

CV Guarantee 1

P.E. 9th-12th

<p>Big Idea: Student demonstrates the ability to change direction in space perform body weight exercise and the long term goals of this movement. Throwing movement (Effective) efficient running movements. Body Awareness.</p>			
<p>Standard: Students demonstrate the motor skills, movement patterns as needed to perform a variety of physical movements</p>		<p>Timeline: End of semester day to day to correct and improve movement.</p>	
<p>Key Vocabulary: Locomotor, body weight exercises, weight training exercises.</p>		<p>Vocabulary Activities: Rest motor skills adduction, abductions</p>	
Knowledge	Reasoning	Performance Skills	Product Examples
<p>How to efficiently Run, Throw, Change Direction, Body awareness.</p>	<p>Become more efficient in movement makes students able to perform tasks better.</p>	<p>Demonstrate correct technique in running, jumping, changing direction, and throwing.</p>	<p>Video of correct throwing form, demonstrate correct running form.</p>
<p>Resources: CA Physical Education Standards grades 9-12.</p>			

CV Guarantee 2

Big Idea: Students will perform cardio workouts and understand how it affects the life long health

Standard: Students achieve level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles and strategies.

Timeline: lifetime

Key Vocabulary: Cardiovascular endurance, Aerobic and anaerobic.

Vocabulary Activities: Flash cards, que cards

Knowledge

Reasoning

Performance Skills

Product Examples

Understand the difference of aerobic and anaerobic workouts. Formula for target heart rate, and how and when to take heart rate.

Why it's important and how it can improve your health.

Running the mile. Taking pre/post heart rate. Pacer test.

Participation in various cardiorespiratory activities. Examples the mile, pacer, outdoor circuits.

Resources: State fitness test, passing scores.

CV Guarantee 3

P.E. 9th-12th

Big Idea: Physical Education Supporting Academic Education

<p>Standard: 3.</p> <p>Students demonstrate Knowledge of psychological and sociological concepts principles and strategies that apply to learning and performance of physical activity.</p>		<p>Timeline: By End of grade 12</p>	
<p>Key Vocabulary: Rigorous, Benefits, Philological, Challenging, Motivation, Evaluate.</p>		<p>Vocabulary Activities: Personal Charts, Evaluate findings. Understanding chemical releases in the body during rigorous activities.</p>	
Knowledge	Reasoning	Performance Skills	Product Examples
<p>What is the correlation between activity and learning?</p>	<p>Staying active throughout High School.</p>	<p>Challenging yourself, Motivating yourself</p>	<p>Have you improved in your own fitness levels, as measured by state fitness standards?</p>
<p>Resources: CA Standard 3.0</p>			

CV Guarantee 4
P.E. 9th-12th

Big Idea: Healthy Living

(Eat, Move, Win)

Standard: 3.5 Students will develop personal goals to improve one's performance in physical activities and nutrition.

Timeline: 9-12

Key Vocabulary: Intensity, Optimal, Habits, Size, Comparisons, thumb, palm, fist.

Vocabulary Activities: Food personality Quiz, Foods vs sizes comparison, healthy eating planner.

Knowledge

Reasoning

Performance Skills

Product Examples

Calcium, Teen beat, Milk

Students generalize about healthy eating habits, and the benefits of eating a healthy breakfast.

Students examine the food groups and strategies to trade up. Students create a personal nutrition smart goal.

Eating from all 5 food groups, trending up. Eating amount of commensurate with physical activity eating protein rich breakfast getting adequate sleep.

Resources: California Dairy Council.

CV Guarantee 5 P.E. 9th-12th

Big Idea: Self- Responsibility			
Standard: 3.1 Engage independently in aerobic activities.		Timeline: Finish 12 grade.	
Key Vocabulary: Aerobic, Anaerobic, Compare/Contrast Risks/safety factors.		Vocabulary Activities: Define, List Aerobic Activities, List Anaerobic Activities.	
Knowledge	Reasoning	Performance Skills	Product Examples
Compare and contrast aerobic vs anaerobic?	Why Aerobic Activities?	What is needed for aerobic activity?	Jogging, Tennis Walking, Rowing Biking, Hiking Dancing, Soccer Ultimate Frisbee Kayaking, Skating Weight Training
Resources: CA Standard 3.1 California alliance of Physical Education and Health.			

CV Guarantee 6 P.E. 9th-12th

Big Idea: Movement			
Standard: 1.2 Demonstrate proficient movements skills in individual and dual activities		Timeline: 9-10 grades	
Key Vocabulary: Agility, Transition, Leverage, force inertia, opposition.		Vocabulary Activities: Cue Cards, Definitions, Explanations, Pair Share.	
Knowledge	Reasoning	Performance Skills	Product Examples
Examine the physical, emotional, cognitive and scientific factors that affect performance.	Body, Space, Effort	Analyze and evaluate feedback from, Teacher, peers, involving individual and dual activities.	Demonstrate independent learning of movement skills.
Resources: CA Physical Fitness standard 1.2, Shape America, Spark.			

CV Guarantee 7 P.E. 9th-12th

Big Idea: Movement Correlation between poor eating habits and chronic disease.			
Standard: 1.5		Timeline 9 th grade	
Key Vocabulary: Osteoporosis, Heart disease, Obesity, Cancer, Diabetes, Hypertension		Vocabulary Activities: Name 5 food groups Sources of calories. (Fats, Proteins, Carbs) Good Fats vs. Bad Fats, Calorie calculations	
Knowledge	Reasoning	Performance Skills	Product Examples
Possible causes for vocabulary words. Long term consequences of having a chronic disease.	Long term effects of unhealthy eating.	Food selection consumption label reading activity levels vs health.	Labels, caloric calculator, food pyramid, eating disorders.
Resources: CA Physical Fitness Standard 1.5, Spark, Shape America.			

CV Guarantee 8 P.E. 9th-12th

Big Idea: Sex Education “ No means No” Yes means Yes”			
Standard: Comprehensive Accurate and unbiased information on sexual health and HIV prevention and provide students with the knowledge and skills they need to develop health attitudes concerning adolescent growth and development, body image, gender, sexual orientation relationships marriage, and family according to the text of the law		Timeline 9 th -10 th grade	
Key Vocabulary: Sexual harassment, HIV, Sex trafficking Hormones		Vocabulary Activities: Definitions understanding maturation process	
Knowledge	Reasoning	Performance Skills	Product Examples
Medically accurate objective, HIV Contraception Sexually transmitted infections Harassment Violence Hormones	Give the student’s the most recent accurate information on sex relationships conceptions Birth control Abstinence Sexual orientation	Pass basic skills/knowledge test or quiz	Current Data Diseases
Resources: Shasta county office of education, Shasta county Health and Human services			