Year: 2017-18 Teacher: CORE PhysEd 6 Course: PhysEd 6 Month: All Months Throwing, Catching, Pass S Team Game Football ~ Patterns, Game Situations, Offensive **Strategies and Defensive** Strategies. e **Essential Questions** Content Knowledge and Skills Vocabulary Assessments Lessons Resources Standards Grip, Proper hand Students will consider Football, Game Plan, Football Unit Skills-10.5.6.F-Concepts, Principles and p How does applying placement on the football, their responsibility in Touchdown, 9/30/2017 Throwing & Strategies of Movement ~ Identify strategy in game play lead to success? Catching, and Throwing safe play during physical Defense, Offense. Catching and apply game strategies to basic activities. games and physical activities. e Rules, Offensive Plays, m **Defensive Strategies** b How does applying strategy in game play lead to success? e **Small Games** How does applying strategy in game play lead to success? How does applying strategy in game play lead to success? Dribbling, passing, Team Game Soccer ~ trapping, shooting, teamwork, skills, offensive strategies, defensive strategies Vocabulary **Essential Questions** Content Knowledge and Skills Assessments Lessons Resources Standards Proper foot position, Students will conside Soccer ball, Game Skills -10.5.6.F-Concepts, Principles and How does applying Soccer Unit strategy in game play lead striking the soccer ball, their responsibility in Strategies, Goal, 9/28/2017 Striking, Strategies of Movement ~ Identify safe play during physical Defense, Offense, and apply game strategies to basic to success? and trapping Shooting, activities. games and physical activities. Trapping

t

How does applying shooting, offensive plays, strategy in game play lead defensive strategies. to success? How does applying Small Games strategy in game play lead to success? How does applying Games strategy in game play lead to success? Fitness Friday ~ The students will participate in Fitness Friday Activities. These

activities are geared towards physical fitness

	10 11 al più 70 loai 11 li li lo						
	and cross training.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness	Repitition, Cross Fit,	Students will explain the	Repetitions, Proper	Fitness Friday	Fitness		10.3.6.D-Safety and Injury
improve personal	Proper lifting techniques,	effects of regular	Technique,	5/1/2017			Prevention ~ Analyze the role of
fitness/health?	Sets, Quality, Quantity,	participation in	Maximum Reps,				individual responsibility for safety
	Exercise, Strength,	moderate to vigorous	Fitness, Fitness				during physical activity.
	Endurance. Life Long	physical activities on the	Stations, Presidential				10.4.6.A-Physical Activity ~ Identify
	Fitness and Wellness,	body systems.	Fitness Testing, Cross				and engage in moderate to
	Aerobics vs.		Training, Core				vigorous physical activities that
	Cardiovascular, Anaerobic,		Training, Reps,				contribute to physical fitness and
	Intemnsity, Frequency.		Proper Technique,				health.
			Warm-Up, and Cool				10.4.6.B-Physical Activity ~ Explain
			Down.				the effects of regular participation
							in moderate to vigorous physical
							activities on the body systems.
							10.4.6.C-Physical Activity ~ Identify
							and apply ways to monitor and

assess the body's response to moderate to vigorous physical

activity.

How does physical fitness improve personal fitness/health?

O Tennis ~ Serve, Volley, Forehand, Backhand, Scoring, Singles, Doubles

С								
_	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	
o b e	How does individual strategies lead to success in game play? How does individual strategies lead to success in game play? How does individual strategies lead to success in game play? How does individual strategies lead to success in game play? How does individual strategies lead to success in game play?	Racquet Grip, Serve Forehand Backhand		Tennis Racquet, Serve, Volley, Scoring, Singles, Doubles, Lines, Love, Game, Set, Match, Backhand, Forehand.	Tennis 10/31/2017	LESSOTIS	Resources	10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills.
	Team Building ~	Practice, Volley Scoring, Singles, Doubles, Lines, Love, Students will participate in Team Building Activities: Castleball, Alaskan Baseball, Group Activities, Puzzles, Traffic						
		Jam, Ladder, Obstacle Course.						
	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	How does teamwork lead to group cooperation?	Team Building Puzzle	Students will consider their responsibility in safe play during physical activities.	Team work, Responsibility, Listening, Trial and Error, Support, Communication.	Team Building 10/31/2017			10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.
	How does teamwork lead to group cooperation?	Team Building Games						

How does teamwork lead to group cooperation

Fitness Friday ~

improve personal fitness/health?

