Lehighton Area School District
Curriculum Framework

Course Title:	Fitness
Content Area:	Physical Education
Grade Level(s):	9th-12th
Course Overview:	This course will encompass activities including: advanced skills development, strategies involving competitive team sports, mass games, designing an individual fitness and strength training program, dance, lifetime sports and leisure activities
PA Core Standards:	Academic Standards for Health, Safety, and Physical Education
Key Course Text and Materials:	Fitness clothing
Key Assessments/Projects:	Daily activity, canvas homeworks and graded work, fitness assessments.

Big Idea/Unit:	Soccer			
Pacing:	2 Weeks			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E	Dribble while moving Dribble while moving with both feet Trapping using foot Trapping using chest Using inside and outside foot to pass Shooting with toes Give and go man defense zone defense fast break defending goal	Advantage Assist Backward pass Break away Center Charge Chest trap Chip shot or pass Clear Corner shot or pass Corner Kick Criss Defense Dribble Foot Tap Forward Pass Free Kick Goal Goalie/keeper handball header juggling lead pass markering offside penalty kick/shot red card yellow card slide tackle throw in	soccer balls cones Canvas Score Card vocab reading article	Teacher observation of offensive passing, attempts on goal and the utilization of defensive strategy during game play. Team will verbally analyze their strengths and weaknesses during time out periods. Students will demonstrate their knowledge about soccer the game, rules, field, and players on graded work assignments

Big Idea/Unit:	Football			
Pacing:	2 weeks			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	Throwing short, medium, and long passes Throwing on the run Catching Catching in motion Leading the receiver Route running Man defense Zone defense Cutting the ball at highest point	Blitz Block Center Coverage (man vs zone) End Zone Touchdown Field goal First down Turn over Hash marks Huddle Holding Incomplete pass interception intentional grounding pass interference passing paters penalty pump fake quarterback Receiver Running back rush sack	Footballs, Flag belts, Cones, Pinnies, Protective equipment, Vocabulary term sheet, Canvas assignment	Teams verbally analyze offensive and defensive play during timeout periods. Teams formulate a plan for team improvement. Teacher observation of teams adjusting to compensate for identified strengths and weaknesses. Students demonstrate the ability to work on a team; share in decision-making. Students will demonstrate their knowledge about football game, rules, field, and players Game Play

Big Idea/Unit:	**Handball/Speedball -How can handball & speedball serve as a lifelong physical activity?**			
Pacing:	**2 weeks**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	*Dribble while shooting Passing the ball *Bounce pass *Screen *Pick and Roll Man vs Zone Goalkeeping History Play knowledge Rules	Corner throw Drive Free throw Goal Goal area Goalie Kick up Penalty throw Rebound Throw	Handball Soccer ball Goals Cones Pinnies Protective equipment Vocabulary terms sheet, canvas assignment	Teacher observation of a team designed offensive strategy during game play. Peer review of a team designated defensive strategy during a game. During class closure, share an individual or group success with teammates. Students will demonstrate their knowledge about the team handball/speedball game, field, and players via assignments on canvas

Big Idea/Unit:	Floor Hockey			
Pacing:	2 weeks			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	Rules and safety of hockey Moving the puck/ball Using proper stick handeling Using both sides of the blade Shooting Passing Defense Goal	Backhand Center Clear Defense Dribble Face off Forward Forehand Goal Goalie High Stick One timer Penalty Power play Slap shot Wrist shot	Hockey Sticks Goals Pucks Balls Score Card Pinnies Boundry equipment Vocabulary Canvas assessments	Accurately pass the puck to a teammate during game play. Assess penalty and rule infractions Demonstrate a defensive strategy during game play. Design an offensive strategy. Cooperatively and safely participate in game play. Students will demonstrate their knowledge about the floor hockey game, rules, and players on Canvas

Big Idea/Unit:	Fitness games & testing			
Pacing:	Across the semster			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	Skill related fitness components: agility, speed, power, balance, coordination, reaction time. Health related fitness components cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.	Agility: Agility dots Shuttle run Cardio-respiratory endurance:12 minutes Speed: 50 yard dash Muscle strength: Pull ups Muscle endurance: Sit ups/pushups Power: Standing long jump Flexibility: V-sit and reach test	Recording documents Dot pattern Track Stop watch Standing long jump mat V-Sit Board Pull up bar Yoga and Wrestling mats Grading rubric	Students will perform various skills tests. The rubric for assessment is local data collected in previous years.

