

GRADE 10 PHYSICAL EDUCATION FRAMEWORK

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EXPECTATIONS

CLASS EXPECTATIONS

The student is expected to:

- Engage in activities at a level five stage that develop and maintain cardiovascular endurance.
- Engage in activities at a level five stage that develop and maintain muscular strength.
- Engage in activities at a level five stage that develop and maintain flexibility.
- Exhibit leadership and teamwork qualities during sport and games.
- Anticipate and avoid potentially dangerous situation 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 Zone defense and its basic principles
- Identify and use basic offensive principles (such as overload; and Swing the side of the ball) against a zone defense, in a 5x5 game situation

SOCCER

- Identify and use the Off-side rule
- Identify and use specific positions in a 11x11 game situation

VOLLEYBALL

- Spike and block in a dynamic drill situation
- Position on the court and its specifics in a 6x6 game situation

AMERICAN FOOTBALL

- Able to use stationary screens in a game situation

LACROSSE

- Main rules in a 6x6 game situation
- Cradle and shoot in a game situation

TOUCH RUGBY

- Identify and use the Scrum in a 7x7 game situation

HOCKEY

- Snapshot technique in shooting and passing in a game situation

ULTIMATE FRISBEE

- Underhand throwing and overhand throwing

SOFTBALL

- Pitcher position and its specifics

TENNIS

- Rally 6 time with net

BADMINTON

- Serving
- 2x2 competitive game situation

PERSONAL FITNESS

- Jog for at least eighteen minutes without stopping/walking
- Perform 30 proper push ups, 60 proper sit ups and 60 proper back work
- Able to lead and perform a set of 15 stretching drills + 10 cool down drills

PERSONAL BEHAVIOR WHILE IN TASK

- Anticipate and avoid potentially dangerous situation in physical activity settings

PERFORMANCE INDICATORS

MOVEMENT FORMS & SKILLS DEVELOPMENT

The student will self-assess his/her level of physical activity and personal fitness on all components of health-related fitness, and develop a plan, including goals, strategies, and timeline, for improving four self-selected components of health-related fitness. DOK2

The student engages in activities at a level five stage that develop and maintain cardiovascular endurance (10' jogging/running). DOK1 E

The student engages in activities at a level five stage that develop and maintain muscular strength (30" holding push-up position/ 20 push-up's). DOK1 E

The student engages in activities at a level five stage that develop and maintain flexibility (25" maintaining class warm-up stretching positions). DOK1 E

PERSONAL FITNESS

The student will design a personal fitness program that is based on the basic principles of training and encompasses all components of fitness (e.g. cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition). DOK2

The student will describe and apply basic principles of training (e.g. frequency, intensity, time, type, overload, progression). DOK1

The student engages in activities at a level five stage that develop and maintain cardiovascular endurance (10' jogging/running). DOK1 E

The student engages in activities at a level five stage that develop and maintain muscular strength (30" holding push-up position/ 20 push-up's). DOK1 E

The student engages in activities at a level five stage that develop and maintain flexibility (25" maintaining class warm-up stretching positions). DOK1 E

SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY

The student will exhibit leadership and teamwork qualities during sport and games. DOK1

The student will anticipate and avoid potentially dangerous situation in physical activities. DOK1 E

The student will demonstrate an understanding of how personal characteristics, participation behavior patterns, and activity preferences are likely to change over time, and determine strategies to deal with those changes. (Students will be assessed through semester surveys regarding their personal fitness, sport, and recreational activity). DOK2 E