N Basketball ~

Team Building Games
The students will
participate in Fitness
Friday Activities. These
activities are geared
towards physical fitness

The students will be able

to properly dribble, pass,

shoot along with offensive and defensive strategies in Basketball.

and cross training.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.	Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	Technique, Maximum Reps, Fitness, Fitness		Fitness		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
How does physical fitness							

0							
	Essential Questions	Content Dribbling Dassing	Knowledge and Skills Students will implement	Vocabulary Dribbling Passing	Assessments Basketball	Lessons Resources Dribbling/Pa	Standards 10.5.6.A-Concepts, Principles and
V	How can strategies affect the outcome of a game or	Dribbling, Passing	game management	Dribblilng, Passing, Shooting, Foul,	Assessment	ssing	Strategies of Movement ~ Explain
	physical activity?		strategies to affect the	Basketball Court,	11/30/2016	331118	and apply the basic movement
	projection determines.		outcome of a game.	Net, Backboard, Rim,			skills and concepts to create and
			o o	Score, Foul, Free			perform movement sequences and
				Throw, Lane, 3 Point			advanced skills.
е				Arc and Game		Shooting	10.5.6.F-Concepts, Principles and
				Strategies.			Strategies of Movement ~ Identify
							and apply game strategies to basic
							games and physical activities.
n	١					Lay Ups	10.3.6.D-Safety and Injury
							Prevention ~ Analyze the role of
							individual responsibility for safety
	Harris and about a street of the st					CII	during physical activity.
D	How can strategies affect the outcome of a game or					Small Games	
	physical activity?					dailles	
e							
r		Shooting, Foul Shots					
	How can strategies affect						
	the outcome of a game or						
	physical activity?						
	How can strategies affect						
	the outcome of a game or						
	physical activity?	Shooting, Jump Shot					
	How can strategies affect	Shooting, Jump Shot					
	the outcome of a game or						
	physical activity?						
		Lay-up, Rebound					
		Basketball Court, Offense					
		Strategies, Defense					
		Strategies, Hand Eye					
		Coordination,					

Fita and Hait or	The students will
Fitness Unit ~	ine students will
	participate in Fitness
	Activities for the month
	which include climbing
	wall, aerobics, fitness
	stations, weight training,
	and cardiovascular
	evercise

	exercise.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can strategies affect	Proper Technique for	Students will explain the	Technique, Proper	Fitness Routine	Fitness		10.4.6.A-Physical Activity ~ Identify
the outcome of a game or	Climbing Wall, Cargo Net,	effects of regular	Form, Quality over	Sheet	Stations		and engage in moderate to
physical activity?	Weight Equipment	participation in	Quantity,	11/30/2017			vigorous physical activities that
	Stations, Treadmill,	moderate to vigorous	Repetitions, Max.				contribute to physical fitness and
	Stationary Bikes, Elliptical	physical activities on the	Load, Sets, Muscle,				health.
		body systems.	Fat, Mass, Weight,				
			Bench, Squats,		Station		10.4.6.B-Physical Activity ~ Explain
			Stationary Bike,		Rotations		the effects of regular participation
			Elliptical, Treadmill,				in moderate to vigorous physical
			Stations, Muscle				activities on the body systems.
			Tone, Fitness, and				
			Safety.				10.4.6.C-Physical Activity ~ Identify
							and apply ways to monitor and
							assess the body's response to
							moderate to vigorous physical
							activity.
							10.4.6.E-Physical Activity ~ Identify
							factors that have an impact on the
							relationship between regular
							participation in physical activity
							and the degree of motor skill
							improvement.
How can strategies affect	Workout Fitness Stations,						10.4.6.F-Physical Activity ~ Identify
the outcome of a game or	Weight Equipment						and describe positive and negative
physical activity?	Stations, Climbing Wall,						interactions of group members in
	Cargo Net, Treadmill,						physical activities.
	Stationary Bike, Elliptical						

Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

How can strategies affect the outcome of a game or physical activity?

> Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

Aerobics

How can strategies affect the outcome of a game or physical activity? Fitness Friday ~

The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.

	and cross training.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.	effects of regular participation in moderate to vigorous physical activities on the body systems.	Technique, Maximum Reps, Fitness, Fitness		Fitness		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

How does physical fitness improve personal fitness/health? D Fitness Unit ~

The students will

participate in Fitness Activities for the month which include climbing wall, aerobics, fitness stations, weight training, and cardiovascular exercise.

е	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
С	How can strategies affect	Proper Technique for	Students will explain the	Technique, Proper	Fitness Routine	Fitness		10.4.6.A-Physical Activity ~ Identify
	the outcome of a game or	Climbing Wall, Cargo Net,	effects of regular	Form, Quality over	Sheet	Stations		and engage in moderate to
	physical activity?	Weight Equipment	participation in	Quantity,	12/21/2016			vigorous physical activities that
		Stations, Treadmill,	moderate to vigorous	Repetitions, Max.				contribute to physical fitness and
		Stationary Bikes, Elliptical	physical activities on the body systems.	Load, Sets, Muscle, Fat, Mass, Weight,				health.
е			body systems.	Bench, Squats,		Station		10.4.6.B-Physical Activity ~ Explain
·				Stationary Bike,		Rotations		the effects of regular participation
				Elliptical, Treadmill,				in moderate to vigorous physical
				Stations, Muscle				activities on the body systems.
				Tone, Fitness, and				
n	1			Safety.				10.4.6.C-Physical Activity ~ Identify
								and apply ways to monitor and
								assess the body's response to moderate to vigorous physical
								activity.
b								10.4.6.E-Physical Activity ~ Identify
								factors that have an impact on the
								relationship between regular
								participation in physical activity
								and the degree of motor skill
								improvement.

е	How can strategies affect the outcome of a game or physical activity?	Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill,
		Stationary Bike, Elliptical
r		Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical
	How can strategies affect the outcome of a game or physical activity?	Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical
	How can strategies affect the outcome of a game or physical activity?	Aerobics

10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.

Basketball ~

Students will participate in Basketball Skills, Practice and lead up Games.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness	Rules of Basketball, Proper	Students will recognize	Basketball, Dribbling,	Basketball Unit	Dribbling		10.5.6.B-Concepts, Principles and
improve personal	Dribbling Skills, Proper	the impact the	Shooting, Rebound,	12/20/2017			Strategies of Movement ~ Identify
fitness/health?	Passing Skills	relationship between	Lay-up, Dunk, Foul				and apply the concepts of motor
		regular participation in	Shot, Jump Shot, 2				skill development to a variety of
		physical activity and the	point Shot, 3 point				basic skills.
		degree of motor skill	shot, And 1, Baseline,				
		development.	Lane, Rim, Goal				

Students will consider
their responsibility in
safe play during physica
activities.

Tending, Sideline, Basketball Court. Possession Arrow. Jump Ball, Tip Off, Foul, Technical Foul. 10.5.6.C-Concepts, Principles and Strategies of Movement ~ Describe the relationship between practice and skill development.

Proper Shooting Skills

Proper Rebound Skills,

Defensive Strategies,

Offensive Strategies

Small Games.

Content

Exercise, Strength,

Endurance.

How does physical fitness

improve personal fitness/health?

How does physical fitness improve personal

fitness/health? How does physical fitness

improve personal fitness/health?

Essential Questions

improve personal

fitness/health?

How does physical fitness

Fitness Friday ~

The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.

Knowledge and Skills Vocabulary Assessments Lessons **Resources Standards** Repitition, Cross Fit, Students will explain the Repetitions, Proper Fitness Friday Fitness Proper lifting techniques, effects of regular Technique, 12/21/2016 Sets, Quality, Quantity, participation in Maximum Reps, moderate to vigorous Fitness, Fitness physical activities on the Stations, Presidential body systems. Fitness Testing, Cross Training, Core Training, Reps,

Proper Technique,

Warm-Up, and Cool

Down.

10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.

10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

How does physical fitness improve personal fitness/health?

J Archery ~

The students will participate in Archery during class.

