

Moon Area School District Curriculum Map

Course: Physical Education 9/Beginning Swim

Grade Level:9

Content Area: Health & Physical Education

Frequency: Semester Course

Big Ideas

1. Engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
2. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
3. Apply the components of health and skill-related fitness to movement performance.
4. Apply concepts of motor skill development that impact the quality of increasingly complex movements.
5. Apply game strategies to complex games and physical activities.
6. Demonstrate positive sportsmanship and teamwork through physical activities.
7. Understand the responsibility for safe practices while participating in physical education activities.
8. Understand and appreciate the value of lifelong fitness.

Essential Questions

9. How do the Skill-Related Components of Fitness relate to this specific unit/lesson?
10. How do the Health-Related Components of Fitness relate to this specific unit/lesson?
11. What can we do to be physically active and why is this important?
12. How do we interact with others to make sure all participants are safe?
13. How does engaging in physical activity help us now and in the future?
14. Explain the concept of lifetime sports and give specific examples.
15. What are the social benefits of participation in team activities?

Primary Resource(s) & Technology:

Microsoft Teams, Student Laptops, Edpuzzle, Quizlet, Socrative, Interval Workout Music, Speakers, PE Equipment/Spaces, Online Workouts (make-ups)

Pennsylvania and/or focus standards referenced at:

www.pdesas.org
www.education.pa.gov

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
1,2,7,8,10,11,12,13	10.3.9A 10.4.9A 10.4.9C 10.5.9D 10.5.9A	<ul style="list-style-type: none"> • Fitness/Conditioning • Fitnessgram Training & Testing (development and assessment of muscular strength, muscular endurance, cardio-respiratory endurance, flexibility) • Circuit Training (body weight exercises) • HIIT/Tabata warm-ups/workouts • Goal Setting 	10 days
1,3,4,7,8,11,14	10.3.9A 10.4.9A 10.5.9A	<ul style="list-style-type: none"> • Swimming: Intro to Water Safety, Stroke/Skill Development • Water Safety/Deck Safety • Water entry/exit safety • Wading (supported/unsupported), bobbing/breath control & rhythm, goggle usage/underwater vision, streamline jumps, glides (supported/unsupported), floating front and back (supported/unsupported), treading (supported/unsupported), kicking: flutter, whip and scissor using a kickboard/pull buoy/unsupported, Arm movement and body positioning in strokes: freestyle, backstroke, elementary backstroke, side stroke, breaststroke. Equipment usage may include but is not limited to: goggles, kickboards, fins, pull buoys, aqua joggers, life jackets. All lessons are individually designed to meet each student at their own comfort level with the goal of building confidence and growth in skills. 	10 days
1,3,4,5,6,7,8,9,12,15	10.3.9A 10.4.9A 10.5.9A 10.5.9F	<ul style="list-style-type: none"> • Volleyball • Skill Development: Pass, Set, Serve (underhand/overhand), knowledge of game play/rules, rotation, strategy • Safety procedures • Demonstrate, practice, application of skills • Unit concludes with a 9th grade Tournament 	10 days
1,3,4,5,6,7,8,9,12,15	10.3.9A 10.4.9A 10.5.9A 10.5.9F	<ul style="list-style-type: none"> • Cardio Games • Basketball, Flag Football, Angleball, Tchoukball, Hockey, Reverse Handball, Capture the Flag, Ultimate Frisbee, Soccer, Lacrosse, Gatorball, etc. 	10 days
1,3,4,7,8,11,14	10.3.9A 10.4.9A 10.5.9D	<ul style="list-style-type: none"> • Conditioning Swim • Dryland conditioning activities/exercises 	10 days

	10.5.9A	<ul style="list-style-type: none"> • Building endurance in kicking and swim distance (shallow) • Cardio Conditioning Circuits/Workouts (shallow) aimed at improving cardio endurance in swim. 	
3,4,6,7,8,9,11,14,15	10.3.9A 10.4.9A 10.4.9.C 10.5.9A	<ul style="list-style-type: none"> • Dance/Movement • Applying skill-related components of fitness: Agility, Coordination, Reaction Time, Balance, Speed (tempo), Power • Basic dance vocabulary & skill practice including but not limited to: Pivot, Passe, Plie, Coupe, Pirouette, Chasse, Arabesque, Asamble, Jete, Cha Cha, Shuffle, etc • Social Dances • Time period/historical/cultural dances • Choreography • Assessments 	10 days
1,2,7,8,10,11,12,13	10.3.9A 10.4.9A 10.4.9.C 10.5.9D 10.5.9A	<ul style="list-style-type: none"> • Fitness/Conditioning • Fitnessgram Training & Testing (development and assessment of muscular strength, muscular endurance, cardio-respiratory endurance, flexibility) • Circuit Training (body weight exercises) • HIIT/Tabata warm-ups/workouts • Review personal goals from Unit 1 and measure/evaluate progress. • Weight Training Intro in the Field House • Weight Training Safety/Basic Lifts; Circuits 	10 days
1,2,4,5,6,7,8,10,11,12,13,14,15	10.3.9A 10.4.9A 10.5.9A 10.5.9F	<ul style="list-style-type: none"> • Lifetime Fitness/Activities • Raquet Sports: Tennis, Ping Pong, Pickleball, Badminton • Lifetime Sports: Flag Football, Softball, Disc golf, Ultimate Frisbee, Walking, Intro to Weight Training, etc. 	10 days