

	Name of Course: 9th and 10th Grade Wellness
Unit 1	Introduction to Wellness - Striking styles games Kickball Boomball ect.
Essential Questions	• What physical activities meet your specific needs, interests, and goals? • What are the best practices for safely engaging in physical activities? • What movement skills are necessary for successful participation in Unit 1 physical activities?
Content Standards	MA: Comprehensive Health and Physical Education (2023) MA: Grades 9 - 12 • Practice 2: Self-management and Goal Setting • 12.2.MH Set goals, engage in health-promoting behaviors, and avoid risky behaviors. • Mental and Emotional Health • 6. Apply strategies that support a growth mindset including in challenging settings. [HPE; SE] • 12.2.PF Set goals, engage in health-promoting behaviors, and avoid risky behaviors. • Physical Activity and Fitness • 11. Select and participate in physical activities that meet a variety of personal needs (personal goals, strengths, interests, enjoyment, social interaction or self-expression). [PE] • Practice 3: Social Awareness, Relationship, and Communication Skills • 12.3.PF Enhance relationships, personal health, and the health of others through social awareness and effective communication. • Physical Activity and Fitness • 1. Apply best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).[PE] • 2. Exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity. [PE; SE] • Practice 4: Movement Skills • 12.4.PF Demonstrate competence in, and knowledge of, a variety of movement forms, motor skills, physical fitness components, and principles in order to engage in purposeful and health-promoting physical activity, including sports and games.

	● Physical Activity and Fitness ● 1. Demonstrate activity-specific movement skills in a variety of lifetime recreational physical activities and health-related fitness activities (e.g., strength, cardiovascular, functional) © 2024 Massachusetts Department of Elementary and Secondary Education.	
Concepts and Subskills Through Physical Activity	● Physical activity is part of a healthy lifestyle. ● Preparation, safety, and citizenship are essential parts of a physically active lifestyle. ● Identify the safe practices for participation in various physical activities. ● Explain how preparation for physical activity leads to successful participation. ● Exhibit proper etiquette, respect, teamwork, and communication. ● Demonstrate movement skills for preparing for a physical activity	Practices/Games and Activities ● Kickball ● Mattball ● Boomball ● Softball ● Wiffle Ball ● Razzle Dazzle
Content Objectives (Student Friendly Language)	● Self-Management: personal goals, participation, interests, strengths, and enjoyment ● Social Awareness: safety, equipment use, rules ● Relationship: communication, etiquette, respect, and teamwork ● Movement Skills: activity specific movement, movement frameworks ● Goal Setting: SMART goals, and reflection	
Content Vocabulary	Tier One Vocabulary	
	Participation	
	Tier Two Vocabulary	

	Goal Setting SMART goals
	Tier Three Vocabulary
	Social Awareness
Assessments, Products, Projects	Guided Wellness reflections connected to goal setting and POG through google classroom Daily Participation Rubric
Text, Materials, Resources, POG	Goal Setting I can set meaningful goals and effectively work towards them Problem Solving I can problem solve independently and collaboratively Mindset I can deal with setbacks and move forward Lifelong Learner I can build on my knowledge and experiences to be a lifelong learner Responsible I can prioritize responsibilities to have time for work and other things I care about

	Name of Course: 9th and 10th Grade Wellness
Unit 2	Lifelong Leisure Activities: Ultimate Frisbee, Can Jam, Bean bag toss, Spikeball, Frisbee Golf
Essential Questions	• What are the benefits of maintaining physical activity throughout life? • How does participation and communication in physical activity increase social fulfillment? • How can you promote positive communication during physical activities?
Content Standards	MA: Comprehensive Health and Physical Education (2023) MA: Grades 9 - 12

	● Practice 2: Self-management and Goal Setting ● 12.2.PF Set goals, engage in health-promoting behaviors, and avoid risky behaviors. ● Physical Activity and Fitness ● 2. Discuss the benefits of a physically active lifestyle across multiple dimensions of health and across a person’s lifespan. [HPE] ● Practice 3: Social Awareness, Relationship, and Communication Skills ● 12.3.HR Enhance relationships, personal health, and the health of others through social awareness and effective communication. ● Healthy Relationships ● 8. Demonstrate communication skills that account for the perspective of others while allowing for active and effective social engagement. [HPE; SE] ● 12.3.PF Enhance relationships, personal health, and the health of others through social awareness and effective communication. ● Physical Activity and Fitness ● 7. Evaluate the opportunity for social interaction and social support in a variety of physical activities in and out of school. [PE; SE] © 2024 Massachusetts Department of Elementary and Secondary Education.	
Concepts and Subskills Through Physical Activity	● Identify your activity interests and skills while being open to new activity ideas. ● Explain how physical activity contributes to health throughout a person's lifespan. ● Demonstrate effective communication skills in a group setting, considering diverse perspectives. ● Evaluate the opportunities for social interaction in different physical activities.	Practices /Games and Activities Lifelong Leisure Activities: ● Can Jam ● Bean bag toss ● Spikeball ● Frisbee Golf ● Bocce