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	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons R	esources	Standards
n	Identify and use scientific	Archery Equipment	students will identify and	Bow, Arrow, Nock,	Archery	Archery		10.5.6.B-Concepts, Principles and
	principles that affect basic	Names, Safety, Rules,	use scientific principles	String, Aim, Release,	1/31/2018			Strategies of Movement ~ Identify
	movement and skills using	Demonstration	that affect basic	Follow Through, Tip,				and apply the concepts of motor
	appropriate vocabulary.		movement and skills	Shaft, Target, Draw				skill development to a variety of
			using appropriate	Legnth, Pully.				basic skills.
u			vocabulary.					10.5.6.C-Concepts, Principles and
								Strategies of Movement ~ Describe
								the relationship between practice
								and skill development.
								·
а								10.5.6.F-Concepts, Principles and
								Strategies of Movement ~ Identify
								and apply game strategies to basic
								games and physical activities.
								. ,

y Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

> proper Shooting Rules, Practice

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

Review of Equipment and

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

Safety, Scoring of Archery

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

Tic Tac Toe

Fitness Unit ~

Baloon Shoot
The students will
participate in Fitness
Activities for the month
which include climbing
wall, aerobics, fitness
stations, weight training,
and cardiovascular
exercise.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can strategies affect	Proper Technique for	Students will explain the	Technique, Proper	Fitness Routine	Fitness		10.4.6.A-Physical Activity ~ Identify
the outcome of a game or	Climbing Wall, Cargo Net,	effects of regular	Form, Quality over	Sheet	Stations		and engage in moderate to
physical activity?	Weight Equipment	participation in	Quantity,	12/21/2016			vigorous physical activities that
	Stations, Treadmill,	moderate to vigorous	Repetitions, Max.				contribute to physical fitness and
	Stationary Bikes, Elliptical	physical activities on the	Load, Sets, Muscle,				health.
		body systems.	Fat, Mass, Weight,				
			Bench, Squats,		Station		10.4.6.B-Physical Activity ~ Explain
			Stationary Bike,		Rotations		the effects of regular participation
			Elliptical, Treadmill,				in moderate to vigorous physical
			Stations, Muscle				activities on the body systems.
			Tone, Fitness, and				
			Safety.				10.4.6.C-Physical Activity ~ Identify
							and apply ways to monitor and
							assess the body's response to
							moderate to vigorous physical
							activity.

the outcome of a game or Weight Equipment physical activity?

How can strategies affect Workout Fitness Stations, Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

> Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

How can strategies affect the outcome of a game or physical activity?

> Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

Aerobics

How can strategies affect the outcome of a game or physical activity? Fitness Friday ~

The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.

10.4.6.E-Physical Activity ~ Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. 10.4.6.F-Physical Activity ~ Identify

and describe positive and negative interactions of group members in physical activities.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness	Repitition, Cross Fit,	Students will explain the	Repetitions, Proper	Fitness Friday	Fitness		10.3.6.D-Safety and Injury
improve personal	Proper lifting techniques,	effects of regular	Technique,	1/25/2017			Prevention ~ Analyze the role of
fitness/health?	Sets, Quality, Quantity,	participation in	Maximum Reps,				individual responsibility for safety
	Exercise, Strength,	moderate to vigorous	Fitness, Fitness				during physical activity.

Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.

physical activities on the body systems.

Stations, Presidential Fitness Testing, Cross Training, Core

Stations, Presidential
Fitness Testing, Cross
Training, Core
Training, Reps,
Proper Technique,
Warm-Up, and Cool
Down.

10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

How does physical fitness improve personal fitness/health?

F Fitness Unit ~

The students will participate in Fitness Activities for the month which include climbing wall, aerobics, fitness stations, weight training, and cardiovascular exercise.

e Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
b How can strategies affect the outcome of a game or physical activity?	Proper Technique for Climbing Wall, Cargo Net, Weight Equipment Stations, Treadmill, Stationary Bikes, Elliptical	Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	Form, Quality over Quantity, Repetitions, Max.	Fitness Routine Sheet 12/21/2016	Fitness Stations		10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
r			Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone, Fitness, and		Station Rotations		10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

u Safety.

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r How can strategies affect Workout Fitness State
the outcome of a game or Physical activity? Weight Equipment
Stations, Climbing V

Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

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Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

How can strategies affect the outcome of a game or physical activity?

> Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical

Aerobics

How can strategies affect the outcome of a game or physical activity? Cooperative Games ~

> Cooperative Games Unit -Students will participate in a variety of cooperative game activities.

