

GRADE LEVEL: HIGH SCHOOL

SUBJECT: SPECIALIZED PE

DATE:2022

2021-2022 MONTH/GRADING PERIOD: QUARTER 1

MASTER COPY 9-13-22

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
MOTOR SKILLS AND MOVEMENT ACTIVITIES					
Physical Activities <ul style="list-style-type: none"> • Motor Skills • Movement Patterns 	10.1.3: Model or teach mature motor skills and movement patterns to other students (Peer Teaching/Spotting).	<ul style="list-style-type: none"> • Model mature motor skills and movement patterns to other students. • Teach mature motor skills and movement patterns to other students. <ul style="list-style-type: none"> – Peer Teaching – Spotting 	<ul style="list-style-type: none"> • Pre-test • Post Test • Lifts: 5 % Increase • Activities: 1 second Improvement • Re-establish New Goals 	<ul style="list-style-type: none"> • Rep • Set • Max • Estimated Max • Bench Press • Squat • Clean • Dot Drill • 40 • Vertical Jump • 400 • Long Jump • Pull-ups 	CRITICAL
<ul style="list-style-type: none"> • Performance 	10.1.4: Perform specific skills at a difficult performance level.	<ul style="list-style-type: none"> • Perform skills at specific levels. 		<ul style="list-style-type: none"> • Elite 	CRITICAL

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> • Movement Concepts • Complex Motor Skills 	10.2.2: Analyze and evaluate information about complex motor skills that lead to improved physical performance.	<ul style="list-style-type: none"> • Analyze information about complex motor skills that lead to improved physical performance. • Evaluate information about complex motor skills that lead to improved physical performance. 	<ul style="list-style-type: none"> • Post Test 	<ul style="list-style-type: none"> • Combo Lifts • Circuit Training 	IMPORTANT
PHYSICAL ACTIVITY					
<ul style="list-style-type: none"> • Improved Fitness 	10.3.3: Describe and demonstrate physical activities that contribute to the improvement of specific fitness components.	<ul style="list-style-type: none"> • Describe physical activities that contribute to the improvement of specific fitness components. • Demonstrate physical activities that contribute to the improvement of specific fitness components. 	<ul style="list-style-type: none"> • Folders 	<ul style="list-style-type: none"> • Auxiliary 	CRITICAL
HEALTH-ENHANCING PHYSICAL FITNESS					
<ul style="list-style-type: none"> • Personal Workout 	10.4.1: Design and implement a personal workout program to achieve and maintain an optimal level of health-related fitness.	<ul style="list-style-type: none"> • Design a personal workout program to achieve and maintain an optimal level of health-related fitness. • Implement a personal workout program to achieve and maintain an optimal level of health-related fitness. 	<ul style="list-style-type: none"> • Group Workouts 	<ul style="list-style-type: none"> • Optimal 	ADDITIONAL
<ul style="list-style-type: none"> • Physiological Responses to Exercise 	10.4.2: Identify and evaluate personal physiological responses to exercise.	<ul style="list-style-type: none"> • Identify personal physiological responses to exercise. • Evaluate personal physiological responses to 	<ul style="list-style-type: none"> • Pre-Test/Post Test 	<ul style="list-style-type: none"> • Plateau 	IMPORTANT

		exercise.			
RESPONSIBLE PERSONAL AND SOCIAL BEHAVIORS					
<ul style="list-style-type: none"> ● Equipment ● Facilities 	10.5.1: Demonstrate safe and appropriate use and care of equipment and facilities.	<ul style="list-style-type: none"> ● Demonstrate safe and appropriate use of equipment and facilities. ● Demonstrate safe and appropriate care of equipment and facilities. 	<ul style="list-style-type: none"> ● Participation 	<ul style="list-style-type: none"> ● Spotting 	CRITICAL