	● Assess the role of social support in promoting participation in physical activities.	
Content Objectives (Student Friendly Language)	● Physical Activity: Benefits, options across the lifespan, health benefits ● Communication: Perspective taking, active listening, positive communication ● Social Fulfillment: Social interaction, support systems, Inclusion	
Content Vocabulary	Tier One Vocabulary	
	Communication	
	Tier Two Vocabulary	
	Physical Activity	
	Tier Three Vocabulary	
	Mindset	
Assessments, Products, Projects	● Daily Participation Rubric ● Guided Wellness reflections connected to POG through google classroom ● End of Class Debrief	
Text, Materials, and Resources POG	Communication I can communicate my needs, ask questions, and advocate for others Mindset I can approach challenges with a positive mindset Empathy I can be empathetic and accepting of myself and others Habits I can participate in activities and interests that are fulfilling, and develop healthy habits both inside and outside of the classroom	

	Name of Course: 9th and 10th Grade Wellness
Unit 3	Team Building Games: Soccer, World Cup
Essential Questions	• What movement skills are necessary for successful participation in Soccer and World Cup Games? • How can utilizing different games improve overall wellness? • What life skills do you learn through games and how do they transfer to other life experiences?
Content Standards	MA: Comprehensive Health and Physical Education (2023) MA: Grades 9 - 12 • Practice 2: Self-management and Goal Setting • 12.2.PF Set goals, engage in health-promoting behaviors, and avoid risky behaviors. • Physical Activity and Fitness • 10. Apply movement concepts and principles (e.g., force, motion, rotation) to analyze and improve the performance of self and/or others in a selected skill or lifetime physical activities (e.g., yoga, aquatics, biking, rock climbing, dancing, canoeing, weight training, golf, tennis). [PE] • Practice 3: Social Awareness, Relationship, and Communication Skills • 12.3.PF Enhance relationships, personal health, and the health of others through social awareness and effective communication. • Physical Activity and Fitness • 1. Apply best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).[PE] • Practice 4: Movement Skills • 12.4.PF Demonstrate competence in, and knowledge of, a variety of movement forms, motor skills, physical fitness components, and principles in order to engage in purposeful and health-promoting physical activity, including sports and games. • Physical Activity and Fitness • 4. Demonstrate appropriate technique in flexibility. Cardiovascular, muscular strength and endurance, and skill-related fitness training [PE]. • 7. Apply the terminology associated with exercise and participation in a variety of lifetime recreational physical activities. [PE] • Practice 5: Self-awareness and Analyzing Influences

	● 12.5.PF Examine how emotions, thoughts, needs, values, beliefs, and other factors (both internal and external) influence behaviors and articulate how these influences impact health behavior and outcomes. ● Physical Activity and Fitness ● 2. Analyze the impact of a variety of factors (e.g., culture, life choices, economics, motivation and accessibility) on people’s participation in physical activity. [HPE] © 2024 Massachusetts Department of Elementary and Secondary Education.	
Concepts and Subskills Through Physical Activity	● Explain how preparation, safety, and citizenship are essential parts of a physically active lifestyle. ● Identify the strategy and skills for participation in various physical activities. ● Demonstrate proper etiquette, respect, teamwork, and communication. ● Exhibit participation of movement skills for preparing for a physical activity	Practices /Games and Activities ● Soccer ● World Cup ● Ultimate Lacrosse
Content Objectives (Student Friendly Language)	● Self-Management: personal goals, participation, interests, strengths, and enjoyment ● Social Awareness: safety, equipment use, rules ● Relationship: communication, etiquette, respect, and teamwork ● Teamwork: passing, communication, strategy ● Movement Skills: activity specific movement, movement frameworks	
Content Vocabulary	Tier One Vocabulary	
	Team Work	
	Tier Two Vocabulary	

