

# Physical Education

Physical Education

Grade(s) 9th - 12th, Duration 1 Year, 1 Credit  
Elective Course

## Course Overview

Only one credit of physical education is required for graduation. Students may choose between high school physical education, lifetime sports, weights, or body conditioning to meet this requirement.

This course will emphasize the development and maintenance of the health-related components of lifetime health and fitness. This course is designed to provide instruction in the following activities: aerobics, frisbee, pickleball, badminton, running/walking, volleyball, basketball, football, and kickball. Activities will include those that are individual in nature and most common in adult recreational programs and/or interest. Some emphasis will also be placed on skill-related health and fitness. Fitness testing will be a part of this course.

Timeframe	Unit	Scope And Sequence
		Instructional Topics
18 Week(s)	Indoor Games	1. Pickleball 2. Badminton 3. Basketball 4. Volleyball 5. Baseball 6. Team Handball
14 Week(s)	Outdoor Games	1. Football 2. Kickball 3. Soccer 4. Ultimate Frisbee 5. Fitness

## Materials and Resources

Athletic clothes and shoes

## Course Details

**Unit:** Indoor Games

**Duration:** 18 Week(s)

### Unit Description

The student will demonstrate consistently the application of indoor sports terms, scoring etiquette and rules of play, skill technique, safety principles, intermediate to advanced game strategies for sports units covered in the instructional program.

### Enduring Understandings (Knowledge & Skills)

In what ways do lifetime sports motivate one to exercise throughout their lives?  
Why is skill development important before competitive activities?

### Academic Vocabulary

Balance  
Communication  
Etiquette  
Follow-Through  
Footwork  
Fundamentals  
Hand-Eye Coordination  
Sportsmanship  
Stance  
Teamwork

### Summative Assessment

math  
science  
history

**Topic:** Pickleball

**Duration:** 3 Week(s)

### Topic Description (short)

Students will demonstrate knowledge of pickleball rules, techniques, skills, and strategies. Students will identify the pickleball court and boundary lines. Students will demonstrate an understanding and application of skills and techniques, and rules and strategies while participating in game play. Students will cooperate with their teammates and compete fairly with opposing players.

### Learning Targets

Dink/Drop  
Double Bounce  
Let

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Lob  
Overhead Smash  
Rally  
Shot  
Volley  
Winner

## Formative Assessment


self reflection  
class review  
teacher observation

## Materials and Resources

Paper Pencil Rules Test  
Skills Test over the Activity

## Learning Targets

The student will analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment).  
The student will consistently demonstrate skill competency in a variety of individual, dual and team sports  
The student will identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports  
The student will summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports.

Learning Targets linked to Priority Standard = 

**Topic:** Badminton

**Duration:** 3 Week(s)

## Topic Description (short)

The purpose of this topic is to introduce the game of badminton and to create an interest and a level of success in the game so that the students will want to continue to participate for the rest of their lives. Introducing the game of badminton at this level is developmentally appropriate for these students because badminton is a lifetime sport and is a sport that will keep the individual active along their life span. This is a fun and enjoyable topic that students will want to participate in because of its competitive nature, but also the ease of the game.

## Learning Targets

Ace  
Backcourt  
Backhand  
Baseline  
Carry  
Clear  
Doubles  
Drive  
Forecourt  
Forehand  
Home Position  
Let  
Lob  
Kill/Kill Shot  
Net Shot  
Racket  
Rally  
Serve  
Service Court  
Short Serve  
Smash

## Formative Assessment

self reflection  
class review  
teacher observation

## Materials and Resources

Paper Pencil Rules Test  
Skills Test over the Activity

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The student will summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports.

Learning Targets linked to Priority Standard = 

**Topic:** Basketball

**Duration:** 3 Week(s)

## Topic Description (short)

In this topic the students will learn about the rules and terms of basketball, proper dribbling and shooting technique, strategies for game play, and students will learn how to work together as a team. This unit will also require physical fitness through warm-up and in game play. This unit will also promote social development and interaction with the other students. The students should show a positive behavior and encourage other students to do their best. The physical and social aspects will promote confidence, self-esteem, and also discover their strengths and weaknesses.

## Learning Targets

Assist  
Backboard  
Basket  
Block  
Bounce Pass  
Chest Pass  
Dribble  
Double Dribble  
Double-Team  
Drive  
Foul  
Free-Throw  
Guarding  
Hoop  
Jump-Shot  
Lay-Up  
Overhead Pass  
Over-Time  
Possession  
Rebound  
Referee  
Rim  
Substitute  
Technical Foul  
Three-Point  
Time-Out  
Travel  
Turnover

## Formative Assessment

self reflection  
class review  
teacher observation

## Materials and Resources

Paper Pencil Rules Test  
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## Learning Targets

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Learning Targets linked to Priority Standard = 

**Topic:** Volleyball

**Duration:** 3 Week(s)

## Topic Description (short)

Instruction and practice of the fundamentals of the game including serving, passing, setting, spiking, and the basic defensive and offensive strategies. Emphasis is placed on the rules and etiquette of the game. Round robin play is included.

## Learning Targets

Ace  
Assist  
Back Row Attack

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Base  
Defense  
Dig  
Double  
Forearm Passing  
Kill  
Lift  
Offense  
Overhead Setting  
Rotation  
Serve  
Serve Receive  
Setting  
Spiking

## Formative Assessment

self reflection  
class review  
teacher observation

## Materials and Resources

Paper Pencil Rules Test  
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The student will summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports.

Learning Targets linked to Priority Standard = 

## Topic: Baseball

Duration: 3 Week(s)

### Topic Description (short)

In this topic the students will learn about the rules and terms of baseball, proper throwing and hitting techniques, strategies for game play, and students will learn how to work together as a team. This unit will also require physical fitness through warm-up and in game play. This unit will also promote social development and interaction with the other students. The students should show a positive behavior and encourage other students to do their best. The physical and social aspects will promote confidence, self-esteem, and also discover their strengths and weaknesses.

### Learning Targets

The student will analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment).


The student will consistently demonstrate skill competency in a variety of individual, dual and team sports

The student will design strategies for improving and monitoring health-related fitness.

The student will identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports

The student will participate in a health-related fitness test to assess personal fitness levels, set fitness goals and develop a plan for self-improvement. Continue assessment periodically to guide changes in the physical activity program.

The student will summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports.

Learning Targets linked to Priority Standard = 

## Topic: Team Handball

Duration: 3 Week(s)

### Topic Description (short)

In this topic the students will learn about the rules and terms of team handball, proper dribbling, passing, and shooting technique, strategies for game play, and students will learn how to work together as a team. This unit will also require physical fitness through warm-up and in game play. This unit will also promote social development and interaction with the other students. The students should show a positive behavior and encourage other students to do their best. The physical and social aspects will promote confidence, self-esteem, and also discover their strengths and weaknesses.

### Learning Targets

The student will analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment).

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Learning Targets linked to Priority Standard = 

## Unit: Outdoor Games

Duration: 14 Week(s)

### Unit Description

The student will demonstrate consistently the application of outdoor sports terms, scoring etiquette and rules of play, skill technique, safety principles, intermediate to advanced game strategies for sports units covered in the instructional program.

### Enduring Understandings (Knowledge & Skills)

How can outdoor activities be used to improve your health?

What activities can improve aerobic intake?

### Academic Vocabulary

Balance

Communication

Etiquette

Follow-Through

Footwork

Fundamentals

Hand-Eye Coordination

Sportsmanship

Stance

Teamwork

### Summative Assessment

science

history

math

## Topic: Football

Duration: 3 Week(s)

### Topic Description (short)

This topic will give the students the actual physical skills that they will need to play a full game of flag football. Each student will be given the opportunity to practice and refine these skills, then apply that into an actual competitive setting.

### Learning Targets

Defensive Play

Down

Downs

End Zone

Flag

Fumble

Hand Off

Interception

Line of Scrimmage

Offensive Play

Offside

Sack

Snap

Touchdown

### Formative Assessment

self reflection

class review

teacher observation

### Materials and Resources

Paper Pencil Rules Test

Skills Test over the Activity


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Learning Targets linked to Priority Standard = 

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**Topic:** Kickball

**Duration:** 3 Week(s)

## Topic Description (short)

The purpose of this topic is to develop competence in skills related to kicking, throwing, and catching. Students will develop an understanding of the rules and strategies of kickball and apply these skills through drills and game situations. There are several variations of the team sport Kickball including All Star Kickball and Windmill.

## Learning Targets

Ball  
Defense  
Double Play  
Fly Ball  
Force Out  
Grounder  
Inning  
On Deck  
Offense  
Strike  
Strike Zone

## Formative Assessment

self reflection  
class review  
teacher observation

## Materials and Resources

Paper Pencil Rules Test  
Skills Test over the Activity


## Learning Targets

The student will analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment).

The student will summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports.

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Learning Targets linked to Priority Standard = 

**Topic:** Soccer

**Duration:** 3 Week(s)

## Topic Description (short)

The students will have a basic, fundamental knowledge for the game of soccer and the skills involved. The students will learn the rules, strategies, positions, and the basic skills of the game. The students will develop the physical skills that will enable them to become better soccer players. The students will learn the skills of dribbling, passing, trapping, shooting, goalkeeping, and offense and defense, all necessary skills that are needed to become a soccer player.

## Learning Targets

Defense  
Forwards  
Foul  
Give and Go  
Goal  
Goal Box  
Goalie  
Juggling  
Mid Fielders  
Offense  
Passing  
Penalty Kick  
Shooting  
Trapping

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Learning Targets linked to Priority Standard = 

## Topic: Ultimate Frisbee

Duration: 3 Week(s)

### Topic Description (short)

Students will learn how to throw a frisbee by using the forehand, backhand, thumber, and overhead technique, and they will learn how to properly catch the frisbee using the pancake or the 1 and 2 hand rim catch. After discussing change of possession and transition from offense to defense the students will play mini games of Ultimate Frisbee.

### Learning Targets

1 and 2 Hand Rim Catch

Backhand Throw

Change of Possession

Forward Pass

Fouls

Marker

Non-Contact

Overhand Throw

Pancake Catch

Self-Officiating

Thrower

### Formative Assessment

self reflection

class review

teacher observation

### Materials and Resources

Paper Pencil Rules Test

Skills Test over the Activity


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Learning Targets linked to Priority Standard = 

## Topic: Fitness

Duration: 2 Week(s)

### Topic Description (short)

The student will participate in a health-related fitness test to assess personal fitness levels, set fitness goals and develop a plan for self-improvement. Continue assessment periodically to guide changes in the physical activity program.

### Learning Targets

Aerobic/Anaerobic

Cardiovascular Endurance

Flexibility

Muscular Strength and Endurance

### Formative Assessment

self reflection

teacher observation

### Materials and Resources

The students will perform the following Presidential Physical Fitness activities during the fall and spring seasons:

Curl-ups

Pull-Ups

Sit and Reach

Shuttle Run

1 Mile Run

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The student will design strategies for improving and monitoring health-related fitness.

Learning Targets linked to Priority Standard = 