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> Risk Factors 	<p>10.5.3: Assess the potential risks associated with physical activity in various environment.</p>	<ul style="list-style-type: none"> Understand the risks associated with improper lifting techniques. 		<ul style="list-style-type: none"> Sore vs Injury 	IMPORTANT
<ul style="list-style-type: none"> Personal Philosophy 	<p>10.5.5: Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation.</p>	<ul style="list-style-type: none"> Understand the relationship between sports and fitness development. Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation. 		<ul style="list-style-type: none"> Year round conditioning 	ADDITIONAL
VALUE OF PHYSICAL ACTIVITY					
<ul style="list-style-type: none"> Self-Image 	<p>10.6.2: Appraise feelings of satisfaction and enjoyment as a result of participating in regular physical activity.</p>	<ul style="list-style-type: none"> Connect that self-image and confidence go hand in hand in athletics. Appraise feelings of satisfaction and enjoyment as a result of participating in regular physical activity. 	<ul style="list-style-type: none"> Folders 	<ul style="list-style-type: none"> Confidence 	IMPORTANT
<ul style="list-style-type: none"> Lifetime Physical Activities 	<p>10.6.3: Reflect on reasons for choosing to participate in lifetime physical activities.</p>	<ul style="list-style-type: none"> Understand the value of lifetime fitness. Reflect on reasons for choosing to participate in lifetime physical activities. 		<ul style="list-style-type: none"> Lifetime Fitness 	CRITICAL

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
LITERACY STANDARDS FOR PHYSICAL EDUCATION					
<ul style="list-style-type: none"> Technical PE Information 	9-12.RT.7 Translate technical PE information expressed in words in a text into visual form (Charts) and translate information expressed visually or mechanically into words.	<ul style="list-style-type: none"> Students will have visual proof of the class progress. Translate technical PE information expressed in words in a text into visual form (Charts). Translate information expressed visually or mechanically into words. 		<ul style="list-style-type: none"> Max Chart 	IMPORTANT

Crawfordsville Community School Corporation

GRADE LEVEL: HIGH SCHOOL

SUBJECT: SPECIALIZED PE

DATE: 2022

MONTH/GRADING PERIOD: QUARTER 2

MASTER COPY 10-13-22

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<p>MOTOR SKILLS AND MOVEMENT ACTIVITIES</p>					
<p>Physical Activities</p>	<p>10.1.1: Perform and analyze activity-specific skills in individual, dual, and team physical activities.</p>	<ul style="list-style-type: none"> ● Perform activity-specific skills in individual, dual, and team physical activities. <ul style="list-style-type: none"> – Base Lifts – Safety ● Analyze activity-specific skills in individual, dual, and team physical activities. 	<ul style="list-style-type: none"> ● Pre-test ● Post Test ● Lifts: 5 % Increase ● Activities: 1 second ● Improvement ● Re-establish New Goals 	<ul style="list-style-type: none"> ● Rep ● Set ● Max ● Estimated Max ● Bench ● Squat ● Clean ● Dot Drill ● Snatch ● Split Jerk ● 40 ● 400 ● Pull-Ups ● Long Jump ● Vertical Jump 	<p>CRITICAL</p>

<ul style="list-style-type: none"> • Execute • Movement Patterns 	<p>10.1.2: Synthesize and perform creative rhythmic movement patterns with increasing degrees of difficulty.</p>	<ul style="list-style-type: none"> • Synthesize creative rhythmic patterns. • Perform movement patterns with increasing degrees of difficulty. 		<ul style="list-style-type: none"> • Combo Lifts • Circuit Training 	<p>CRITICAL</p>
--	---	--	--	---	-----------------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> Model 	10.1.3: Model or teach mature motor skills and movement patterns to other students (Peer Teaching/Spotting).	<ul style="list-style-type: none"> Model mature motor skills. Teach movement patterns to other students. 			CRITICAL
<ul style="list-style-type: none"> Specific Skills 	10.1.4: Perform specific skills at a difficult performance level.	<ul style="list-style-type: none"> Execute specific skills at a difficult level. 			CRITICAL
MOVEMENT CONCEPTS					
<ul style="list-style-type: none"> Strategies Tactics 	10.2.1: Apply previously learned strategies and tactics to advanced physical activities.	<ul style="list-style-type: none"> Apply previously learned strategies to advanced physical activities. Demonstrate learned tactics of an advanced physical activity. 			IMPORTANT