	Strategy
	Tier Three Vocabulary
	Preparation
Assessments, Products, Projects	• Daily Participation Rubric • Guided Wellness reflections connected to POG through google classroom • End of Class Debrief
Text, Materials, and Resources POG	Communication I can communicate my ideas succinctly and clearly Collaboration I can effectively collaborate with group members to work towards a common goal Collaboration I can play different roles in a group and accept ideas that don't always align with my own

	Name of Course: 9th and 10th Grade Wellness
Unit 4	Cooperative Games using Strategy
Essential Questions	• How can we solve problems as a group to work towards a common goal? • What movement skills are necessary for successful participation in physical activities? • What life skills do you learn through games and how do they transfer to other life experiences?
Content Standards	MA: Comprehensive Health and Physical Education (2023) MA: Grades 9 - 12 • Practice 2: Self-management and Goal Setting • 12.2.PF Set goals, engage in health-promoting behaviors, and avoid risky behaviors. • Physical Activity and Fitness • 2. Discuss the benefits of a physically active lifestyle across multiple dimensions of health and across a person's lifespan. [HPE]

	● Practice 3: Social Awareness, Relationship, and Communication Skills ● 12.3.HR Enhance relationships, personal health, and the health of others through social awareness and effective communication. ● Healthy Relationships ● 8. Demonstrate communication skills that account for the perspective of others while allowing for active and effective social engagement. [HPE; SE] ● 12.3.PF Enhance relationships, personal health, and the health of others through social awareness and effective communication. ● Physical Activity and Fitness ● 7. Evaluate the opportunity for social interaction and social support in a variety of physical activities in and out of school. [PE; SE]	
Concepts and Subskills Through Physical Activity	● Physical activity is part of a healthy lifestyle. ● Preparation, safety, and citizenship are essential parts of a physically active lifestyle. ● Identify the safe practices for participation in various physical activities. ● Explain how preparation for physical activity leads to successful participation. ● Investigate how the dimensions of wellness are interconnected and can be used to improve health. ● Demonstrate movement skills for preparing for a physical activity	Practices /Games and Activities: ● Flag Football ● Capture the flag ● Ultimate Frisbee ● Team Handball ● Project Adventure lead up activities
Content Objectives (Student Friendly)	● Self-Management: personal goals, participation, interests, strengths, and enjoyment ● Social Awareness: safety, equipment use, rules ● Relationship: communication, etiquette, respect, and teamwork	

Language)	● Movement Skills: activity specific movement, movement frameworks ● Communication: Perspective taking, active listening, positive communication
Content Vocabulary	Tier One Vocabulary
	Leadership
	Tier Two Vocabulary
	Cooperation
	Tier Three Vocabulary
	Decision Making
Assessments, Products, Projects	● Daily Participation Rubric ● Guided Wellness reflections connected to POG through google classroom ● End of Class Debrief
Text, Materials, and Resources POG	Problem Solving I can problem solve independently and collaboratively Collaboration I can effectively collaborate with group members to work towards a common goal

	Name of Course: 9th and 10th Grade Wellness
Unit	Net Sports
Essential Questions	● What movement skills are necessary for successful participation in physical activities? ● What are the rules and regulations for these lifetime recreational physical activities? ● What are the benefits of maintaining physical activity throughout life? ● How does participation in physical activity increase social fulfillment? ● What are the health benefits of physical activity options across the life span?

Content Standards	MA: Comprehensive Health and Physical Education (2023) MA: Grades 9 - 12 ● Practice 2: Self-management and Goal Setting ● 12.2.PF Set goals, engage in health-promoting behaviors, and avoid risky behaviors. ● Physical Activity and Fitness ● 2. Discuss the benefits of a physically active lifestyle across multiple dimensions of health and across a person's lifespan. [HPE] ● Practice 3: Social Awareness, Relationship, and Communication Skills ● 12.3.HR Enhance relationships, personal health, and the health of others through social awareness and effective communication. ● Healthy Relationships ● 8. Demonstrate communication skills that account for the perspective of others while allowing for active and effective social engagement. [HPE; SE] ● 12.3.PF Enhance relationships, personal health, and the health of others through social awareness and effective communication. ● Physical Activity and Fitness ● 7. Evaluate the opportunity for social interaction and social support in a variety of physical activities in and out of school. [PE; SE] © 2024 Massachusetts Department of Elementary and Secondary Education.	
Concepts and Subskills Through Physical Activity	● Articulate how social awareness, relationships, and citizenship are essential benefits of a physically active lifestyle. ● Identify how physical activity leads to successful participation in various life long activities. ● Explain how physical activity can help students manage their stress.	Practices: Games and Activities: ● Badminton ● Pickleball ● Volleyball ● Ping Pong

