
on scientific concepts/principles .	in physical activity enhance my life?	adults are determined by many factors.	preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.			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

on scientific	in physical	motor skill	fitness		10.5.12.D
concepts/principles	activity	development			10.5.12.0
concepts/principles	enhance my	concepts	program based on		
•	life?	improves the			
	liler	•	personal data,		
		quality of	exercise and		
		movement.	training		
			principles and		
			fitness		
Dauticio etico io		Determining	components.		10 4 12 4
Participation in	How can	Determining an	Evaluate		10.4.12.A
physical activity	participation	appropriate	personal		10.4.12.D
impacts wellness	in physical	physical activity	preferences		10.5.12.A
throughout a	activity	plan will	in the		
lifetime.	enhance my	support life-	selection of		
	life?	long personal	physical		
		health and	activities that		
		fitness goals.	support the		
			engagement		
			in and		
			achievement		
			of personal		
			fitness and		
			activity goals		
			over a		
			lifetime.		10.4.12.A
					10.4.12.B
			Create a		10.5.12.D
			personal		
			fitness		
			program		
			based on		
			personal data,		
			exercise and		
			training		
			principles and		

	Participation in physical activity impacts wellness throughout a lifetime.	How do scientific principles, biomechanica I principles and practice strategies influence movement forms?	Movement skills, movement concepts and skill related fitness enrich movement performance throughout life.	fitness components. Incorporate and evaluate motor skill development concepts, practice strategies and biomechanica I 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										
Estimate d Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencie s (Do)	Lesson Objectives/Suggeste d Resources	Vocabulary	Standards/Eligibl e 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/Anaerobi c Capacity Cardiovascular Endurance F.I.T.T. Principles Flexibility	10.4.12.A 10.4.12.B 10.5.12.D				

	program?	quality of	exercise and	exercises for	Muscular	
		movement.	training	endurance, strength	Endurance	
		movement.	principles and	and flexibility	Muscular Strength	
		A personal	fitness	and nexionity	Load	
		fitness program	components.	3.Use physiological	Set	10.4.12.A
		incorporates	components.	data to adjust levels	Repetition	10.4.12.B
		exercise and		of exercise and	Repetition	10.5.12.D
		training		promote wellness		
		principles.		promote weimess		
		principies.		4.Provide for		
				continual monitoring		
				of students' fitness		
				level		
				10101		
				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		
				acreiopeu		
				6.Use the results of		
				fitness assessments		
				to guide changes		
				in her or his personal		
				program of physical		
				activity		
				7.Design and		
				implement a personal		
				wellness program		
				based upon		
				information obtained		
				from the fitness		

				assessment and in accordance with appropriate training and nutritional principles  8.Incorporate fitness and wellness concepts to achieve	
				and maintain a health enhancing level of physical fitness	
				9.Assess and adjust activities to maintain or improve personal level of health-related fitness	
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.	exercise and training principles and fitness components.		
		Incorporate and evaluate motor skill development concepts, practice strategies and biomechanica I principles to enhance quality of movement.		10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.E