<ul style="list-style-type: none"> ● Movement Concepts ● Complex Motor Skills 	<p>10.2.2: Analyze and evaluate information about complex motor skills that lead to improved physical performance.</p>	<ul style="list-style-type: none"> ● Know how complex motor skills lead to improved performance. ● Analyze information about complex motor skills that lead to improved physical performance. ● Evaluate information about complex motor skills that lead to improved physical performance. 	<ul style="list-style-type: none"> ● Post Test 	<ul style="list-style-type: none"> ● Combination Lifts ● Circuit Training 	<p>CRITICAL</p>
---	---	--	---	---	-----------------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<p>PHYSICAL ACTIVITY</p>					
<ul style="list-style-type: none"> Improve Fitness 	<p>10.3.3: Describe and demonstrate physical activities that contribute to the improvement of specific fitness components.</p>	<ul style="list-style-type: none"> Explain activities that contribute to improvement of specific fitness components. Execute physical activities that contribute to improvement of fitness components. 			<p>IMPORTANT</p>
<ul style="list-style-type: none"> Lifetime Physical Activities 	<p>10.3.4: Participate regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness.</p>	<ul style="list-style-type: none"> Describe lifetime physical activities that contribute to the improvement of specific fitness components. Demonstrate physical activities that contribute to the improvement of specific fitness components. 	<ul style="list-style-type: none"> Folders 	<ul style="list-style-type: none"> Auxiliary 	<p>CRITICAL</p>

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
HEALTH-ENHANCING FITNESS					
<ul style="list-style-type: none"> Personal Workout Program 	<p>10.4.1: Design and implement a personal workout program to achieve and maintain an optimal level of health-related fitness.</p>	<ul style="list-style-type: none"> Design a personal workout program to achieve and maintain an optimal level of fitness. Implement a personal workout program to achieve and maintain an optimal level of health-related fitness. 			ADDITIONAL
<ul style="list-style-type: none"> Physiological Responses 	<p>10.4.2: Identify and evaluate personal physiological responses to exercise.</p>	<ul style="list-style-type: none"> Identify personal physiological responses to exercise. Evaluate personal physiological responses to exercise of health-related fitness. 	<ul style="list-style-type: none"> Group Workouts 	<ul style="list-style-type: none"> Optimal Plateau 	ADDITIONAL

<ul style="list-style-type: none"> • Principles – Exercise – Nutrition – Chemical Substances 	<p>10.4.3: Compare and contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance.</p>	<ul style="list-style-type: none"> • Compare basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance. • Contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance. 		<ul style="list-style-type: none"> • Nutrition 	<p>IMPORTANT</p>
--	--	---	--	---	------------------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
RESPONSIBLE PERSONAL AND SOCIAL BEHAVIORS					
<ul style="list-style-type: none"> Equipment 	10.5.1: Demonstrate safe and appropriate use and care of equipment and facilities.	<ul style="list-style-type: none"> Demonstrate safe use of equipment and facilities. Display appropriate use of equipment and facilities. 			CRITICAL
<ul style="list-style-type: none"> Well Being <ul style="list-style-type: none"> Social Emotional 	10.5.2: Relate the benefits of physical activities to social and emotional well-being.	<ul style="list-style-type: none"> Display the benefits of physical activities to social and emotional well-being. 			IMPORTANT
<ul style="list-style-type: none"> Risk Factors 	10.5.3: Assess the potential risks associated with physical activity in various environment.	<ul style="list-style-type: none"> Understand the potential risks associated with physical activity in various environment. 			ADDITIONAL
<ul style="list-style-type: none"> Personal Philosophy 	10.5.5: Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation.	<ul style="list-style-type: none"> Organize a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation. 			IMPORTANT

