

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

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