	● Implement proper etiquette, respect, teamwork, and communication. ● Demonstrate movement skills to prepare for an active lifestyle.	
Content Objectives (Student Friendly Language)	● Self-Management: personal goals, participation, interests, strengths, and enjoyment ● Social Fulfillment: Social interaction, support systems ● Social Awareness: safety, equipment use, rules ● Relationship: communication, etiquette, respect, and teamwork ● Physical Activity: Benefits, options across the lifespan, health benefits	
Content Vocabulary	Tier One Vocabulary	
	Resilience	
	Tier Two Vocabulary	
	Mindfulness	
	Tier Three Vocabulary	
	Personal Wellness	
Assessments, Products, Projects	● Daily Participation Rubric ● Guided Wellness reflections connected to POG through google classroom ● End of Class Debrief	
Text, Materials, and Resources POG	Communication I can communicate my needs, ask questions, and advocate for others Mindset I can approach challenges with a positive mindset Empathy I can be empathetic and accepting of myself and others Habits	

	I can participate in activities and interests that are fulfilling, and develop healthy habits both inside and outside of the classroom
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	Name of Course: 9th and 10th Grade Wellness
Unit 6	Fitness, Cooperative Games and Team Building
Essential Questions	• What are the foundational movements of physical fitness? • What movement skills are necessary for successful participation in the physical activities for this unit? • What are your personal fitness successes and challenges? • Why is being open to new activities an important part of lifelong wellness?
Content	MA: Comprehensive Health and Physical Education (2023)
Standards	MA: Grades 9 - 12 • Practice 2: Self-management and Goal Setting • 12.2.PF Set goals, engage in health-promoting behaviors, and avoid risky behaviors. • Physical Activity and Fitness • 10. Apply movement concepts and principles (e.g., force, motion, rotation) to analyze and improve the performance of self and/or others in a selected skill or lifetime physical activities (e.g., yoga, aquatics, biking, rock climbing, dancing, canoeing, weight training, golf, tennis). [PE] • Practice 3: Social Awareness, Relationship, and Communication Skills • 12.3.PF Enhance relationships, personal health, and the health of others through social awareness and effective communication. • Physical Activity and Fitness • 1. Apply best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).[PE] • Practice 4: Movement Skills • 12.4.PF Demonstrate competence in, and knowledge of, a variety of movement forms, motor skills, physical fitness components, and principles in order to engage in purposeful and health-promoting physical activity, including sports and games. • Physical Activity and Fitness

	• 4. Demonstrate appropriate technique in flexibility. Cardiovascular, muscular strength and endurance, and skill-related fitness training [PE]. • 7. Apply the terminology associated with exercise and participation in a variety of lifetime recreational physical activities. [PE] • Practice 5: Self-awareness and Analyzing Influences • 12.5.PF Examine how emotions, thoughts, needs, values, beliefs, and other factors (both internal and external) influence behaviors and articulate how these influences impact health behavior and outcomes. • Physical Activity and Fitness • 2. Analyze the impact of a variety of factors (e.g., culture, life choices, economics, motivation and accessibility) on people’s participation in physical activity. [HPE] © 2024 Massachusetts Department of Elementary and Secondary Education.	
Concepts and Subskills Through Physical Activity	• Explain how physical activity is part of a healthy lifestyle. • Identify sources of stress, including positive and negative. Identify how healthy habits can help manage stressors. • Develop a comprehensive plan that emphasizes personal responsibility in managing wellness	Practices Games and Activities: • Basketball • Floor Hockey • Fitness Stations
Content Objectives (Student Friendly Language)	• Self-Management: personal goals, participation, interests, strengths, and enjoyment • Social Awareness: safety, equipment use, rules • Relationship: communication, etiquette, respect, and teamwork • Movement Skills: activity specific movement, movement frameworks	
Content Vocabulary	Tier One Vocabulary	
	Heart Rate	
	Tier Two Vocabulary	
	Plyometrics	

	Tier Three Vocabulary Dopamine
Assessments, Products, Projects	• Daily Participation Rubric • Guided Wellness reflections connected to POG through google classroom • End of Class Debrief
Text, Materials, and Resources POG	Communication I can communicate my needs, ask questions, and advocate for others Mindset I can approach challenges with a positive mindset Empathy I can be empathetic and accepting of myself and others Habits I can participate in activities and interests that are fulfilling, and develop healthy habits both inside and outside of the classroom