<ul style="list-style-type: none">• Sportsmanship	10.5.6: Apply game rules accurately and fairly during physical activity.	<ul style="list-style-type: none">• Understand sportsmanship.• Apply game rules accurately and fairly during physical activity.	<ul style="list-style-type: none">• Participation Spotting		CRITICAL
---	---	--	--	--	----------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
VALUE OF PHYSICAL ACTIVITY					
<ul style="list-style-type: none"> Self- Image 	10.6.1: Promote positive mental and emotional aspects of participation in a variety of physical activities.	<ul style="list-style-type: none"> Promote positive mental aspects of participation in a variety of physical activities. Promote positive emotional aspects of participation in a variety of physical activities. 			IMPORTANT
<ul style="list-style-type: none"> Regular Activity 	10.6.2: Appraise feelings of satisfaction and enjoyment as a result of participating in regular activity.	<ul style="list-style-type: none"> Appraise feelings of enjoyment as a result of participating in regular activity. Appraise feelings of satisfaction as a result of participating in regular activity. 			ADDITIONAL

	10.6.3: Reflect on reasons for choosing to participate in lifetime physical activities.	<ul style="list-style-type: none">• Understand the reasons for choosing to participate in lifetime physical activities.	<ul style="list-style-type: none">• Folders	<ul style="list-style-type: none">• Confidence	IMPORTANT
--	--	---	---	--	------------------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
LITERACY STANDARD FOR PHYSICAL EDUCATION					
<ul style="list-style-type: none"> Technical PE Information 	<p>9-12.RT.7 Translate technical PE information expressed in words in a text into visual form (Charts) and translate information expressed visually or mechanically into words.</p>	<ul style="list-style-type: none"> Translate technical PE information expressed in words in a text into visual form (Charts). Translate information expressed visually or mechanically into words. 		<ul style="list-style-type: none"> Max Chart 	<p>IMPORTANT</p>

Crawfordsville Community School Corporation

GRADE LEVEL: HIGH SCHOOL

SUBJECT: SPECIALIZED PE

DATE: 2023

MONTH/GRADING PERIOD: QUARTER 3

MASTER COPY 1-13-23

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
MOTOR SKILLS AND MOVEMENT SKILLS					
Physical Activities	10.1.1: Perform and analyze activity-specific skills in individual, dual, and team physical activities.	<ul style="list-style-type: none"> Perform activity-specific skills in individual, dual, and team physical activities. <ul style="list-style-type: none"> Base Lifts Safety Analyze activity-specific skills in individual, dual, and team physical activities. 	<ul style="list-style-type: none"> Pre-test Post Test Lifts: 5 % Increase Activities: 1 second Improvement Re-establish New Goals 	<ul style="list-style-type: none"> Rep Set Max Estimated Max Bench Press Squat Clean Dot Drill 40 Vertical Jump 400 Long Jump Pull-ups 	CRITICAL
<ul style="list-style-type: none"> Movement Patterns 	10.1.2: Synthesize and perform creative rhythmic movement patterns with increasing degrees of difficulty	<ul style="list-style-type: none"> Synthesize creative rhythmic patterns. Perform movement patterns with increasing degrees of difficulty. 			CRITICAL

<ul style="list-style-type: none"> • Model 	<p>10.1.3: Model or teach mature motor skills and movement patterns to other students (Peer Teaching/Spotting).</p>	<ul style="list-style-type: none"> • Model mature motor skills • Teach movement patterns to other students. 			<p>CRITICAL</p>
---	--	---	--	--	-----------------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> Specific Skills 	10.1.4: Perform specific skills at a difficult performance level.	<ul style="list-style-type: none"> Execute specific skills at a difficult level. 			CRITICAL
MOVEMENT CONCEPTS					
<ul style="list-style-type: none"> Tactics Strategies 	10.2.1: Apply previously learned strategies and tactics to advanced physical activities.	<ul style="list-style-type: none"> Utilize previously learned strategies. Demonstrate learned tactics of an advanced physical activity. 	<ul style="list-style-type: none"> Post Test 	<ul style="list-style-type: none"> Combination Lifts Circuit Training 	CRITICAL
<ul style="list-style-type: none"> Complex Motor Skills 	10.2.2: Analyze and evaluate information about complex motor skills that lead to improved physical performance.	<ul style="list-style-type: none"> Analyze information about complex motor skills that lead to improved physical performance. Evaluate information about complex motor skills that lead to improved physical performance. 			CRITICAL
PHYSICAL ACTIVITY					

