

WGSD Curriculum
Physical Education

Course: Physical Education

Grade Level: 9-10

LG 1 Sportsmanship

High Priority Standards

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge self-expression and/or social interaction.

Learning Goal	Proficiency Scale
Students will understand the personal and social responsibility of sportsmanship.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal. Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none">● Leading other students within the framework of a team.● Sharing the responsibility when playing a team sport. Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none">● Recognizing and recalling specific vocabulary, such as: fitness, weight control and heart rate, lunges, flexibility, overload, cardiovascular exercise, sportsmanship, peer teaching, team leadership, competition, social behavior.● Performing processes such as:<ul style="list-style-type: none">○ Following other team member's lead within the framework of a team.○ Resolving conflicts in a respectful manner.

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	Level 1: Student demonstrates a limited understanding or skill with the learning goal.
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Learning Targets

Students Know How To:

- Cooperate with each other and encourage good sportsmanship during competition.
- Apply peer teaching techniques to assist other students at different skill levels.
- Comprehend a variety of individual and team sports and be able to apply this knowledge to be a productive member of society.
- Explain the role of regular physical activity in relation to personal health.

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LG 2 Health Concepts

High Priority Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Learning Goal	Proficiency Scale
Students will understand health-related fitness concepts and skills.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal. Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none">● Creating a personal fitness plan.● Applying the principles of fitness, such as balance and endurance, to sports and games. Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none">● Recognizing and recalling specific vocabulary, such as: Fitness, balance, flexibility, strength and endurance.● Performing processes such as:<ul style="list-style-type: none">○ Identifying activities that contribute to overall fitness and health.○ Recognizing the skills needed for a variety of sports.

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	Level 1: Student demonstrates a limited understanding or skill with the learning goal.
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Learning Targets

Students Know How To:

- Apply skills with a variety of equipment for different sports.
- Comprehend offensive, defensive and cooperative strategies in a variety of sports.
- Create a personal fitness plan that improves personal fitness through sports.

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LG 3 Techniques

High Priority Standards

- Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Learning Goal	Proficiency Scale
The student will understand techniques, strategies and rules of a variety of fitness activities.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal. Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none">● Explaining rules of fitness activities, such as team sports, strength training, or individual exercises.● Explaining strategies that apply to a variety of sports, such as offensive, defensive and cooperative strategies. Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none">● Recognizing and recalling specific vocabulary, such as: technique, strategy, game rules and violations.● Performing processes such as:

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- Completing a variety of fitness tests, such as strength, speed, and skill.
- Identifying components of personal fitness that can improve through exercise.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

Learning Targets

Students Know How To:

- Demonstrate a functional understanding of a range of techniques, strategies and rules necessary to participate in a variety of team sports.
- Improve personal fitness through the application of these techniques, strategies and rules.
- Analyze rules and terminology of a variety of team sports and improve participation in team sports outside of the classroom.