10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

10.4.6.E-Physical Activity ~ Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons Resources	Standards
How does following directions relate to safe play?	Team Building - Alaskan Baseball/Traffic Jam/Team Puzzles/Fox, Goose, Corn and Boatsman	Describe factors that affect childhood physical activity preferences.	Team Work, Team Building, Cooperation, Working together, Safety, Listening,	Cooperative Games 2/28/2018	Cooperative Game - Alaskan Baseball	10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.
-Injury prevention		-Enjoyment	Strategy, Final Outcome, and Trial and Error.			10.4.6.D-Physical Activity ~ Describe factors that affect childhood physical activity preferences.
-accident prevention		-Personal interest				10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.
-enhance the flow of		-social experience				
game						
		-opportunities to				
		learn new activities				
		-parental preference				
	Team Building - Castleball,	-environment				
Mhat factare office	Critter Soup					
What factors affect						
childhood physical activity preferences?						
-enjoyment						
-personal interest						
-social experience		Indentify and describe				
·		positive and negative				
		intractions of group				
		members in physical				
		activities.				
-opportunities to learn		-leading				
new activities		fallandas				
-parental preference-environment		-following -teamwork				
-environment		-etiquette				
		-adherence to rules				
	Team Building - Balance					
	Cube, Marble Roll					

How can positive and negative interactions of group members in physical activities?

-leading

-following

Indentify and describe positive and negative intractions of group members in physical

activities.

-leading -teamwork -following -etiquette -adherence to rules -teamwork -etiquette

-adherence to rules

Team Building - Team

Games

How can positive and negative interactions of group members in physical activities?

-leading

-following

-teamwork

Indentify and describe positive and negative intractions of group members in physical

activities.

-etiquette -adherence to rules -leading -following -teamwork -etiquette

-adherence to rules

Fitness Fridays ~

The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does moderate to vigorous physical activity contribute to physical fitness and health?	Fitness Stations, Proper lifting techniques and Presidential Fitness Testing, Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	moderate to vigorous	Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.		Fitness		10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

M Badminton

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	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r	What are the positive and	Serve, Ralley, Smash,	Students will consider	Serve, Proper Grip,	Badminton	Badminton		10.5.6.C-Concepts, Principles and
	negative effects of group	Fault, Let, Birdie,	their responsiblity in safe	Rally, Smash, Fault,	Assessement			Strategies of Movement ~ Describe
	adolescents during	Badminton Racquet, Net,	play during physical	Birdie, Net, Service	3/31/2018			the relationship between practice
	physical activity?	Standards, Net Height,	activities.	Area, Receiving Area,				and skill development.
		Serving Rotation.		Diagonal Serve,				
С				Return, Badminton				10.5.6.F-Concepts, Principles and
				Racquet.				Strategies of Movement ~ Identify
								and apply game strategies to basic
								games and physical activities.
h			Students will implement					
			game management					
			strategies to affect the					
			outcome of a game.					

How does following directions relate to safe play?

- -injury prevention
- -accident prevention
- -enhance the flow of

game

Physical Fitness Testing

Facestial Out 1	Combant	Karadada a 10111	Marah olam	A		Dana	Chandrada
Essential Questions How does physical fitness improve personal fitness/health?	Content Sit-ups, pull-ups, sit-n- reach, mile run, shuttle run.	Knowledge and Skills Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activityheart rate monitoring	Vocabulary Sit-Ups, Push-Ups, Sit N-Reach, Mile, Shuttle Run, Personal Goals, Challenge, Proper Technique	Physical	Presidential Physical Fitness Challenge	Resources	Standards 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
		-checking blood pressure					10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
How does physical fitness		-fitness assessment					
improve personal fitness/health?							
Fitness Friday ~	The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	Technique, Maximum Reps, Fitness, Fitness	Fitness Friday 3/29/2017	Fitness		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

How does physical fitness improve personal fitness/health?

