

WGSD Curriculum
Physical Education

Course: Team Sports
Grade Level: 10-12
LG 1 Sportsmanship

High Priority Standards

National Standards for K-12 Physical Education

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

Standard 2: The physically literate individual applies knowledge of concepts, principle, strategies and tactics related to movement and performance.

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

Standard 4: The physically literate individual exhibits responsible personal 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.• Leading a group of students through a cardiovascular fitness and strength regimen. 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

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and heart rate, flexibility, overload, cardiovascular exercise, sportsmanship, peer teaching, team leadership, competition, social behavior.

- Performing processes such as:
 - Following other team members' lead within the framework of a team.

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

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 recreational 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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Team Sports
Grades 10-12
LG 2 Fitness Concepts

High Priority Standards

National Standards for K-12 Physical Education

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

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 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

Students will understand team sports related fitness concepts and skills.

Proficiency Scale

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:

- Applying skills with a variety of equipment for different team sports.
- 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:

- Recognizing and recalling specific vocabulary, such as: Strength, endurance, team strategies, fitness plan,
- 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 team sports.

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

Learning Targets

Students know how to:

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

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Grade 10-12
LG 3 Techniques

High Priority Standards

National Standards for K-12 Physical Education

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

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 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

Students will understand the techniques, strategies, and rules of a variety of team sports.

Proficiency Scale

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:

- Showing classmates a variety of techniques and strategies as they relate to team sports.
- Explaining rules as they relate to team sports.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: technique, strategy,

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game rules and violations.

- Performing processes such as:
 - Following the lead of a classmate as he/she demonstrates game techniques to the class.
 - Identifying techniques and strategies to improve personal fitness.

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.