

Physical Education: 11th grade Curriculum Pacing Guide

Updated 2024

2.2 - Physical Wellness (2020 NJSL)

MSC: Movement Skills & Concepts **PF:** Physical Fitness **LF:** Lifelong Fitness **N:** Nutrition

Unit 1: Individual/Dual Sports (one marking period)

Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment.

Learning Objectives:

- Respectfully communicate with diverse groups.
- Work collaboratively with others to achieve a common goal.
- Demonstrate an understanding of the cooperative activity through active participation
- Utilize problem solving skills.
- Analyze their own personal roles in the group and apply that role to enhance the effectiveness of the group.

NJSL Standards:

- *Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity. (LF.4)*
- *Develop a sense of openness and willingness when participating in physical fitness activities to share and learn experiences from your own and other cultures. (LF.2)*

Unit 2: Sports & Activities (one marking period)

- *Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity.*
- *Individual and team execution requires interaction, respect, effort, and a positive attitude.*
- *Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

Learning Objectives:

- Develop individual skills for a variety of activities
- Apply the individual skills into game-like settings
- Work together to achieve success in the individual games
- Demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines.
- Implement effective offensive, defensive and cooperative strategies

NJSL Standards:

- *Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (MSC.1)*
- *Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, & behavior. (MSC.4)*
- *Respect and appreciate all levels of ability & encourage with care during all physical activities. (PF.2)*

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Unit 3: Fitness (one marking period)

- *Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*
- *Community resources can support a lifetime of wellness to self and family members.*

Learning Objectives:

- Define what a healthy active lifestyle means to them.
- Understand the positive effects of physical activity on one's overall wellness (physical, emotional, and psychological).
- Analyze their own personal level of fitness.
- Understand the importance of daily exercise for health, enjoyment, and social interaction.
- Create goals for themselves based on their age, gender, genetics, and body composition.
- Design, implement, and evaluate a personalized fitness plan.
- Utilize current technology to monitor and influence their current fitness levels.
- Identify community resources such as gyms, recreational centers, parks, fitness centers, and other accessible areas to help support their fitness goals.
- Understand the importance of flexibility and its role in decreasing injury and improving overall movement.
- Understand that fitness has several lifelong benefits (commitment, dedication, and discipline).
- Demonstrate their ability to properly perform body weight exercises.
- Develop the skills, knowledge, and motivation to stay fit for life

NJSLS Standards:

- *Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime. (PF.1)*
- *Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness. (PF.3)*
- *Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities. (PF.5)*
- *Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections. (LF.7)*

ASSESSMENTS:

Pre-test

Class discussion

Exit tickets

Teacher observations

Individual conferences

Class participation

Peer and self-evaluations