

## GRADE 12 PHYSICAL EDUCATION FRAMEWORK

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### EXPECTATIONS

#### CLASS EXPECTATIONS

The student is expected to:

- Engage in activities at a level seven stage that develop and maintain cardiovascular endurance.
- Engage in activities at a level seven stage that develop and maintain muscular strength.
- Engage in activities at a level seven stage that develop and maintain flexibility.
- Work with others in a sport/recreational activity to achieve a common goal (e.g. winning a game, relay, etc.).
- Use leadership and follows roles, when appropriate, in accomplishing group goals in physical activities.

## **THEMES & CONTENTS**

The Performance Indicators (shown at the end of this Framework) are developed through the practice and performance of the Themes and Content below.

### **BASKETBALL**

- In a 5x5 game situation, be able to identify and use mix defense and its basic principles

### **SOCCER**

- In a 11x11 game situation, be able to use specific offensive movement in a corner kick situation

### **VOLLEYBALL**

- 6x6 game situation with libero position, using offensive combinations in a set offense

### **AMERICAN FOOTBALL**

- Able to create and use an offensive playbook, with 5-10 different offensive sets, in a game situation

### **SOFTBALL**

- Formal 9 innings game situation
- Specific positions

### **OUTDOOR ACTIVITIES**

- Hike safely in the nature
- Able to use Orienteering tools and rules, in a competitive format.

### **PERSONAL FITNESS**

- Jog for at least twenty-two minutes without stopping/walking
- Able to create/re-assess and use a personal fitness plan with TRX drills
- Able to lead and perform a set of 20 minutes of Yoga positions and its breathing

### **PERSONAL BEHAVIOR WHILE IN TASK**

- Use leadership and follow roles, when appropriate, in accomplishing group goals in physical activities.

## **PERFORMANCE INDICATORS**

### **MOVEMENT FORMS & SKILLS DEVELOPMENT**

The student will prepare, implement, evaluate and modify a plan for three or more lifetime, skill-related physical education activities. Key concepts include analysis of performances, application of physical movement and principles of training, focus on goal setting, self-improvement of skills, and planning for the future beyond school years. DOK3

The student uses advanced sport specific skills in selected physical activities (e.g. individual, dual and team sports). DOK1

The student will explain and apply selected principles that affect and aid in the improvement of skills and performance in movement forms, sport, and fitness activities. DOK2

The student will integrate the principles learned in previous years regarding skill ability and apply those principles to specialized movement forms. DOK1

## **PERSONAL FITNESS**

The student will participate independently in health-enhancing physical fitness activities. DOK1

The student will evaluate and adjust activity levels to meet fitness goals at a higher level than in previous years. DOK1 E

The student will apply FITT (Frequency, Intensity, Time and Type) principle and other principles of training such as overload, specificity and progression, in accordance with personal goals. DOK1

The student engages in activities at a level seven stage that develop and maintain cardiovascular endurance (15' jogging/running). DOK1 E

The student engages in activities at a level seven stage that develop and maintain muscular strength (50" holding push-up position/30push-up's). DOK1 E

The student engages in activities at a level seven stage that develop and maintain flexibility (30" maintaining class warm-up stretching positions). DOK1 E

## **SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY**

The student works with others in a sport/recreational activity to achieve a common goal (e.g. winning a game, relay, etc.). DOK1

The student uses leadership and follows roles, when appropriate, in accomplishing group goals in physical activities. DOK2 E

The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals. (Assess students through surveys regarding their physical activity outside the school setting; students should be willingly participating in physical activity either on a team or on a personal level). DOK2