

Teacher: CORE PhysEd 6  
 Course: PhysEd 6

Year: 2017-18  
 Month: All Months

S Team Game Football ~ **Throwing, Catching, Pass Patterns, Game Situations, Offensive Strategies and Defensive Strategies.**

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does applying strategy in game play lead to success?	Grip, Proper hand placement on the football, Catching, and Throwing	Students will consider their responsibility in safe play during physical activities.	Football, Game Plan, Touchdown, Defense, Offense.	Football Unit 9/30/2017	Skills- Throwing & Catching		10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
	Rules, Offensive Plays, Defensive Strategies						
How does applying strategy in game play lead to success?							
How does applying strategy in game play lead to success?	Small Games						
Team Game Soccer ~	<b>Dribbling, passing, trapping, shooting, teamwork, skills, offensive strategies, defensive strategies</b>						

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does applying strategy in game play lead to success?	Proper foot position, striking the soccer ball, and trapping	Students will consider their responsibility in safe play during physical activities.	Soccer ball, Game Strategies, Goal, Defense, Offense,	Soccer Unit 9/28/2017	Skills - Striking, Shooting, Trapping		10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.

How does applying strategy in game play lead to success? shooting, offensive plays, defensive strategies.

How does applying strategy in game play lead to success? Small Games

How does applying strategy in game play lead to success? Games

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?	Repetition, 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.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	Fitness Friday 5/1/2017	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? O Tennis ~	<b>Serve, Volley, Forehand, Backhand, Scoring, Singles, Doubles</b>						

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 10/31/2017			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 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 Scoring, Singles, Doubles, Lines, Love,						
Team Building ~	<b>Students will participate in Team Building Activities: Castleball, Alaskan Baseball, Group Activities, Puzzles, Traffic Jam, Ladder, Obstacle Course.</b>						
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

Team Building Games  
 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?	Repetition, 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.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	Fitness Friday 10/26/2016	Fitness		<p>10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p>
How does physical fitness improve personal fitness/health?							
N Basketball ~	<b>The students will be able to properly dribble, pass, shoot along with offensive and defensive strategies in Basketball.</b>						

	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
o								
v	How can strategies affect the outcome of a game or physical activity?	Dribbling, Passing	Students will implement game management strategies to affect the outcome of a game.	Dribbling, Passing, Shooting, Foul, Basketball Court, Net, Backboard, Rim, Score, Foul, Free Throw, Lane, 3 Point Arc and Game Strategies.	Basketball Assessment 11/30/2016	Dribbling/Passing		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.
e						Shooting		10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
m						Lay Ups		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.
b	How can strategies affect the outcome of a game or physical activity?					Small Games		
e								
r	How can strategies affect the outcome of a game or physical activity?	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 the outcome of a game or physical activity?	Lay-up, Rebound Basketball Court, Offense Strategies, Defense Strategies, Hand Eye Coordination,						

Fitness Unit ~

**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 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.	Technique, Proper Form, Quality over Quantity, Repetitions, Max. Load, Sets, Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone, Fitness, and Safety.	Fitness Routine Sheet 11/30/2017	Fitness Stations  Station Rotations		<p>10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>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.</p> <p>10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.</p>
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						

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

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?	Repetition, 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.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	Fitness Friday 11/30/2016	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.**

e	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
c	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.	Technique, Proper Form, Quality over Quantity, Repetitions, Max. Load, Sets, Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone, Fitness, and Safety.	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.
e						Station Rotations		10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
m								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.



e 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

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

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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

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

Aerobics

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 improve personal fitness/health?	Rules of Basketball, Proper Dribbling Skills, Proper Passing Skills	Students will recognize the impact the relationship between regular participation in physical activity and the degree of motor skill development.	Basketball, Dribbling, Shooting, Rebound, Lay-up, Dunk, Foul Shot, Jump Shot, 2 point Shot, 3 point shot, And 1, Baseline, Lane, Rim, Goal	Basketball Unit 12/20/2017	Dribbling		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.

Students will consider their responsibility in safe play during physical 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

How does physical fitness improve personal fitness/health?

How does physical fitness improve personal fitness/health?

How does physical fitness improve personal fitness/health?

Fitness Friday ~

Proper Rebound Skills, Defensive Strategies, Offensive Strategies Small Games.

**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?	Repetition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance.	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 Down.	Fitness Friday 12/21/2016	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.

Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, 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.**

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

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  
Balloon Shoot

Fitness Unit ~

**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 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.	Technique, Proper Form, Quality over Quantity, Repetitions, Max. Load, Sets, Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone, Fitness, and Safety.	Fitness Routine Sheet 12/21/2016	Fitness Stations  Station Rotations		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.

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.

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

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.**

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

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

physical activities on the body systems.

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.	Technique, Proper Form, Quality over Quantity, Repetitions, Max. Load, Sets, Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone, Fitness, and	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						Station Rotations		10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

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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.

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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.

r 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

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

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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

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

Aerobics

Cooperative Games ~

Cooperative Games Unit - Students will participate in a variety of cooperative game 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, Strategy, Final Outcome, and Trial and Error.	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					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 game		-social experience					
		-opportunities to learn new activities					
		-parental preference					
	Team Building - Castleball, Critter Soup	-environment					
What factors affect childhood physical activity preferences?							
-enjoyment							
-personal interest							
-social experience		Identify and describe positive and negative interactions of group members in physical activities.					
-opportunities to learn new activities		-leading					
-parental preference		-following					
-environment		-teamwork					
		-etiquette					
		-adherence to rules					
	Team Building - Balance Cube, Marble Roll						



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

- leading
- following

- teamwork
- etiquette
- adherence to rules

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

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

#### Team Building - Team Games

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

- leading
- following
- teamwork

- etiquette
- adherence to rules

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

- 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.	Students will engage in moderate to vigorous activity during physical fitness activity.  Students will be able to put in operation ways to monitor and assess the body's response to moderate to vigorous physical activity.	Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	Fitness 2/28/2018	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

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

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Sit-ups, pull-ups, sit-n-reach, mile run, shuttle run.	Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. -heart rate monitoring  -checking blood pressure  -fitness assessment	Sit-Ups, Push-Ups, Sit-N-Reach, Mile, Shuttle Run, Personal Goals, Challenge, Proper Technique	Presidential Physical Fitness Challenge 3/29/2017	Presidential Physical Fitness Challenge		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? Fitness Friday ~	<b>The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.</b>						

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repetition, 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.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	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

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What are the positive and negative effects of group adolescents during physical activity?	Proper throwing and catching.	Throwing, catching, fielding, proper position, proper stance, safety, proper swing of bat, running the bases, rules of the game.	Throwing, catching, fielding, safe, 1st base, 2nd base, 3rd base, home plate, 1st baseman, 2nd baseman, 3rd baseman, shortstop, catcher, pitcher, left field, right field, center field, base path, 3 outs, 3 strikes, balls, bunt, steal, force out, tag out.	Softball/ Baseball 4/30/2017	Softball/ Baseball		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.C-Concepts, Principles and Strategies of Movement ~ Describe the relationship between practice and skill development. 10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic 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?	Proper Technique, Proper Form, Proper Throwing Motion, Proper Steps.	Students will explain the effects of regular participation in moderate to vigorous physical activities on the body systems	Repetition, Proper Technique, Fitness, Steps, Proper Form, Warm-up, Cool-down, Safety, Teamwork, Measuring, Hand off, Relays, Hurddles, High Jump, Long Jump, Turbo Jav, Shot Put.	Track & Field 4/30/2017	Track & Field		<p>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.</p> <p>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.</p> <p>10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>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.</p>
How does physical fitness improve personal fitness/health?	Practice the event. Getting your steps down. Form running.						
How does physical fitness improve personal fitness/health?	Practice the event. Add teamwork. Working on Proper Form.						
How does physical fitness improve personal fitness/health?	Track and Field Events. Students will compete in events that they select.						
How does physical fitness improve personal fitness/health?	Track and Field Events continued.						

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?	Repetition, 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.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	Fitness Friday 4/30/2017	Fitness		<p>10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p>

How does physical fitness improve personal fitness/health?

MTchoukbal/Outdoor Games

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Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
y How does applying strategy in game play lead to success?	Passing, Catching, Team Strategies, Offense Strategies, Defense Strategies, Rules	Students will implement game management strategies to affect the outcome of a game.	Passing, Shooting, Teamwork, Turnover, handeye coordination		Tchoukball		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.

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 ~	<b>The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.</b>						

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repetition, 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.	Repetitions, Proper Technique, Maximum Reps, Fitness, Fitness Stations, Presidential Fitness Testing, Cross Training, Core Training, Reps, Proper Technique, Warm-Up, and Cool Down.	Fitness Friday 5/31/2017	Fitness		<p>10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.6.A-Physical Activity ~ Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p>

How does physical fitness improve personal fitness/health?