

## HIGH SCHOOL PHYSICAL EDUCATION AND WELLNESS

The design of the high school physical education program is to educate students toward a physically active lifestyle by helping them to understand the physiological benefits of exercise not only in physical education class but as an integral part of a healthy lifestyle. During the high school years of physical education, students acquire and hone the specialized physical skills and knowledge they may use for their lifetime. The outcomes that follow are intended to support students by preparing them for a physically active lifestyle and culminating in a physically literate individual.

### Course Overview

#### Course Goals

Students will have the ability or be able to:

- plan and implement a personal fitness program.
- demonstrate competency in lifetime and leisure activities.
- actively participate in physical activities that engage them for a lifetime.
- participate in physical activities that encourage social interaction and result in self-expression and personal enjoyment.
- model responsible behavior while engaged in physical activity.
- demonstrate an appreciation of the

#### Standards

- **Standard 1- Motor Skill Performance.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2- Applying Concepts and Strategies.** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3- Physical Activity and Fitness.** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4- Responsible Behavior.** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5- Benefits of Physical Activity.** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

#### Course Skill Objectives

Students will:

- **Fitness-** Students will demonstrate an understanding of fitness related concepts and strategies to maintain a healthy lifestyle.
- **Net Games-** Students will demonstrate competency in the skills and rules/strategies necessary for gameplay.
- **Team Sports-** Students will demonstrate competency in the skills and rules/strategies necessary for gameplay in a cooperative group setting.
- **Wellness-** Students will demonstrate an

<p>importance of a physically active lifestyle.</p>		<p>understanding of Wellness related concepts and strategies to maintain a healthy lifestyle.</p> <ul style="list-style-type: none"> <li>● <b>Introduction to Team Sports, Coaching and Officiating-</b> Students will demonstrate an understanding of team play and how to lead and/or officiate games.</li> </ul>
<p><b><u>Course Topics</u></b></p> <ol style="list-style-type: none"> <li>1. Fitness</li> <li>2. Net Games</li> <li>3. Team Sports</li> <li>4. Wellness</li> <li>5. Coaching</li> </ol>		<p><b><u>Assessments:</u></b></p> <p>A summative assessment is provided for each of the following content areas:</p> <ol style="list-style-type: none"> <li>1. Fitness</li> <li>2. Net Games</li> <li>3. Team Sports</li> <li>4. Wellness</li> <li>5. Coaching</li> </ol>

## **Personal Fitness Grades 9 and 10**

### **Scope – Cardio, Muscular Strength and Endurance, Flexibility, CPFA**

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 3: Physical Activity and Fitness
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Physical Activity and Fitness- Physically fit people engage in physical activity on a regular basis.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Physical Activity and Fitness- What can I do to be physically active, and why is this important?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- participate in cardiorespiratory endurance activities necessary to improve cardiorespiratory endurance.
- demonstrate knowledge of the factors involved in planning, evaluating and executing a fitness program.
- create a goal plan targeting an area of need and reflect on personal progress.
- understand the key components of a workout plan and log, monitor and evaluate their progress.

- use content specific tools and software.
- acquire an understanding of a variety of aerobic activities and concepts.
- develop an understanding and appreciation of the benefits of cardiorespiratory exercise and the risks of a sedentary lifestyle.
- participate in flexibility activities necessary to improve flexibility.
- acquire an understanding of the principles and concepts of flexibility.
- develop an understanding and appreciation of the benefits of muscular strength and endurance.
- acquire an understanding of the relationship between exercise and muscle group.
- participate in muscular strength endurance activities necessary to improve muscular strength and endurance.
- acquire an understanding of the principles and concepts of weight training.

Skill Objectives

Students will:

- calculate resting, target and recovery heart rate, use of cardio respiratory equipment such as stationary bikes, elliptical trainers, and other cardiovascular equipment.
- demonstrate an understanding of the location and function of the major muscles of the body and how to properly stretch them.
- apply safety skills and concepts.
- use the weight training equipment such as Cybex equipment, free weights, medicine balls and other equipment.

Assessment

1. Fitness

## **Racquet Sports Grades 9-12**

### **Badminton**

#### **Standards**

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### **Enduring Understanding**

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### **Essential Question**

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### **Unit Objectives**

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles and doubles badminton game.
- demonstrate an understanding of the strategies for effective singles and doubles play.
- demonstrate competency in badminton skills.
- to participate successfully in a badminton game.