<ul style="list-style-type: none">• Improved Fitness	10.3.3: Describe and demonstrate physical activities that contribute to the improvement of specific fitness components	<ul style="list-style-type: none">• Explain activities that contribute to improvement.• Execute physical activities that contribute to improvement of fitness components.	<ul style="list-style-type: none">• Folders	<ul style="list-style-type: none">• Auxiliary	CRITICAL
--	---	--	---	---	----------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
	<p>10.3.4: Participate regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness.</p>	<ul style="list-style-type: none"> ● Describe physical activities that contribute to the improvement of specific fitness components. ● Demonstrate physical activities that contribute to the improvement of specific fitness components. 			<p>IMPORTANT</p>
<p>HEALTH- ENHANCING PHYSICAL FITNESS</p>					

<ul style="list-style-type: none"> • Personal Workout 	<p>10.4.1: Design and implement a personal workout program to achieve and maintain an optimal level of health-related fitness.</p>	<ul style="list-style-type: none"> • Design a personal workout program to achieve and maintain an optimal level of health-related fitness. • Implement a personal workout program to achieve and maintain an optimal level of health-related fitness. 	<ul style="list-style-type: none"> • Group Workouts 	<ul style="list-style-type: none"> • Optimal • Plateau 	<p>ADDITIONAL</p>
--	---	---	--	--	-------------------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> • Physiologic al Responses to Exercise 	<p>10.4.2: Identify and evaluate personal physiological responses to exercise.</p>	<ul style="list-style-type: none"> • Identify personal physiological responses to exercise. • Evaluate personal physiological responses to exercise of health-related fitness. 			IMPORTANT
<ul style="list-style-type: none"> • Exercise Principles 	<p>10.4.3: Compare and contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance.</p>	<ul style="list-style-type: none"> • Compare basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance. • Contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance. 			IMPORTANT
<p>RESPONSIBLE PERSONAL AND SOCIAL BEHAVIORS</p>					
<ul style="list-style-type: none"> • Equipment • Facilities 	<p>10.5.1: Demonstrate safe and appropriate use and care of equipment and facilities.</p>	<ul style="list-style-type: none"> • Demonstrate safe use of equipment and facilities. • Display appropriate use of equipment and 	<ul style="list-style-type: none"> • Participation • Spotting 		CRITICAL

		facilities.			
<ul style="list-style-type: none"> ● Benefits <ul style="list-style-type: none"> - Social - Emotional 	10.5.2: Relate the benefits of physical activities to social and emotional well-being.	<ul style="list-style-type: none"> ● Display the benefits of physical activities to social and emotional well-being. 			IMPORTANT
<ul style="list-style-type: none"> ● Risk Factors 	10.5.3: Assess the potential risks associated with physical activity in various environment.	<ul style="list-style-type: none"> ● Understand the risks associated with improper lifting techniques. 			CRITICAL

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> Personal Philosophy 	<p>10.5.5: Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation.</p>	<ul style="list-style-type: none"> Understand the relationship between sports and fitness development. Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation. 			ADDITIONAL
<ul style="list-style-type: none"> Rules 	<p>10.5.6: Apply game rules accurately and fairly during physical activity.</p>	<ul style="list-style-type: none"> Apply game rules accurately and fairly during physical activity. 			ADDITIONAL
VALUE OF PHYSICAL ACTIVITY					
<ul style="list-style-type: none"> Self-Image Lifetime Physical Activities 	<p>10.6.1: Promote positive mental and emotional aspects of participation in a variety of physical activities.</p>	<ul style="list-style-type: none"> Demonstrate the positive mental aspects of participation in a variety of physical activities. 	<ul style="list-style-type: none"> Folders 	<ul style="list-style-type: none"> Confidence 	IMPORTANT

