

GRADE 9 PHYSICAL EDUCATION FRAMEWORK

Contents

| | |
|------------------------------------------------------------|---|
| EXPECTATIONS | 1 |
| CLASS EXPECTATIONS..... | 1 |
| THEMES & CONTENTS | 2 |
| BASKETBALL..... | 2 |
| SOCCER..... | 2 |
| VOLLEYBALL..... | 2 |
| AMERICAN FOOTBALL | 2 |
| LACROSSE | 2 |
| TOUCH RUGBY..... | 2 |
| HOCKEY | 2 |
| ULTIMATE FRISBEE | 2 |
| SOFTBALL..... | 2 |
| TENNIS..... | 2 |
| BADMINTON..... | 2 |
| PERSONAL FITNESS..... | 3 |
| PERSONAL BEHAVIOR WHILE IN TASK..... | 3 |
| PERFORMANCE INDICATORS..... | 3 |
| MOVEMENT FORMS & SKILLS DEVELOPMENT | 3 |
| PERSONAL FITNESS..... | 3 |
| SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY | 3 |

EXPECTATIONS

CLASS EXPECTATIONS

The student is expected to:

- Engage in activities at a level four stage that develop and maintain cardiovascular endurance.
- Engage in activities at a level four stage that develop and maintain muscular strength.
- Engage in activities at a level four stage that develop and maintain flexibility.
- Exhibit respect for unique characteristics and ability of peers.

- Act independently and resist negative peer influences in physical activity settings.

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

- Perform a Lay-up, in the non-dominant side, with proper steps and using dribble in a drill situation
- In a 5x5 game situation, be able to identify and use a defensive concept of “Trap” – Man defence
- Identify and use “Pick & Roll”, as an offensive skill in a 5x5 game situation

SOCCER

- Able to shoot the ball from a distance, using laces, in a dynamic drill situation
- Identify and use basic rules in a 9x9 game situation

VOLLEYBALL

- Able to serve over-hand
- Identify and use basic rules of rotation in a 6x6 game situation

AMERICAN FOOTBALL

- Able to do Left and Right cuts to set a free player to receive the football, in a flag football game situation
- Identify and use basic positioning on the field during flag football game situation

LACROSSE

- Safety rules in a 6x6 game situation
- Goalkeeping rules and basic technique

TOUCH RUGBY

- Identify and use the Line-Out in a 7x7 game situation

HOCKEY

- Goalkeeping rules and basic technique

ULTIMATE FRISBEE

- Identify and use basic positioning on the field during 7x7 ultimate Frisbee game situation

SOFTBALL

- Identify and use the concept of Tagging up in a game situation
- Use of Base running coaches

TENNIS

- Identify and perform serving basic rules and technique

BADMINTON

- Able to play with a partner, in a 2x2 game situation, using different strategies

PERSONAL FITNESS

- Jog for at least fifteen minutes without stopping/walking
- Perform 25 proper push ups, 50 proper sit ups and 50 proper back work
- Able to lead and perform a set of 15 stretching drills + 5 cool down drills

PERSONAL BEHAVIOR WHILE IN TASK

- Exhibit respect for the unique characteristics and ability of peers

PERFORMANCE INDICATORS**MOVEMENT FORMS & SKILLS DEVELOPMENT**

The student will show competence in all locomotors, non-locomotors, and manipulative skills in appropriate game, sport, and recreational physical activities. DOK1

The student will use movement principals and concepts to improve one's own performance and that of others. DOK1 E

The student will develop a comprehensive personal fitness plan, including goals, strategies, and timeline, for improving at least three self-selected components of health-related fitness. DOK1

PERSONAL FITNESS

The student will use a variety of resources, including available technology, to assess, design and evaluate a personal fitness plan. DOK1

The student understands long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition). DOK 1

The student engages in activities at a level four-stage that develops and maintains cardiovascular endurance (9' jogging/running). DOK1 E

The student engages in activities at a level four-stage that develops and maintains muscular strength (30" holding push-up position/ 15push-up's). DOK1 E

The student engages in activities at a level four-stage that develops and maintains flexibility (20" maintaining class warm-up stretching positions). DOK1 E

SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY

The student will exhibit respect for the unique characteristics and ability of peers. DOK2 E

The student will act independently and resist negative peer influences in physical activity settings. DOK2 E