

Moon Area School District Curriculum Map

Course: Lifetime Fitness

Grade Level: 11-12

Content Area: Physical Education

Frequency: Semester Course (Course is reversed in second semester due to weather)

Big Ideas

1. Participation in physical activity to provide opportunities for skill practice in a game/modified game setting.
2. Participation in physical activity to provide opportunities in large group settings.
3. Physical activity provides knowledge, history, and participation in various games.
4. Physical activity provides real world critical thinking about problem solving to successfully score and defend.
5. Large group settings provide interpersonal communication to achieve desired outcomes.
6. Different situations and experiences are provided in different activities.

Essential Questions

7. How can participants improve their skill set and apply them to game settings?
8. Why should I participate in physical activity?
9. What role does this activity play in my interpersonal skills?
10. How will this activity help me to satisfy my daily physical activity recommendation?
11. Why do I need physical activity?

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
www.education.pa.gov

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
6, 8, 10, 11	10.1.12B 10.4.12C 10.4.12D 10.4.12.E 10.4.12F	<ul style="list-style-type: none"> • Fitness goal setting • Skill testing • Weight Training Safety • Weight Training • Yoga skills and theory 	2 Weeks
1, 2, 3, 4, 5, 9,	10.4.12.F 10.5.12A	<ul style="list-style-type: none"> • Tennis skill practice • Tennis rules and strategy • Tennis game play 	2 Weeks

10	10.5.12B 10.5.12E 10.5.12F		
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Frisbee skill practice • Ultimate Frisbee rules and strategy • Ultimate Frisbee game play 	2 Weeks
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Golf skill practice • Golf rules and strategy • Golf game play 	1 Week
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Bocce skill practice • Bocce rules and strategy • Bocce game play 	2 Weeks
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Soccer skill practice • Soccer rules and strategy • Soccer game play 	2 Weeks
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11	10.1.12B 10.4.12C 10.4.12D 10.4.12.E 10.4.12F 10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Swimming skill practice • Swimming skill testing • Water Polo practice • Water Polo rules and strategy • Water Polo game play 	1 Week
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Volleyball skill practice • Volleyball rules and strategy • Volleyball game play 	2 Weeks
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Hockey skill practice • Hockey rules and strategy • Hockey game play 	1 Week

1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	Archery safety Archery skill practice <ul style="list-style-type: none"> • Archery rules and strategy • Archery game play 	1 Week
1, 2, 3, 4, 5, 9, 10	10.4.12.F 10.5.12A 10.5.12B 10.5.12E 10.5.12F	<ul style="list-style-type: none"> • Kickball skill practice • Kickball rules and strategy • Kickball game play 	2 Weeks