

## **Moon Area School District Curriculum Map**

**Course: PE**

**Grade Level:10**

**Content Area:**

**Frequency: Half-Year Course**

### **Big Ideas**

1. Health concepts are essential for wellness and a health-enhancing lifestyle.
2. Community well-being is dependent upon a balance of personal and social responsibility
3. Safety impacts individual and community well-being
4. Participation in physical activity impacts wellness throughout a lifetime
5. Quality lifelong movement is based on scientific concepts/principles.

### **Essential Questions**

6. How can physical activity choices impact my life as an adolescent?
7. How would you evaluate your physical activity choices and the way they affect your ability to achieve your fitness and activity goals?
8. How can you improve the quality of complex movements?
9. How does the application of scientific principles impact complex movements?
10. What types of strategies would you use to be successful in a complex game situation?
11. What criteria will you use to determine if your health behaviors are responsible now and in the future?
12. Why do people choose the physical activities they participate in over a lifetime?
13. How can participation in physical activity enhance MY life?
14. How can you enhance the quality of movement for lifelong participation in physical activity?
15. How do scientific principles, biomechanical principles and practice strategies influence movement forms?
16. How can the choices you make today, influence your future health and happiness?

### **Primary Resource(s) & Technology:**

Textbook Series, IXL online software,  
Microsoft Teams, Promethean Boards, Student Laptops/iPads

### **Pennsylvania and/or focus standards referenced at:**

[www.pdesas.org](http://www.pdesas.org)  
[www.education.pa.gov](http://www.education.pa.gov)

<b>Big Ideas/ EQs</b>	<b>Focus Standard(s)</b>	<b>Assessed Competencies (Key content and skills)</b>	<b>Timeline</b>
1,2,3,4,5,6,7,8,9,11,13,14,15,16	10.4.9.C 10.4.9.D 10.4.9.E 10.4.9.F	<b>Fitness Unit</b> <ul style="list-style-type: none"> <li>• Evaluate physical activity preferences, responses of body’s systems and activities that support life-long fitness and activity goals.</li> <li>• Describe training principles needed to improve physical fitness.</li> <li>• Performance of cardiovascular endurance and muscular strength activities to improve fitness levels</li> <li>• Fitnessgram Pre and Post Testing</li> <li>• Goal Setting</li> </ul>	20 days
1,3,4,5,6,7,8,10,12,13,14,15	10.4.9.C 10.4.9.D 10.4.9.E 10.4.9.F	<b>Team Sports – Volleyball, Handball, Basketball, Angleball, Flag Football, Soccer, Hockey.</b> <ul style="list-style-type: none"> <li>• Apply skill-related fitness components and game strategies when participating in complex games and physical activities.</li> <li>• Apply the fitness components of cardiovascular endurance, muscular strength/endurance, and flexibility during warm-ups and game play.</li> <li>• Apply safety rules and procedures during game play</li> <li>• Apply game rules, proper terminology, and strategies during tournament play.</li> </ul>	10-day units/9 weeks
1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16	10.3.9.A 10.4.9.A 10.5.9.A 10.5.9.C 10.5.9.E 10.5.9.F 9.1.12.B	<b>Aquatics – swimming, synchronized swimming, pool safety</b> Understand and practice water safety procedures, deck safety, and appropriate use of equipment.  Instruction, demonstration, and application of the following strokes: Front Crawl, Backstroke, Elementary Backstroke, Sidestroke <ul style="list-style-type: none"> <li>• Proper head position, leg kick, arm stroke, and breathing techniques</li> </ul> Pool entry/exit safety Diving <ul style="list-style-type: none"> <li>• Safety</li> <li>• Head position/Stance</li> <li>• Diving progressions</li> </ul>	10 days

		<p>Aquatic Games</p> <ul style="list-style-type: none"> <li>• Instruction and application of safety rules and swim skills during game of water polo</li> </ul> <p>Red Cross skill assessment in treading, floating, breath control, streamlines, kicking, arm strokes, diving.</p> <p>Synchronized Swim Routine</p> <ul style="list-style-type: none"> <li>• Demonstrate the ability to independently create, rehearse and perform group swim routine.</li> <li>• Synchronized swim routine assessment</li> </ul>	
3,4,5,6, 8,9,12, 13,15	10.5.9.A 10.5.9.B 10.5.9.C 10.5.9.D 10.5.9.E 10.5.9.F	<p><b>Racquet Sports- Tennis, Badminton, Pickleball, Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Apply skill-related fitness components and game strategies when participating in complex games and physical activities.</li> <li>• Analyze social, emotional, physical, cognitive, and environmental factors that impact personal fitness and activity goals.</li> <li>• Perform proper racquet grip, serve, and strokes.</li> <li>• Apply safety rules and procedures during game play</li> <li>• Apply game rules, proper terminology, and games strategies during tournament play.</li> </ul>	20 days