	<p>10.6.2: Appraise feelings of satisfaction and enjoyment as a result of participating in regular physical activity.</p>	<ul style="list-style-type: none"> ● Appraise feelings of enjoyment as a result of participating in regular activity. ● Appraise feelings of satisfaction as a result of participating in regular activity. 			CRITICAL
	<p>10.6.3: Reflect on reasons for choosing to participate in lifetime physical activities.</p>	<ul style="list-style-type: none"> ● Understand the value of lifetime fitness. ● Reflect on reasons for choosing to participate in lifetime physical activities. 			IMPORTANT

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
LITERACY STANDARDS FOR PHYSICAL EDUCATION					
<ul style="list-style-type: none"> • Technical PE Information 	<p>9-12.RT.7 Translate technical PE information expressed in words in a text into visual form (Charts) and translate information expressed visually or mechanically into words.</p>	<ul style="list-style-type: none"> • Students will have visual proof of the class progress. • Translate technical PE information expressed in words in a text into visual form (Charts). • Translate information expressed visually or mechanically into words. 		<ul style="list-style-type: none"> • Max Chart 	<p>IMPORTANT</p>

Crawfordsville Community School Corporation

GRADE LEVEL: HIGH SCHOOL

SUBJECT: SPECIALIZED PE

DATE: 2023

MONTH/GRADING PERIOD: QUARTER 4

MASTER COPY 2-1-23

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
MOTOR SKILLS AND MOVEMENT SKILLS					
Physical Activities	10.1.1: Perform and analyze activity-specific skills in individual, dual, and team physical activities.	<ul style="list-style-type: none"> Perform activity-specific skills in individual, dual, and team physical activities. Analyze activity-specific skills in individual, dual, and team physical activities. 	<ul style="list-style-type: none"> Pre-test Post Test Lifts: 5 % Increase Activities: 1 second Improvement Re-establish New Goals 	<ul style="list-style-type: none"> Rep Set Max Estimated Max Bench Press Squat Clean Dot Drill 40 Vertical Jump 400 Long Jump Pull-ups 	CRITICAL
<ul style="list-style-type: none"> Movement Patterns 	10.1.2: Synthesize and perform creative rhythmic movement patterns with increasing degrees of difficulty	<ul style="list-style-type: none"> Synthesize creative rhythmic patterns. Perform movement patterns with increasing degrees of difficulty. 			CRITICAL

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> • Specific Skills 	10.1.4: Perform specific skills at a difficult performance level.	<ul style="list-style-type: none"> • Execute specific skills at a difficult level. 			CRITICAL
MOVEMENT CONCEPTS					
<ul style="list-style-type: none"> • Tactics • Strategies 	10.2.1: Apply previously learned strategies and tactics to advanced physical activities.	<ul style="list-style-type: none"> • Utilize previously learned strategies. • Demonstrate learned tactics of an advanced physical activities. 	<ul style="list-style-type: none"> • Post Test 	<ul style="list-style-type: none"> • Combination Lifts • Circuit Training 	CRITICAL
<ul style="list-style-type: none"> • Complex Motor Skills 	10.2.2: Analyze and evaluate information about complex motor skills that lead to improved physical performance.	<ul style="list-style-type: none"> • Analyze information about complex motor skills that lead to improved physical performance. • Evaluate information about complex motor skills that lead to improved physical performance. 			CRITICAL
PHYSICAL ACTIVITY					

<ul style="list-style-type: none">• Improved Fitness	10.3.3: Describe and demonstrate physical activities that contribute to the improvement of specific fitness components	<ul style="list-style-type: none">• Explain activities that contribute to improvement.• Execute physical activities that contribute to improvement of fitness components.	<ul style="list-style-type: none">• Folders	<ul style="list-style-type: none">• Auxiliary	CRITICAL
--	---	--	---	---	----------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
HEALTH-ENHANCING PHYSICAL FITNESS					
<ul style="list-style-type: none"> Personal Workout 	10.4.1: Design and implement a personal workout program to achieve and maintain an optimal level of health-related fitness.	<ul style="list-style-type: none"> Design a personal workout program to achieve and maintain an optimal level of health-related fitness. Implement a personal workout program to achieve and maintain an optimal level of health-related fitness. 	<ul style="list-style-type: none"> Group Workouts 	<ul style="list-style-type: none"> Optimal Plateau 	ADDITIONAL
<ul style="list-style-type: none"> Physiological Responses to Exercise 	10.4.2: Identify and evaluate personal physiological responses to exercise.	<ul style="list-style-type: none"> Identify personal physiological responses to exercise. Evaluate personal physiological responses to exercise of health-related fitness. 			IMPORTANT

