

**CRAWFORDSVILLE COMMUNITY SCHOOL CORPORATION**

**SUBJECT:** PHYSICAL EDUCATION

**GRADE LEVEL:** 9-12

**DATE:** 2023-2024

**MONTH/GRADING PERIOD:** SEMESTER

**MASTER COPY:** 4-23-2023

Period	Standards	Skills	Activities	Vocabulary	Assessments
<p>Weeks 1-2</p>	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p>Demonstrates competency in activity-specific movement . <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinikling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine). <b>(HSL1.1.2.A)</b></p> <p>Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b></p> <p>Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p> <p>Uses movement concepts to analyze and improve performance of self and/or others in a selected skill. <b>(HSL1.2.1.B)</b></p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Volleyball</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> </ul> <p><b>Static Exercise</b></p> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Net</li> <li>● Volleyball</li> <li>● Boundaries</li> <li>● Serving</li> <li>● Overhand</li> <li>● Underhand</li> <li>● Passing</li> <li>● Setting</li> <li>● Spiking</li> <li>● Rotation</li> <li>● Rally Scoring</li> <li>● Team Building</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Dynamic</li> <li>● Plyometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> </ul>	<p><b>Diagnostic Testing</b></p> <p><b>Physical Fitness Testing</b></p> <ul style="list-style-type: none"> <li>● Push-up Test</li> <li>● Curl-up Test</li> <li>● 800m run</li> <li>● Pacer Test</li> <li>● 40m Dash</li> <li>● Vertical Jump</li> <li>● Shuttle Run</li> <li>● Sit and Reach</li> </ul> <p><b>Observation</b></p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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		<p>Demonstrates training principles and knowledge to a required or self-selected activity. <b>(HSL1.2.1.D)</b></p> <p>Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b></p> <p>Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b></p> <p>Choose a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b></p>		<ul style="list-style-type: none"> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness</li> </ul>	
<p>Weeks 3-4</p>	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and</p>	<p>Demonstrates competency in activity-specific movement . <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinikling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine). <b>(HSL1.1.2.A)</b></p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Badminton</li> <li>● Foundations of Table Tennis</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> </ul>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Net</li> <li>● Boundaries</li> <li>● Paddle</li> <li>● Racquet</li> <li>● Serving</li> <li>● Overhand</li> <li>● Underhand</li> <li>● Scoring</li> <li>● Team Building</li> </ul>	<p><b>Observation</b></p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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	<p>tactics related to movement and performance.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p>Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b></p> <p>Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p> <p>Uses movement concepts to analyze and improve performance of self and/or others in a selected skill. <b>(HSL1.2.1.B)</b></p> <p>Demonstrates training principles and knowledge to a required or self-selected activity. <b>(HSL1.2.1.D)</b></p> <p>Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b></p> <p>Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b></p>	<ul style="list-style-type: none"> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> </ul> <p><b>Static Exercise</b></p> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	