### Skill Objectives

Students will:

- demonstrate competency in the following badminton skills:
  - serving
  - clear (underhand and overhand)
  - drop shot
- demonstrate an understanding of:
  - drive (forehand and backhand)
  - smash
- demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play.
- apply safety skills and concepts.

### Assessment

1. Racquet Sports Skills Assessment

## Racquet Sports Grades 9-12

### Pickleball

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles and doubles pickleball game.
- demonstrate an understanding of the strategies for effective singles and doubles play.
- demonstrate competency in pickleball skills to participate successfully in a pickleball game.

Skill Objectives

Students will:

- demonstrate competency in the following pickleball skills:
  - serving
  - drive shot (forehand and backhand)
- demonstrate an understanding of:
  - drop shot (dink)
  - smash
  - lob
  - volley
- demonstrate appropriate scoring, rules and serving rotation as necessary for game play.
- apply safety skills and concepts.

Assessment

1. Racquet sports



## Racquet Sports Grades 9-12

### Tennis

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles and doubles tennis match.
- demonstrate an understanding of the strategies for effective singles and doubles play.
- demonstrate competency in tennis skills to participate successfully in a tennis match.

Skill Objectives

Students will:

- demonstrate a competency in forehand, backhand and serving.
- demonstrate a competency in serve rotation, singles and doubles play, and rules/scoring.
- demonstrate an understanding of volleying, the lob and the drop shot.

Assessment

1. Racquet Sports

## Team Sports Grades 9-12

### Basketball

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a basketball game.
- demonstrate an understanding of the strategies of a basketball game.
- demonstrate competency in basketball skills.
- participate successfully in a basketball game.

### Skill Objectives

Students will:

- demonstrate competency in the following basketball skills:
  - shooting - layup and set shot
  - passing - chest and bounce
  - dribbling
  - rules and scoring
- develop an understanding of:
  - rebounding
  - game play strategies
  - jump shot
- apply safety skills and concepts.
- demonstrate safety and knowledge of legal game play.

### Assessment

1. Team Sports

## Team Sports Grades 9-12

### Flag Football

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play flag football game.
- demonstrate an understanding of the strategies of a flag football game.
- demonstrate competency in flag football skills to participate successfully in a flag football game.

### Skill Objectives

Students will:

- demonstrate competency in the following flag football skills:
  - passing
  - receiving
  - rules and scoring
- develop an understanding of:
  - passing patterns
  - hand-offs
  - game play strategies
  - punting/kicking
- apply safety skills and concepts.
- demonstrate safety and knowledge of legal game play.

### Assessment

1. Team Sports

## Team Sports Grades 9-12

### Floor Hockey

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules and safety precautions necessary to play a floor hockey game.
- demonstrate an understanding of the strategies of a floor hockey game.
- demonstrate competency in floor hockey skills.
- participate successfully in a floor hockey game.

### Skill Objectives

Students will:

- demonstrate competency in the following floor hockey skills:
  - passing
  - receiving
  - stick handling
  - wrist shot
- demonstrate safety and knowledge of legal game play.
- develop an understanding of:
  - goalkeeping skills
  - face-offs
- apply safety skills and concepts.

### Assessment

1. Team Sports



## Team Sports Grades 9-12

### Soccer

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a soccer game.
- demonstrate an understanding of the strategies of a soccer game.
- demonstrate competency in soccer skills.
- participate successfully in a soccer game.

### Skill Objectives

Students will:

- demonstrate competency in the following soccer skills:
  - shooting
  - passing
  - dribbling
  - trapping
- develop an understanding of:
  - rules and scoring
  - strategies of game play
  - goalkeeping skills
- apply safety skills and concepts.
- demonstrate safety and knowledge of legal game play.

### Assessment

1. Team Sports

## Team Sports Grades 9-12

### Softball

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a softball game.
- demonstrate an understanding of the strategies of a softball game.
- demonstrate competency in softball skills.
- participate successfully in a softball game.

### Skill Objectives

Students will:

- demonstrate competency in the following softball skills:
  - throwing
  - catching
  - hitting
- develop an understanding of:
  - fielding (grounder/fly ball)
  - running bases
  - pitching
  - rules and game play strategies
- demonstrate safety and knowledge of legal game play.

