

Fall 2023 ~ 2024
High School Physical Education
General Physical Education ~ Fall Semester-at-a-Glance

Standard	August	September	October	November	December
Movement Competency & Understanding	<u>Group Games, Fitness & Conditioning</u> <i>Teambuilding, Rhythmic Activities, Dance, Group Exercise, Aerobics, Circuit Work, H.I.I.T. Workouts</i> (10 - 12 Lessons)	<u>Lifetime Recreation & Leisure Activities</u> <i>Lifestyle PA Choices, Functional Daily Activity, PA Preferences, Active vs. Recreation Sports</i> (10 - 12 Lessons)	<u>Individual & Dual Games & Sports</u> <i>Rules, Skills, Tactics, Equipment & Safety Considerations for Games & Sports Such as: Archery, Badminton, Pickleball, Bowling, Golf, Disc Golf, Table Tennis, Tennis, Kan Jam & Others, Health Benefits, PA Preferences, Practice Habits, Body & Brain Connections, Safety Practices</i> (14 - 18 Lessons)	<u>Team Sports</u> <i>Rules, Skills, Tactics, Equipment & Safety Considerations for Games & Sports Such as: Basketball, Soccer, Softball, Flag Football, Team Handball, Volleyball, Floor Hockey, Ultimate Frisbee & Others, Health Benefits, PA Preferences, Practice Habits, Body & Brain Connections, Safety Practices</i> (14 - 18 Lessons)	
	<u>Components of Skill Related Fitness</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Agility, Balance, Coordination, Power, Reaction Time & Speed, Brain & Body Connections, Feedback for Improvement, Task Analyzing, Habits of Practice</i>				
Physical & Personal Wellness	<u>Personal Fitness Training</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>F.I.T.T., S.P.O.R.T., Journaling, Monitoring & Adjusting Fitness Goals, Rest & Recovery, PA Pyramid & Stairway to Lifetime Health, Benefits, Lifestyle PA, Positive Attitudes, A Wellness Perspective</i>				
	<u>Setting Goals for Health & Fitness</u> <i>FitnessGram Pre-Test Assessments, Testing Protocols, Goal Setting, S.M.A.R.T., Healthy Fit Zone (HFZ), H.E.L.P. Philosophy</i> (4 - 6 Lessons)	<u>Principles of Nutrition</u> <i>Nutrients, Vitamins, Minerals, Calories, MyPlate, Portion Control, Food Guide Labels, Meal Planning, Hydration, Water vs. Sports Drinks, Supplements, Factors Influencing Food Choices, Food Diary</i> (2 - 4 Lessons)	<u>Evaluating Goals for Health & Fitness</u> <i>FitnessGram Post-Test Assessments, Goal Evaluation & Reflection</i> (4 - 6 Lessons)		
	<u>Components & Principles of Health Related Fitness</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Building Cardiovascular Endurance, Active Aerobics, RPE, Pulse, Max, Training & Recovery Heart Rate, Improving Flexibility, Guidelines for Stretching, Muscular Fitness, Building Strength & Improving Endurance, Supplements, Body Composition, Caloric Balance, Essential & Non-Essential Fat</i>				
Emotional & Social Wellness	<u>Pro-Social & Personal Responsibility</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Respect for Self & Others, Acceptance & Empathy, Conflict Management & Active Listening, Self-Management, Self-Directedness, Decision Making, Independent & Group Success Behaviors</i>				<u>Stress Mgmt.</u> <i>Managing, Good & Bad</i>
	<u>Cooperation, Collaboration & Leadership</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Group Success (Teamwork), Concepts of Competition & Cooperation, Leadership Styles (Examples), Leadership Skills, Sportsmanship, Respect for Self & Others</i>				1 - 2 Lessons
Prevention & Risk Management	<u>Rules, Behaviors & Expectations</u> 1 - 2 Lessons	<u>Movement Control for Safe Participation In All Physical Activity</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Safe & Responsible Movement, Concepts of Space, Speed & Direction, Proper Use of Equipment, Appropriate Attire, Risk Management, Emergency Response, Environmental Factors & Weather Conditions</i>			
	<u>Smart & Safe Physical Activity</u> 1 - 2 Lessons	<u>Pre & Post Workout Practices</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Injury Prevention, Identification, Treatment, RICE, Proper Warm-up & Cool Down Procedures to Prevent Injury & Enhance Performance</i>			