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		<p>Chooses a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b></p>			
<p>Weeks 5-6</p>	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health,</p>	<p>Demonstrates competency in activity-specific movement . <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinikling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine). <b>(HSL1.1.2.A)</b></p> <p>Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b></p> <p>Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Pickleball</li> <li>● Foundations of Tennis</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility</li> </ul> </li> </ul>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Net</li> <li>● Boundaries</li> <li>● Paddle</li> <li>● Racquet</li> <li>● Serving</li> <li>● Overhand</li> <li>● Underhand</li> <li>● Scoring</li> <li>● Team Building</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> </ul>	<p><b>Observation</b></p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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	enjoyment, challenge, self expression and/or social interaction.	Uses movement concepts to analyze and improve performance of self and/or others in a selected skill. <b>(HSL1.2.1.B)</b>  Demonstrates training principles and knowledge to a required or self-selected activity. <b>(HSL1.2.1.D)</b>  Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b>  Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b>  Chooses a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b>	sprints  <b>Static Exercise</b> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<ul style="list-style-type: none"> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	
Weeks 7-8	<b>Standard 1:</b> The physically literate individual will	Demonstrates competency in activity-specific movement .	<b>Sport</b> <ul style="list-style-type: none"> <li>● Foundations of Flag</li> </ul>	<b>Sport</b> <ul style="list-style-type: none"> <li>● Touchdown</li> </ul>	Observation <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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	<p>demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health,</p>	<p><b>(HSL1.1.1.A)</b> Demonstrates competency in one or more of the following: jump rope, tinikling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine).</p> <p><b>(HSL1.1.2.A)</b> Demonstrates competency in one or more specialized skills in health-related fitness activities</p> <p><b>(HSL1.1.3.A)</b> Applies the terminology associated with exercise and participation in individual-performance activities</p> <p><b>(HSL1.2.1.A)</b> Uses movement concepts to analyze and improve performance of self and/or others in a selected skill.</p> <p><b>(HSL1.2.1.B)</b> Demonstrates training principles and knowledge to a required or</p>	<p>Football</p> <ul style="list-style-type: none"> <li>● Foundations of Soccer</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> </ul> <p><b>Static Exercise</b></p> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<ul style="list-style-type: none"> <li>● Yards</li> <li>● Downs</li> <li>● Goal</li> <li>● Penalty</li> <li>● Passing</li> <li>● Throwing</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	

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	enjoyment, challenge, self expression and/or social interaction.	self-selected activity. <b>(HSL1.2.1.D)</b> Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b>  Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b>  Chooses a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b>			
Week 9	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p>	Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b>  Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b>	<p align="center"><b>Mid Term Physical Fitness Testing</b></p>	<p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle</li> </ul>	<p><b><u>Benchmark Assessment</u></b></p> <p>Physical Fitness Testing</p> <ul style="list-style-type: none"> <li>● Push-up Test</li> <li>● Curl-up Test</li> <li>● 800m run</li> <li>● Pacer Test</li> <li>● 40m Dash</li> <li>● Vertical Jump</li> </ul>

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	<p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>	<p>Demonstrates muscular strength and muscular endurance exercises effectively for personal fitness development. <b>(HSL1.3.1.B)</b></p> <p>Demonstrates flexibility exercises for personal fitness development. <b>(HSL1.3.1.C)</b></p> <p>Solves problems and thinks critically when working with others during physical activity, both as an individual and in groups. <b>(HSL1.4.3.A)</b></p> <p>Both demonstrates and applies best practices for participating safely in physical activity and exercise. <b>(HSL1.4.4.A)</b></p>		<p>Endurance</p> <ul style="list-style-type: none"> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	<ul style="list-style-type: none"> <li>● Shuttle Run</li> <li>● Sit and Reach</li> </ul>
<p>Weeks 10-11</p>	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts,</p>	<p>Demonstrates competency in activity-specific movement . <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinkling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine).</p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Wiffleball</li> <li>● Foundations of Kickball</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Homerun</li> <li>● Force out</li> <li>● Batting</li> <li>● Tag up</li> <li>● Bases</li> <li>● Pitching</li> <li>● Foul</li> </ul>	<p>Observation</p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>



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	<p>principles, strategies and tactics related to movement and performance.</p> <p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p><b>(HSL1.1.2.A)</b> Demonstrates competency in one or more specialized skills in health-related fitness activities</p> <p><b>(HSL1.1.3.A)</b> Applies the terminology associated with exercise and participation in individual-performance activities</p> <p><b>(HSL1.2.1.A)</b> Uses movement concepts to analyze and improve performance of self and/or others in a selected skill.</p> <p><b>(HSL1.2.1.B)</b> Demonstrates training principles and knowledge to a required orself-selected activity.</p> <p><b>(HSL1.2.1.D)</b> Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity.</p> <p><b>(HSL1.4.2.A)</b> Participates in a self-selected physical activity for</p>	<ul style="list-style-type: none"> <li>● Jump Rope</li> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> </ul> <p><b>Static Exercise</b></p> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	