<ul style="list-style-type: none">• Exercise Principles	10.4.3: Compare and contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance.	<ul style="list-style-type: none">• Compare basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance.• Contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance.			IMPORTANT
---	---	--	--	--	-----------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> • Equipment • Facilities 	10.5.1: Demonstrate safe and appropriate use and care of equipment and facilities.	<ul style="list-style-type: none"> • Demonstrate safe and appropriate use of equipment and facilities. • Display safe and appropriate use of equipment and facilities. 	<ul style="list-style-type: none"> • Participation • Spotting 		CRITICAL
<ul style="list-style-type: none"> • Benefits <ul style="list-style-type: none"> – Social – Emotional 	10.5.2: Relate the benefits of physical activities to social and emotional well-being.	<ul style="list-style-type: none"> • Display the benefits of physical activities to social and emotional well-being. 			IMPORTANT
<ul style="list-style-type: none"> • Risk Factors 	10.5.3: Assess the potential risks associated with physical activity in various environments.	<ul style="list-style-type: none"> • Assess the potential risks associated with physical activity in various environments. • Understand the risks associated with improper lifting techniques. 			CRITICAL
<ul style="list-style-type: none"> • Personal Philosophy 	10.5.5: Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation.	<ul style="list-style-type: none"> • Understand the relationship between sports and fitness development. • Develop a personal philosophy and practice that reflect inclusive practices of physical activity and 			ADDITIONAL

		sport participation.			
<ul style="list-style-type: none"> Rules 	<p>10.5.6: Apply game rules accurately and fairly during physical activity.</p>	<ul style="list-style-type: none"> Apply game rules accurately during physical activity. Apply game rules fairly during physical activity. 			ADDITIONAL

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<p>VALUE OF PHYSICAL ACTIVITY</p>					
<ul style="list-style-type: none"> ● Self-Image ● Lifetime Physical Activities 	<p>10.6.1: Promote positive mental and emotional aspects of participation in a variety of physical activities.</p>	<ul style="list-style-type: none"> ● Demonstrate the positive mental aspects of participation in a variety of physical activities. ● Promote positive emotional aspects of participation in a variety of physical activities. 	<ul style="list-style-type: none"> ● Folders 	<ul style="list-style-type: none"> ● Confidence 	<p>IMPORTANT</p>
<ul style="list-style-type: none"> ● Satisfaction ● Enjoyment 	<p>10.6.2: Appraise feelings of satisfaction and enjoyment as a result of participating in regular physical activity.</p>	<ul style="list-style-type: none"> ● Appraise feelings of enjoyment as a result of participating in regular activity. ● Appraise feelings of satisfaction as a result of participating in regular activity. 			<p>CRITICAL</p>

<ul style="list-style-type: none">● Reflection	10.6.3: Reflect on reasons for choosing to participate in lifetime physical activities.	<ul style="list-style-type: none">● Understand the value of lifetime fitness.● Reflect on reasons for choosing to participate in lifetime physical activities.			IMPORTANT
--	--	---	--	--	-----------

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
LITERACY STANDARDS FOR PHYSICAL EDUCATION					
<ul style="list-style-type: none"> • Technical PE Information 	<p>9-12.RT.7 Translate technical PE information expressed in words in a text into visual form (Charts) and translate information expressed visually or mechanically into words.</p>	<ul style="list-style-type: none"> • Translate technical PE information expressed in words in a text into visual form (Charts). • Translate information expressed visually or mechanically into words. 		<ul style="list-style-type: none"> • Max Chart 	IMPORTANT