### Assessment

1. Team Sports

## Team Sports Grades 9-12

### Team Handball

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play a team handball game.
- demonstrate an understanding of the strategies of a team handball game.
- demonstrate competency in team handball skills.
- participate successfully in a team handball game.

### Skill Objectives

Students will:

- demonstrate competency in the following handball skills:
  - passing
  - catching
  - shooting
- develop an understanding of:
  - goalkeeping skills
  - game play strategies
- demonstrate safety and knowledge of legal game play.

### Assessment

1. Team Sports

## **Team Sports Grades 9-12**

### **Ultimate Flying Disc**

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary to play an ultimate flying-disc game.
- demonstrate an understanding of the strategies of an ultimate flying-disc game.
- demonstrate competency in ultimate flying-disc skills.
- participate successfully in an ultimate flying-disc game.

Skill Objectives

Students will be able to:

- demonstrate competency in the following flying disc skills:
  - throwing
  - catching
- demonstrate an understanding of the rules necessary to play an ultimate flying-disc game.
- demonstrate an understanding of the strategies of an ultimate flying-disc game.

Assessment

1. Team Sports



## **Team Games Grades 9-12**

### **Volleyball**

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules and scoring of a volleyball game.
- demonstrate an understanding of strategies and position responsibilities of a volleyball game.
- demonstrate competency in volleyball skills.
- participate successfully in a volleyball game.

Skill Objectives

Students will:

- demonstrate competency in the following volleyball skills:
  - serving
  - underhand pass “bump”
  - overhead pass “set”
- demonstrate an understanding of:
  - spike
  - block
- apply safety skills and concepts.
- demonstrate a competency in scoring, serve rotation, and legal play.

Assessment

1. Team Sports

## Wellness Grades 11 and 12

### Yoga

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 3: Physical Activity and Fitness
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Physical Activity and Fitness- Physically fit people engage in physical activity on a regular basis.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Physical Activity and Fitness- What can I do to be physically active, and why is this important?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- participate in activities necessary to improve flexibility.
- participate in activities necessary to improve strength.
- develop an understanding and an appreciation of the benefits of muscular strength and flexibility.
- demonstrate breath control and yoga poses

Skill Objectives

Students will:

- participate in a variety of Yoga poses:
  - Standing poses
  - Seated poses
- feel comfortable adjusting or modifying their level of intensity based on their individual ability.
- demonstrate appropriate breath control.
- apply safety skills and concepts.

Assessment

1. Fitness

**Wellness Grades 11 and 12**  
**Fit for Life – Fitness Walking**

Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 3: Physical Activity and Fitness
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Physical Activity and Fitness- Physically fit people engage in physical activity on a regular basis.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Physical Activity and Fitness- What can I do to be physically active, and why is this important?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- participate in a fitness walking activity necessary to improve cardiorespiratory endurance.
- demonstrate knowledge of monitoring resting, target and recovery HR
- acquire an understanding of walking techniques.
- develop warm-up and cool down routines.
- determine pre and post fitness levels.

<p><u>Skill Objectives</u></p> <p>Students will demonstrate competency in:</p> <ul style="list-style-type: none"><li>● measuring HR</li><li>● demonstrating a warm-up and cool down routine</li><li>● applying safety skills and concepts</li><li>● using correct fitness walking techniques</li></ul> <p>Students will demonstrate an understanding of:</p> <ul style="list-style-type: none"><li>● the effect of fitness walking on cardiovascular fitness</li><li>● measuring pre and post fitness levels</li></ul> <p>Students will:</p> <ul style="list-style-type: none"><li>● monitor and calculate HR (manually and using HR monitor)<ul style="list-style-type: none"><li>○ resting HR</li><li>○ target HR</li><li>○ recovery HR</li></ul></li><li>● apply safety skills and concepts.</li></ul>	<p><u>Assessment</u></p> <ol style="list-style-type: none"><li>1. Fitness</li></ol>
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## **Wellness Grades 11 and 12**

### **Lifetime Games and Activities - Golf**

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring, safety, terminology and etiquette for appropriate participation in golf.
- demonstrate competency in golf skills.
- participate successfully in golf.