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		self-expression and enjoyment. <b>(HSL1.5.2.A)</b>  Chooses a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b>			
Weeks 12-13	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p>	<p>Demonstrates competency in activity-specific movement .  <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinikling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine).  <b>(HSL1.1.2.A)</b></p> <p>Demonstrates competency in one or more specialized skills in health-related fitness activities</p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Swimming</li> <li>● Foundations of Dodgeball</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> </ul>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Breaststroke</li> <li>● Backstroke</li> <li>● Paddle</li> <li>● Freestyle</li> <li>● Butterfly</li> <li>● Throwing</li> <li>● Aiming</li> <li>● Strategy</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate</li> </ul>	<p>Observation</p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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	<p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p><b>(HSL1.1.3.A)</b> Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p> <p>Uses movement concepts to analyze and improve performance of self and/or others in a selected skill. <b>(HSL1.2.1.B)</b></p> <p>Demonstrates training principles and knowledge to a required or self-selected activity. <b>(HSL1.2.1.D)</b> Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b></p> <p>Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b></p> <p>Chooses a new physical activity and/or choose an appropriate level</p>	<ul style="list-style-type: none"> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> <li><b>Static Exercise</b> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	

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		of challenge to experience success. <b>(HSL1.5.2.B)</b>			
Weeks 14-15	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>	<p>Demonstrates competency in activity-specific movement . <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinkling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine). <b>(HSL1.1.2.A)</b></p> <p>Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b></p> <p>Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p> <p>Uses movement concepts to analyze and improve performance of self and/or others in a selected skill. <b>(HSL1.2.1.B)</b></p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Basketball</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> </ul> <p><b>Static Exercise</b></p> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● 3-point</li> <li>● Free throw</li> <li>● Penalty</li> <li>● Foul</li> <li>● Dribbling</li> <li>● Bounce pass</li> <li>● Chest pass</li> <li>● Lay up</li> <li>● Teamwork</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> </ul>	<p>Observation</p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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	<p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p>Demonstrates training principles and knowledge to a required orself-selected activity. <b>(HSL1.2.1.D)</b></p> <p>Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b></p> <p>Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b></p> <p>Chooses a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b></p>		<ul style="list-style-type: none"> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	
<p>Weeks 16-17</p>	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and</p>	<p>Demonstrates competency in activity-specific movement . <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more of the following: jump rope, tinikling sticks (jump bands), Zumba, hip hop, modern, square, line, social or choreographing a dance routine). <b>(HSL1.1.2.A)</b></p>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Foundations of Floor Hockey</li> <li>● Foundations of Speedball</li> <li>● Participate in sport games and tourney</li> </ul> <p><b>Dynamic Exercise</b></p> <ul style="list-style-type: none"> <li>● Jump Rope</li> </ul>	<p><b>Sport</b></p> <ul style="list-style-type: none"> <li>● Goal</li> <li>● Hockey stick</li> <li>● Boundaries</li> <li>● Foul</li> <li>● Passing</li> <li>● Teamwork</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> </ul>	<p>Observation</p> <ul style="list-style-type: none"> <li>● Skills Test</li> </ul>

