

Course Title:	Physical Education 1
Grade(s):	9-10

Course Description
Physical Education 1 is a required course that must be taken before students are eligible to take any other Physical Education elective. This course is highly recommended for ninth grade students and focuses on building an introduction and foundation to a variety of team, individual, and lifetime skill opportunities. A strong emphasis will be put on competency in a variety of motor skills and movement patterns, communication, self and social awareness, teamwork and team building. Activities and concepts include but are not limited to: net sports, invasion games, fitness/fitness testing, yoga, nutrition, team building, individual and team sports. After completing this course, students will have the background to be able to choose electives that allow them to pursue their lifelong fitness path.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Nitroball	Students will participate in a high-energy team sport that is similar to a traditional volleyball game, but the ball must hit the ground, and is played on a tennis court. Students will be able to: • Demonstrate knowledge of rules, scoring, and tactics. • Demonstrate proper skills related to serving and passing the ball. • Model positive communication skills with teammates by encouraging others. • Demonstrate an appreciation for individual differences in skill development.	1 week (September)
Unit 2: Ultimate	Students will participate in a fast-paced, non-contact team sport that allows	1 week

Frisbee	them to use throwing and catching skills. This game allows teams to work together to build strategy to be successful. Students will be able to: • Demonstrate knowledge of rules, scoring, and tactics. • Demonstrate proper skills related to throwing, catching, and defense. • Understand strategies related to ultimate frisbee related to spacing, passing, defense.	(September)
Unit 3: Football	Students will be introduced to the basic skills and concepts of football, including throwing, catching, route running, teamwork, and game strategy. Students will learn the different player positions, rules, and scoring methods and apply their knowledge and skills in modified games and team play activities. Students will be able to: • Demonstrate the proper way to throw, catch, and hike a football. • Demonstrate how to use a pass pattern to receive a pass from the quarterback. • Demonstrate understanding of the rules for a flag football game. • Demonstrate respect for others during our football unit.	2 weeks (September- October)
Unit 4: Pickleball	Students will learn various skills used to implement strategy into their game of pickleball. Students learn the proper scoring, and have a chance to play with a variety of people and compete in a tournament during class. Students will be able to: • Demonstrate the proper hits used in pickleball such as the dink, lob, volley, and serve. • Participate in a game while showing understanding of the rules, scoring, and strategy. • Demonstrate respect for opponents by calling out scores clearly before serving and acknowledging when the ball is out.	2 weeks (October)
Unit 5: Tchoukball	Students will learn the basic skills and concepts of tchoukball, including passing, catching, shooting, movement, and teamwork. Students will learn offensive and	1 week (October)

	defensive strategies of an invasion game, as well as the rules and scoring system of Tchoukball, while developing communication and sportsmanship skills. Throughout the unit, students will apply these skills and strategies in modified activities and game play situations. Students will be able to: • Demonstrate the correct way to throw and catch using the tchoukball springboard. • Demonstrate basic offensive and defense strategies during gameplay. • Model positive communication skills with teammates by encouraging others.	
Unit 6: Yoga	Students will be introduced to the benefits of yoga, and practice basic yoga poses. Students will be able to: • Demonstrate various breathing techniques that are used in yoga or mindfulness. • Demonstrate a variety of yoga poses with control of your body. • Be respectful of individual differences and a quiet space when performing yoga routines.	1 week (November)
Unit 7: Floorball	Students will learn and develop basic skills such as passing, shooting, stick handling, and team strategies while participating in game play activities. Emphasis will also be placed on teamwork, communication, and cooperation to help students work together successfully in competitive and recreational settings. Students will be able to: • Demonstrate basic floorball skills such as passing, shooting, and stick handling. • Apply simple game strategies and rules during game play activities. • Work cooperatively with teammates by communicating and showing good sportsmanship.	1 week (November)

Unit 8: Fitness	Students will have an opportunity to learn how they can workout using body weight, kettlebells, dumbbells, sandbags, and medicine balls to improve their fitness level. Students will be able to create their own workout that could be done at home to help them prepare for the state fitness test. Students will be able to: • Gain an understanding of how to perform exercises while using medicine balls, kettlebells, sandbags, and dumbbells. • Gain an understanding of some cardiovascular and flexibility exercises to improve their fitness. • Demonstrate proper form when performing exercises offered by class posters. • Choose a weight that is challenging when performing exercises to get a beneficial outcome. • Create and complete a simple workout that focuses on major muscle groups and helps improve fitness for the state fitness test.	2 weeks (November- December)
Unit 9: Volleyball	Students will learn and develop basic skills such as forearm pass, setting, serving, and spike and apply these skills in game-like situations. Students will also learn rules, rotations, and offensive/defensive strategies, culminating in competitive tournaments emphasizing sportsmanship and teamwork. Students will be able to: • Demonstrate how to effectively pass the ball using the forearm hit and set, focusing on positioning and accuracy. • Demonstrate the different types of serves (underhand, overhand) with a focus on consistency, power, and placement. • Demonstrate understanding of the rules and strategy of volleyball, including scoring, rotation, and passing the ball on the court.	2 weeks (December)
Unit 10: Badminton	Students will learn various skills used to implement strategy into their game of badminton. Students learn the proper scoring, and have a chance to play with a variety of people and compete in a tournament during class.	2 weeks (January)

	Students will be able to: • Demonstrate the proper hits used in badminton such as the clear, smash, drop, drive, and serve. • Participate in a game while showing understanding of the rules, scoring, and strategy. • Demonstrate understanding of game play by calling out the scores before serving, knowing who is serving, and acknowledging who scores the point after the rally. • Demonstrate respect and good sportsmanship during games played against opponents.	
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