### Skill Objectives

Students will:

- demonstrate commentary in the following golf skills:
  - grip
  - putting
  - basic golf swing
    - driver
    - irons
  - chipping
- participate successfully in all aspects of a modified golf game including
  - keeping score
  - following proper etiquette
  - adhering to safety rules
- demonstrate an understanding of necessary golf terms
  - scoring terms
    - hole in one
    - eagle
    - birdie
    - par
    - bogie
- demonstrate an understanding of appropriate golf club selection and its relationship with the club's loft to distance.
- apply safety skills and concepts.

### Assessment

1. Lifetime games and activities



## **Wellness Grades 11 and 12**

### **Lifetime Games and Activities -Racquet Sports**

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules, scoring and etiquette for a singles or doubles racket sport.
- demonstrate an understanding of the strategies for effective singles or doubles play.
- demonstrate competency in racket skills to participate successfully in a racket sport.

Skill Objectives

Students will:

- demonstrate competency in the following Racket skills:
  - serving
  - various strokes
- demonstrate an understanding of:
  - the use of various strokes
  - positioning
  - court concepts
- demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play.
- apply safety skills and concepts.

Assessment

1. Racquet Sports

## **Wellness Grades 11 and 12**

### **Backyard Games - KanJam, Spikeball, Ramp Shot, Croquet, Corn Hole, Ladder Ball, Horseshoes**

#### Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

#### Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

#### Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

#### Unit Objectives

Students will be able to:

- demonstrate sportsmanship in a backyard game.
- demonstrate throwing and aiming for success in activity.
- demonstrate rules and scoring

Skill Objectives

Students will:

- apply safety skills and concepts.
- work cooperatively.
- demonstrate sports related etiquette.
- communicate effectively in group/game situations.
- respect differences of teammates and opponents.

Assessment

1. Lifetime Games

**Wellness Grades 11 and 12**  
**Strength and Conditioning**

Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 3: Physical Activity and Fitness
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

Enduring Understanding

- Motor Skill Performance- Repetition of proper technique leads to improvement.
- Applying Concepts and Strategies- Cognitive ability can direct one's motor skill acquisition and performance.
- Physical Activity and Fitness- Physically fit people engage in physical activity on a regular basis.
- Responsible Behavior- Appropriate on-task behavior will enhance learning.
- Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.

Essential Question

- Motor Skill Performance- What different ways can the body move given a specific purpose?
- Applying Concepts and Strategies- How can I move effectively and efficiently?
- Physical Activity and Fitness- What can I do to be physically active, and why is this important?
- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- Design and Participate in Muscular Strength and Endurance Activities
- Understand the role of Flexibility in a safe workout
- Understand the difference between Aerobic and Anaerobic Conditioning
- Understand and Develop Nutritional Concepts for Athletic Performance

### Skill Objectives

Students will:

- apply strength training principles
- understand the benefit of nutrition and athletic performance
- calculate resting, target and recovery heart rate, use of cardio respiratory equipment such as stationary bikes, elliptical trainers, and other cardiovascular equipment.
- demonstrate an understanding of the location and function of the major muscles of the body and how to properly stretch them.
- apply safety skills and concepts.
- use the weight training equipment such as Cybex equipment, free weights, medicine balls and other equipment.

### Assessment

1. Fitness

**Physical Education Elective Grades 11 and 12**  
**Introduction to Teams Sports, Coaching and Officiating**

Standards

- Standard 1: Motor Skill Performance
- Standard 2: Applying Concepts and Strategies
- Standard 3: Physical Activity and Fitness
- Standard 4: Responsible Behavior
- Standard 5: Benefits of Physical Activity

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- Responsible Behavior- How do I interact with others during physical activity?
- Benefits of Physical Activity- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules necessary for game play
- participate in
- create and implement drills and activities to reinforce skills and games play
- create and implement a season of game and tournament play
- record and analyze statistics to enhance game play and practice activities

### Skill Objectives

Students will:

- understand and value the rules, rituals, and traditions of sport, and is able to distinguish between good and bad sport practices in a variety of sport settings.
- preserve, protect, and enhance the sport culture through participation, involvement, and appropriate behavior
- participate in various roles including but not limited to: coach/manager, statistician/scorekeeper, official, and player.
- create and implement a practice plan to introduce and reinforce skills required for game play.
- use statistics to enhance practice and game play.

### Assessment

1. Team Sports
2. Coaching