

**Fall 2023 ~ 2024**  
**Physical Education ~ Fall Semester-at-a-Glance**  
**High School Team Sports**

Standard	August	September	October	November	December
<b>Movement Competency &amp; Understanding (70% Emphasis)</b>	<p><b>Learning Skills &amp; Tactics for Enjoying Physical Activity:</b> Agility, Balance, Coordination, Power, Reaction Time &amp; Speed, The Role of Practice on Skill Acquisition, Game Tactics</p> <p><b>Personal Fitness Planning:</b> Program Design, Principles of Fitness Training, S.P.O.R.T. &amp; F.I.T.T., Staying Active &amp; Fit, Brain &amp; Body Connections, Feedback for Improvement, Task Analyzing, Habits of Practice</p> <p><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>				
	<p><b>Outdoor Leisure &amp; Adventure Pursuits</b></p> <p>Emphasis on a <b>Variety</b> of Lifetime Physical Activity Including: Tennis, Disc Golf, Ultimate Frisbee, Urban Hiking/Geocaching, Jogging, Archery, Golf, Bocce, Cycling, Pickleball, Capture-the-Flag, Soccer, Flag Football, Softball, Kickball, etc., Safety</p> <p style="text-align: center;"><b>20 - 22 Lessons</b></p>		<p><b>Team, Dual &amp; Individual Games &amp; Recreational Activities</b></p> <p>Emphasis on a <b>Variety</b> of Lifetime Physical Activity Including: Speed Ball, Basketball, Indoor Soccer (Hockey), Weight Lifting, Dance, Aerobics, Badminton, Pickleball, Table Tennis, Volleyball, Handball, Wall Ball, Kickball, Small Sided Games, Exercise Circuits, Wiffle Ball, Capture-the-Flag, etc., Benefits, Rules, Tactics, Equipment, Safety Considerations, Key Vocabulary</p> <p style="text-align: center;"><b>24 - 30 Lessons</b></p>		
<b>Physical &amp; Personal Wellness (30% Emphasis)</b>	<p><b>Setting Goals for Health &amp; Fitness: FitnessGram Pre-Test</b></p> <p>Setting Short &amp; Long Term Goals; Planning for Improvement, the HFZ, H.E.L.P. Philosophy</p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>	<p><b>Health Related Fitness: Cardiovascular Fitness</b></p> <p>Level II of PA Pyramid, F.I.T.T. Formula, Training HR, Benefits, Active Aerobics, Building Cardiovascular Fitness</p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>	<p><b>Health Related Fitness: Flexibility</b></p> <p>Flexibility to Prevent Injury, Warm-Up &amp; Cool Down Exercises, Benefits, Improving Flexibility</p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>	<p><b>Health Related Fitness: Muscle Fitness</b></p> <p>Training Principles of S.P.O.R.T. &amp; , F.I.T.T., Differences Between Strength &amp; Endurance, Building Strength</p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>	<p><b>Evaluating Goals for Health &amp; Fitness: FitnessGram Post-Test</b></p> <p>Goal Evaluation &amp; Reflection</p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>
	<p><b>Introduction to Lifetime Fitness</b></p> <p>Introduction to Physical Activity, Fitness &amp; Wellness for All, The Physical Activity (PA) Pyramid, Exploring PA, PA Preferences, Benefits,</p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>		<p><b>Lifestyle Physical Activity</b></p> <p>Community Connections, Choices from the PA Pyramid, Positive Attitudes, A Wellness Perspective, Daily PA</p> <p style="text-align: center;"><b>1 - 2 Lessons</b></p>		<p><b>Body Composition, Physical Activity &amp; Nutrition</b></p> <p>Body Composition Defined, Factors Affecting Body Composition, Maintaining a Healthy Weight, MyPlate, Food Choices &amp; Supplements, Water &amp; Sport Drinks, Influences</p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>
<b>Emotional &amp; Social Wellness</b>	<p><b>Pro-Social &amp; Personal Responsibility</b> ➔ Intentionally Taught &amp; Embedded Within All Activities as Appropriate</p> <p>Strategies for Conveying Ideas &amp; Feelings, Respect For Self &amp; Others, Communication Skills (verbal &amp; non-verbal), Decision Making, Acceptance, Dealing with Negative Peer Pressure</p>				<p><b>Stress Mgmt.</b></p> <p>Types of Stress, Coping Strategies</p>
	<p><b>Cooperation, Collaboration &amp; Leadership</b> ➔ Intentionally Taught &amp; Embedded Within All Activities as Appropriate</p> <p>Group Success (Teamwork), Concepts of Competition &amp; Cooperation, Sportsmanship, Fair Play, Leadership Styles, Leaders &amp; Followers, Leadership Skills &amp; Attributes, Inclusiveness</p>				<p><b>2 Lessons</b></p>
<b>Prevention &amp; Risk Management</b>	<p><b>Rules, Behaviors &amp; Expectations</b></p> <p>"Nuts &amp; Bolts" to Starting the Year, Objectives, Grading, Attendance, Behavior Expectations, Syllabus, Conditions for Learning</p> <p style="text-align: center;"><b>1 - 2 Lessons</b></p>	<p><b>Movement Control for Safe Participation In All Physical Activity</b> ➔ Intentionally Taught &amp; Embedded Within All Activities as Appropriate</p> <p>Safe &amp; Responsible Movement, Concepts of Space, Speed, Direction &amp; Time, Proper Use &amp; Care of Equipment, Appropriate Attire, Risk Management, Environmental Factors, Weather Conditions, Basic Emergency Response</p>			
		<p><b>Pre &amp; Post Workout Practices</b> ➔ Intentionally Taught &amp; Embedded Within All Activities as Appropriate</p> <p>Proper Warm-Up &amp; Cool Down Routines to Prevent Injury &amp; Enhance Performance, Injury Identification &amp; Basic Treatment (R.I.C.E., Basic First Aid, Concussion Protocol)</p>			

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