Big Idea/Unit:	Table Tennis/Tennis/pickleball`-How can table tennis serve as a lifelong physical activity?			
Pacing:	2 Weeks			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	Forehand hits Backhand hits Flick/wrist shot Rotation/spinning of the ball Serving Doubles Play Smash	Backand Backspin Cross court Double bounce Drop shot Forehand Kill Let Lob Match Paddle Point Racket Serve Smash Smash stroke Volley	Table tennis: A. Tables B. Paddles C. Balls Pickleball/Tennis: A. Racquet B. Balls C. Cones D. Nets & standards Canvas History rules terminology	Students will demonstrate their knowledge about table tennis & pickleball, the games, rules and courts on a written assignment on Canvas

Big Idea/Unit:	**Softball/Baseball/wiffleball**			
Pacing:	**2 weeks**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.3.12-D	Accurate throwing	Ball Bases Baseline Batter's box Batting order Bunt Choke up Count Cut-off player Cycle Dead Ball Double play Error Extra base hit Fair ball Fielders choice Force out Fly out Glove Ground out Ground rule double Jit Infield Inning Lead Line drive Left field On deck Out Pinch hitter Pinch runner All positions Rundown Triple Home Run Safe Single Double play Strike Strike Zone Tag Up Walk	Baseball Bat Bases Gloves Vocabulary terms History	Teacher observation of basic skills: throwing, catching, and batting during game play. During a game students will be observed using softball strategies at the appropriate time. Place teammates in batting lineup and field positions for effectiveness and harmony. Students will demonstrate their knowledge about softball the game, rules, field, and players on a Canvas assignment.
10.4.12-A	Catching line drives			
10.4.12-D	Catching pop flys			
10.4.12-E	Covering base path			
10.4.12-F	FIelding ground balls			
10.5.12.A	Throwing the ball to cut off fielder			
10.5.12-B	Defensive shifting			
10.5.12-C	Batting			
10.5.12-E	Running bases			
10.5.12-F	Sacrifice			

Big Idea/Unit: V

Pacing:

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	Perform an accurate forearm pass (bump) with correct platform and footwork Execute an overhead set using proper hand shape and body positioning. Serve using underhand and/or overhand technique consistently into the court. Perform a spike/attack with correct approach steps and contact point (intro level). Demonstrate proper blocking positioning (hands up, square to the net). Move efficiently on the court using ready position and transition footwork. Apply basic offensive and defensive strategies, including rotation and coverage. Follow all safety rules, demonstrate sportsmanship, and participate cooperatively.	Forearm Pass (Bump) Ready Positin Set / Setter Serve (Underhand/Overhand) Spike / Attack Block / Blocking Dig Rally Scoring Rotation Side-out Libero Ace Kill Volley In/Out Net Violation Double Hit Foot Fault Serve Receive Transition	Volleyballs (class set) Volleyball nets boundary markers Cones for stations or drill boundaries Scoreboard/score cards	Skill check-ins: teacher observation of passing, serving, and setting technique. Partner assessments: peer evaluation of technique. Stations monitoring: feedback given at each drill/station Gameplay Canvas assignments
Bit Idea/Unit:	**Basketball -How can basketball serve as a lifelong physical activity?**			
Pacing:	**Enrichment**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.3.12-D 10.4.12-A 10.4.12-D 10.4.12-E 10.4.12-F 10.5.12.A 10.5.12-B 10.5.12-C 10.5.12-E 10.5.12-F	Dribbling with domonant/domant hant Lay-up with left and right hand Bounce pass Boxing out Set screens Jump shooting Foul shooting Defense formation between zone and man Utalizing backboard	Assist Backcourt Baseline Block Bonus (1 and 1) Bounce pass Box out Carry Charge Double bouns Double dribble Drive Elbow Fast break Foul Free throw Jump Shot Jump ball Key Lay-up Man to man Pick Rebound Screen Set Shot Post Three second violation Turn over Walk/Travel Zone	Basketballs Cones Pinnies Score card Protective equipment Vocabulary term sheet	Teacher observation of the student executing an offensive strategy during a game Teams will be observed by the teacher playing with either a man to man or a zone defense in game play.

Big Idea/Unit:	**Spike ball- Life time fitness**
Pacing:	**1 week**

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project

	Demonstrate proper serving technique			
	Perform controlled passing, setting, and hitting	Serve		
10.3.12-D	Apply offensive and defensive strategies during game play (shot	Rally		
10.4.12-A	placement, positioning, communication).	Net		
10.4.12-D	Analyze personal performance and identify areas for technical or	Touches		
10.4.12-E	strategic improvement.	Set		
10.4.12-F	Offensive strategies:	Hit/Spike		
10.5.12.A	Placing shots away from defenders	Receiver	How to play	Gameplay
10.5.12-B	Using drop shots vs. power shots	Server		
10.5.12-C	Reading defenders' positioning	Rim		
10.5.12-E	Defensive strategies:	Pocket		
10.5.12-F	Rotational movement around the net	Fault		
	Anticipating opponents' shot direction	Rotation		
	Maintaining ready position / quick reaction			