North Polk Community Schools Pacing & Course Description Guide

Grade Level: 9	Content: Freshman PE	Year: 2022-23

Course Description/Rationale

All freshmen are required to take this class for one semester. This course will provide students with knowledge, experience, and an opportunity to develop skills in more than one of the following sports or activities: team sports, individual/dual sports, recreational sports, and fitness/conditioning activities. The focus of this class is to build cooperative skills. This course will also emphasize acquiring knowledge and skills regarding lifetime physical fitness. Students will be reviewing the 5 components of physical fitness. Students will learn about personal fitness and be able to develop a personal fitness plan. Students will learn how to use the fitness room and fitness equipment in order to maintain and improve personal fitness. **Required supplies: PE clothing, gym shoes, and padlock** (1 HS credit/semester)

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Cooperative/Fair Play Outdoor Activities	Week 1-4	Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Uses communication skills and strategies that promote team/group dynamics. (S4.H3.L1) Solves problems and thinks critically in physical activity, both as an individual and in groups. (S4.H4.L1) Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protections). (S4.H5.L1)	**Standard 4 Exhibits responsible personal and social behavior that respects self and others.**
5 Components of Physical Fitness	Weeks 5-7	Level 1 - Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, and/or outdoor pursuits appropriately. (S2.H1.L1)	**Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**
Heart Strength	Weeks 8-11	Level 1 - Calculates target heart rate and applies that information to personal fitness plan. (S3.H10.L1)	**Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing level o physical activity and fitness**
Fitness Training	Weeks 12-14	Level 1 - Demonstrate appropriate technique in resistance-training machines and free weights. (S3.H7.L1) Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g.,	**Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing**

		strength, endurance, range of motion). (S3.H9.L1)	**level o physical activity and fitness**
Healthy Balance (physically, nutritionally, emotionally)	Week 15-18	Level 1 - Discusses the benefits of a physically active lifestyle as it relates to college or career productivity (S3.H1.L1)	**Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness**