

**Physical Education Unit/Outcomes: Each unit is listed with the corresponding State Standards,  
skills and activities**

**Class always starts with exercises and conditioning**

<b>Unit/Standard/Date</b>	<b>Concept</b>	<b>Activity</b>	<b>Essential Learning</b>	<b>Assessment</b>
<b>Swimming</b>	Front stroke Free style	a. Dry land lecture b. Leg kick demo c. Arm demo d. Lap swimming	a. Pull arm in s shape b. leg kick c Breathing/head tilt	Swim observation Timed test
<b>Standard 1.2 Demonstrate Movement skills in aquatics</b>	Breast Stroke	a. Dry land lecture b. Leg kick drill c. Arm usage drill d. Lap swimming using breast and front stroke	a. Arm pull b. Leg kick	Swim observation Drills
<b>Aug. 17-Sept. 4</b>	Back Stroke	a. Student demo b. Floating c. Leg usage d. Arm usage e. Lap swim using front breast and back stroke	a. Keep hips up b. Tilt Head back	Swim observation Drills
	Side Stroke	a. Demo in water b. Arm drill in water c. Leg drill in water  d. Distance swim using any stroke	a. Arm pull b. Legs kick	Swim observation Drills
	Conditioning	Warm up using any a. stroke b. Relays using different strokes c. Water games such as water polo	a. Free style swim b. arm pull s shape c. Pacing - 20 laps	Distance swim test Observation

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<b>Flag Football</b>	Passing -catching	a. Demonstration by teacher on use of arms and legs b. Partners to play catch c. Game play - 3 complete passes is a first down	a. Thumb c. Follow ball in to hands	Practical test
<b>Standard 1</b> Knowledge of motor skills and movement patterns	Rules of the game	a. Lecture by teacher b. Video c. Written test	a. First down b. 11 players on a team c. Basic rules	Written test
<b>Sept 7 - 25</b>	Team Offense - positions	a. Lecture by teacher b. On field demo Game play - students c. make own plays	a. Positions names b. Run plays/Pass plays c. Body types	Written test
	Team Defense - positions	a. Lecture by teacher b. On field demo c. Game play	a. Positions b. Body types	Written test

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<b>Volleyball</b>	Rules - History of the game	a. Lecture b. Handouts c. Test	students will learn basic rules of the game	Written test
<b>Sept. 28 - Oct 30</b> <b>Standard 3.9</b> Recognize and evaluate the role of cooperation and positive interaction with others when participating in physical activity	Types of hits: Bump, Set Spike, Serve	a. Demonstration b. Group work c. Drills - 30 bumps in a row serve in a bucket set to partner	a. Hand position b. Knees bent c. Move feet	Written test Observation Drills
	Spatial Concepts	a. Game Play	a. Hand position b. Knees bent	Observation game play
<b>Basketball</b>	Rules - History of the game	a. Lecture b. Handouts c. Test	a. positions/names Basic rules	Written test
<b>Nov 2 - Dec 4</b>	Shooting	a. Demonstration b. Repetition c. Relays	a. Elbow up/in b. Follow through c. Ball rotation	Teacher observes and checks off
<b>Standard 1.12</b> Demonstrate independent learning of movement skills	Ball Handling - passing dribbling	a. Demonstration b. Videos c. Relays d. Game Play	a. Head up while dribbling b. Fingertip	Drills
	Team Offense	a. Pass and screen away  offense demonstrated by teacher b. Game play - half court	a. Offensive plays b. Position names	Teams create offense Observation
	Team Defense - Zone	a. Lecture on court b. Game play - full court	c. students learn 2-1-2, 1-3-1 and 1 -2 zone	Teacher observes student teams movement
<b>EVERY WEDNESDAY</b> <b>Fitness &amp; Health</b>	Plyometrics Running	a. Drills	a. Conditioning b. Pacer test	a. Times/graph progress b. Observation
<b>Standard 2.4</b> Use fitness test results to set and adjust goals to improve fitness				

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<b>Weight Training</b>	Technique - Terminology	a. Teacher lecture b. Student demonstration	a. Bench/Squat/Curl Blaster/Free weights	Practical technique observation
Jan 12- Feb 5	Safety	a. Teacher lecture	a. Spotter techniques Always use a spotter	
<b>Standard 2.5</b> Improve and maintain physical fitness by adjusting physical activity levels according to principals of exercise	Circuit Training	Small group rotating a. every three minutes	a. Cardio weight training	small group critique
<b>Soccer</b>	Rules - Positions	a. Lecture b. Handouts c. Written test	a. Kickoff b. Off sides c. Positions	Written test b. Quiz
Feb. 8 - March 5	Dribbling - Trapping	Drills - dribble around a. cones b. Relays	a. Inside foot/stopping b. Control	Practical test Drills
<b>Standard 3.8</b> Recognize the value of physical activity in understanding multiculturalism	Goalie Play	a. Demonstrate foot movement  b. Goalie drills stopping ball	a. Goalie rules b. Hand placement c. Thumbs up/down	Observation
	Strategy	a. Game play	a. Keep spacing	Observation
<b>Golf</b>	Keeping score	a. Lecture b. Students will play a  simulated game and keep score	Bogey/Par/Birdie	Written score card
March 8 - March 19	Clubs selection	a. Demonstration	When to use which club	Quiz
<b>Standard 1.2</b> Demonstrate independent learning of movement skills	Golf Swing	a. Demonstration  b. Drills-practice hitting balls c. Game play d.	a. Back swing  b. Follow through c. Eyes on ball/head down	Observation
	Golf Etiquette	a. Lecture b.	a. Order of play b. Game etiquette	

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<b>Physical Fitness</b>  <b>TESTING</b> March 22 - April 1  Dec. 7 - Dec. 18 Standard 2.4 Use test results to set and adjust goals to improve fitness	1. Sit and reach  2. Push up 3. 1 Mile run  4. Sit Up 5. Pacer 6. Shoulder reach 7. Back Stretch	All events will start will basic instruction on technique and national average. The students will then complete each event. Charts will be used for motivation	a. Legs straight/hand over hand  b. Back straight c. Pace  d. Feet flat e. Pace	Practical test  State Test
<b>Softball</b> April 20 - May 21	Catching	a. Demonstration b. Playing catch	a. Glove position	Check off sheet - test
	Batting	a. Demonstration b. Game play	a. Elbow up/bat grip b. Stance	
<b>Standard 3.7</b> Analyze the role that physical activity plays in social interaction	Throwing   Positions	a. Demonstration b. Critique by teacher  c. Warm up by playing catch each day d. Game play	a. Step forward/follow through   b. Name position	Written test
<b>Track and Field</b>  April 12 - April 19	Throwing Events	a. Teacher demonstrates b. drills c. Students practice d. Competition	a. Shot put form b. Discus form	Observation
	High Jump	a. Demonstration b. Practice	a. Take off inside foot b. Arch back	Observation
<b>Standard 1.2</b> Demonstrate proficient movement skills				

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<b>Games of Lower Organization throughout the year</b> May 24 - June 4	Wiffle Ball Indoor soccer Kick ball Frisbee football	a. These games will start with basic instruction on rules, followed by game play		Graded on participation
<b>Standard 3.9</b> Recognize and evaluate the role of cooperation and positive interaction with others when participating in physical activity				