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	<p>tactics related to movement and performance.</p> <p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p> <p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p>Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b></p> <p>Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p> <p>Uses movement concepts to analyze and improve performance of self and/or others in a selected skill. <b>(HSL1.2.1.B)</b></p> <p>Demonstrates training principles and knowledge to a required or self-selected activity. <b>(HSL1.2.1.D)</b></p> <p>Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. <b>(HSL1.4.2.A)</b></p> <p>Participates in a self-selected physical activity for self-expression and enjoyment. <b>(HSL1.5.2.A)</b></p>	<ul style="list-style-type: none"> <li>● Jumping Jack</li> <li>● Line hop</li> <li>● Plyometrics</li> <li>● Timed Run</li> <li>● Super Circuit                             <ul style="list-style-type: none"> <li>○ push ups</li> <li>○ curl ups</li> <li>○ squat</li> <li>○ lunges</li> <li>○ burpees</li> <li>○ flutter kick</li> <li>○ static stretch</li> <li>○ agility sprints</li> </ul> </li> </ul> <p><b>Static Exercise</b></p> <ul style="list-style-type: none"> <li>● Static Stretch</li> </ul>	<ul style="list-style-type: none"> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ MHR</li> <li>○ RHR</li> <li>○ THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> <li>● Plyometrics</li> </ul>	

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		Chooses a new physical activity and/or choose an appropriate level of challenge to experience success. <b>(HSL1.5.2.B)</b>			
Week 18	<p><b>Standard 1:</b> The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.</p> <p><b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p><b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.</p>	<p>Demonstrates competency in activity-specific movement skill <b>(HSL1.1.1.A)</b></p> <p>Demonstrates competency in one or more specialized skills in health-related fitness activities <b>(HSL1.1.3.A)</b></p> <p>Applies the terminology associated with exercise and participation in individual-performance activities <b>(HSL1.2.1.A)</b></p> <p>Demonstrates training principles and knowledge to a required or self-selected activity. <b>(HSL1.2.1.D)</b></p>		<p><b>Core</b></p> <ul style="list-style-type: none"> <li>● Static</li> <li>● Isometrics</li> <li>● Heart Rate                             <ul style="list-style-type: none"> <li>○ -MHR</li> <li>○ -RHR</li> <li>○ -THR</li> </ul> </li> <li>● Cardiorespiratory Endurance</li> <li>● Muscle Strength</li> <li>● Muscle Endurance</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Warm up</li> <li>● Cool down</li> <li>● Flexibility</li> <li>● Agility</li> <li>● Fitness Dynamic</li> </ul>	<p><b><u>Summative Assessment</u></b></p> <p>Physical Fitness Testing</p> <ul style="list-style-type: none"> <li>● Push-up Test</li> <li>● Curl-up Test</li> <li>● 800m run</li> <li>● Pacer Test</li> <li>● 40m Dash</li> <li>● Vertical Jump</li> <li>● Shuttle Run</li> <li>● Sit and Reach</li> </ul> <p>Formative Written Assessment</p> <ul style="list-style-type: none"> <li>● Final Exam</li> </ul>

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	<p><b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.</p>	<p>Demonstrates muscular strength and muscular endurance exercises effectively for personal fitness development. <b>(HSL1.3.1.B)</b></p> <p>Demonstrates flexibility exercises for personal fitness development. <b>(HSL1.3.1.C)</b></p> <p>Evaluates risks and safety factors that might affect physical preferences throughout the lifespan. <b>(HSL1.3.2.B)</b></p> <p>Understands the relationship between caloric intake, physical activity and body composition. <b>(HSL1.3.4.A)</b></p> <p>Identifies stress-management strategies such as mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation to reduce stress. <b>(HSL1.3.6.A)</b></p> <p>Solves problems and thinks critically when working with others during physical activity,</p>		<ul style="list-style-type: none"> <li>• Plyometrics</li> </ul>	



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		<p>both as an individual and in groups. <b>(HSL1.4.3.A)</b></p> <p>Both demonstrates and applies best practices for participating safely in physical activity and exercise. <b>(HSL1.4.4.A)</b></p> <p>Explains physical health benefits of attaining or exceeding the daily recommended 60 minutes of MVPA. <b>(HSL1.5.1.A)</b></p> <p>Identifies the relationship between engaging in physical activities and positive outcomes related to social interaction. <b>(HSL1.5.1.B)</b></p> <p>Identifies opportunities for social interaction in a self-selected physical activity. <b>(HSL1.5.1.C)</b></p>			