A Softball/Baseball

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	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r	What are the positive and	Proper throwing and	Throwing, catching,	Throwing, catching,	Softball/	Softball/		10.5.6.B-Concepts, Principles and
	negative effects of group	catchiing.	fielding, proper position,	fielding, safe, 1st	Baseball	Baseball		Strategies of Movement ~ Identify
	adolescents during		proper stance, safety,	base, 2nd base, 3rd	4/30/2017			and apply the concepts of motor
	physical activity?		proper swing of bat,	base, home plate, 1st				skill development to a variety of
			running the bases, rules	baseman, 2nd				basic skills.
i			of the game.	baseman, 3rd				10.5.6.C-Concepts, Principles and
				baseman, shortstop,				Strategies of Movement ~ Describe
				catcher, pitcher, left				the relationship between practice
				field, right field,				and skill development.
				center field, base				
- 1				path, 3 outs, 3				10.5.6.F-Concepts, Principles and
				strikes, balls, bunt,				Strategies of Movement ~ Identify
				steal, force out, tag				and apply game strategies to basic
				out.				games and physical activities.

How does following directions relate to safe play?
-injury prevention

- -accident prevention
- -enhance the flow of game Proper fielding of the ball, ground ball or fly ball.

Proper batting of the ball.

How does physical fitness improve personal fitness/health?

Practice all of the skills.

Game with all of the skills.

Track and Field

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health? How does physical fitness improve personal fitness/health? How does physical fitness improve personal fitness/health? How does physical fitness improve personal fitness/health? How does physical fitness improve personal fitness/health? How does physical fitness improve personal fitness/health? How does physical fitness improve personal fitness/health?	Proper Technique, Proper Form, Proper Throwing Motion, Proper Steps. Practice the event. Getting your steps down. Form running. Practice the event. Add teamwork. Working on Proper Form. Track and Field Events. Students will compete in events that they select.	Knowledge and Skills Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems	Technique, Fitness, Steps, Proper Form, Warm-up, Cool-	Assessments Track & Field 4/30/2017	Track & Field	Resources	Standards 10.5.6.A-Concepts, Principles and Strategies of Movement ~ Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills. 10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.E-Physical Activity ~ Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
,	Track and Field Events						

continued.

itness Friday ~	The students will				
	participate in Fitness				
	Friday Activities. These				
	activities are geared				
	towards physical fitness				

and cross training.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.	Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	Technique, Maximum Reps, Fitness, Fitness	Fitness Friday 4/30/2017	Fitness		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
How does physical fitness improve personal fitness/health? ITchoukbal/Outdoor Games							10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

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	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
}	How does applying	Passing, Catching, Team	Students will implement	Passing, Shooting,		Tchoukball		10.5.6.A-Concepts, Principles and
	strategy in game play lead	Strategies, Offense	game management	Teamwork, Turnover,				Strategies of Movement ~ Explain
	to success?	Strategies, Defense	strategies to affect the	handeye				and apply the basic movement
		Strategies, Rules	outcome of a game.	coordination				skills and concepts to create and
								perform movement sequences and
								advanced skills.

10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills.

How does applying strategy in game play lead to success?
How does applying strategy in game play lead to success?
How does applying strategy in game play lead to success?
Tennis Continued From Fall

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does individual strategies lead to success in game play?	Racquet Grip, Serve	Students will implement game management strategies to affect the outcome of a game.	Tennis Racquet, Serve, Volley, Scoring, Singles, Doubles, Lines, Love, Game, Set, Match, Backhand, Forehand		Tennis		10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills. 10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
How does individual strategies lead to success in game play?	Forehand						
How does individual strategies lead to success in game play?	Backhand						
How does individual strategies lead to success in game play?	Practice, Volley						
Fitness Friday ~	The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.						

How does physical fitness Repitition, Cross Fit, improve personal Proper lifting techniques, fitness/health? Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency. Endurance. Life Long Proper lifting techniques, effects of regular Technique, participation in Maximum Reps, individual responsibility for some during physical activity. Stations, Presidential fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency. Endurance Life Long Physical activities on the Stations, Presidential fitness Testing, Cross and engage in moderate to vigorous physical activities the Contribute to physical fitness Proper Technique, warm-Up, and Cool Down. Endurance Life Long Physical activity or Idea activities on the Stations, Presidential fitness Testing, Cross and engage in moderate to vigorous physical activities the Contribute to physical fitness Proper Technique, warm-Up, and Cool Down. Endurance Life Long Physical activity or Idea act	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
and apply ways to monitor at assess the body's response to	How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic,	Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool	Fitness Friday 5/31/2017		Ness arees	10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity. 10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical

improve personal fitness/health?