

Teacher: CORE PhysEd 7
 Course: PhysEd 7

Year: 2016-17
 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, Throwing, Rules, Offensive Plays, Defensive Strategies.	Students will consider their responsibility in safe play during physical activities.	Football, Game Plan, Touchdown, Defense, Offense.	Football Unit 9/30/2016	Skills- Throwing & Catching		10.5.9.C-Concepts, Principles and Strategies of Movement ~ Identify and apply practice strategies for skill improvement. 10.5.9.F-Concepts, Principles and Strategies of Movement ~ Describe and apply game strategies to complex games and physical activities.

m Team Game Soccer ~ **Dribbling, passing, trapping, shooting, teamwork, skills, offensive strategies, defensive strategies**

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, trapping, shooting, offensive plays, defensive strategies.	Students will consider their responsibility in safe play during physical activities.	Soccer ball, Game Strategies, Goal, Defense, Offense,	Soccer Unit 9/30/2016	Skills - Striking, Shooting, Trapping		10.5.9.B-Concepts, Principles and Strategies of Movement ~ Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. 10.5.9.C-Concepts, Principles and Strategies of Movement ~ Identify and apply practice strategies for skill improvement. 10.5.9.F-Concepts, Principles and Strategies of Movement ~ Describe and apply game strategies to complex games and physical activities.

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
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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.	Strength	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness	10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents. 10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
		Endurance: cardiovascular, muscle				
		Flexibility Agility Speed				

O Tennis ~

Serve, Volley, Forehand, Backhand, Scoring, Singles, Doubles

c

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
t How does individual strategies lead to success in game play?	Racquet Grip, Serve, Backhand, Forehand, Volley, Scoring, Singles, Doubles, Lines, Love,	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 10/31/2016			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.

o
b

e Team Building ~

Students will participate in Team Building Activities: Castleball, Alaskan Baseball, Group Activities, Puzzles, Traffic Jam, Ladder, Obstacle Course.

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Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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How does teamwork lead to group cooperation?

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
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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.

Strength

Repetitions, Proper Technique, Maximum Reps.

Fitness Friday 12/31/2016

Fitness

10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
 10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.
 10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

Endurance: cardiovascular, muscle

Flexibility
 Agility
 Speed

N 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 12/31/2016	Fitness Stations	Station Rotations	10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.C-Physical Activity ~ Analyze factors that affect the responses of body systems during moderate to vigorous 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						
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
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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.	Strength Endurance: cardiovascular, muscle Flexibility Agility Speed	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents. 10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
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Basketball ~

The students will be able to properly dribble, pass, shoot along with offensive and defensive strategies in Basketball.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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How can strategies affect the outcome of a game or physical activity?	Dribbling, Passing	Students will implement game management strategies to affect	Dribbliing, Passing, Shooting, Foul, Basketball	Basketball Assessment 12/31/2016	Dribbling/P assing		10.5.9.A-Concepts, Principles and Strategies of Movement ~ Describe and apply the components of skill-related fitness to movement performance.
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the outcome of a game.

Court, Net, Backboard, Rim, Score, Foul, Free Throw, Lane, 3 Point Arc and Game Strategies.

Shooting

Lay Ups

Small Games

10.5.9.B-Concepts, Principles and Strategies of Movement ~ Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
10.5.9.C-Concepts, Principles and Strategies of Movement ~ Identify and apply practice strategies for skill improvement.

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,

D Fitness Friday ~

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

e	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
c	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,	Strength	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

e Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.

m Endurance: cardiovascular, muscle

b

e Flexibility

r Agility
Speed

10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.

10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

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,	Fitness Routine Sheet 12/31/2016	Fitness Stations Station Rotations		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.C-Physical Activity ~ Analyze factors that affect the responses of body systems during moderate to vigorous 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

Muscle Tone, Fitness, and Safety.

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?

Basketball ~

The students will be able to properly dribble, pass, shoot along with offensive and defensive strategies in Basketball.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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 12/21/2016	Dribbling/Passing Shooting Lay Ups		10.5.9.A-Concepts, Principles and Strategies of Movement ~ Describe and apply the components of skill-related fitness to movement performance. 10.5.9.B-Concepts, Principles and Strategies of Movement ~ Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. 10.5.9.C-Concepts, Principles and Strategies of Movement ~ Identify and apply practice strategies for skill improvement.

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

Small Games

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,

J 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,	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,	Fitness Routine Sheet 12/31/2016	Fitness Stations Station Rotations		10.5.9.A-Concepts, Principles and Strategies of Movement ~ Describe and apply the components of skill-related fitness to movement performance. 10.5.9.B-Concepts, Principles and Strategies of Movement ~ Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. 10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

r

Muscle Tone,
Fitness, and
Safety.

10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

y 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, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	Strength	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

Endurance:
cardiovascular,
muscle

10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.
10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

Flexibility
Agility
Speed

Archery ~

The students will participate in Archery during class.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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 Legnth, Pully.	Archery 1/31/2017	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. 10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
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

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 Safety.	Fitness Routine Sheet 12/31/2016	Fitness Stations		10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.
r						Station Rotations		10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
u								10.4.9.C-Physical Activity ~ Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
a								10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and 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

y
 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, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	Strength Endurance: cardiovascular, muscle	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.

10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

Flexibility
Agility
Speed

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. 10.4.6.D-Physical Activity ~ Describe factors that affect childhood physical activity preferences. 10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.
-Injury prevention		-Enjoyment					
-accident prevention		-Personal interest					
-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
- parental preference
- environment

- leading
- following
- 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

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

- teamwork
- etiquette
- adherence to rules

- 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

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

- etiquette
- adherence to rules

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

MBadminton

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
<p>What are the positive and negative effects of group adolescents during physical activity?</p> <p>How does following directions relate to safe play?</p> <ul style="list-style-type: none"> -injury prevention -accident prevention -enhance the flow of game <p>Fitness Friday ~</p>	<p>Serve, Ralley, Smash, Fault, Let, Birdie, Badminton Racquet, Net, Standards, Net Height, Serving Rotation.</p> <p>The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.</p>	<p>Students will consider their responsibility in safe play during physical activities.</p> <p>Students will implement game management strategies to affect the outcome of a game.</p>	<p>Serve, Proper Grip, Rally, Smash, Fault, Birdie, Net, Service Area, Receiving Area, Diagonal Serve, Return, Badminton Racquet.</p>	<p>Badminton Assesment 3/31/2017</p> <p>Fitness Friday 12/31/2016</p>	<p>Badminton</p> <p>Fitness</p>		<p>10.5.9.B-Concepts, Principles and Strategies of Movement ~ Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C-Concepts, Principles and Strategies of Movement ~ Identify and apply practice strategies for skill improvement.</p> <p>10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.4.9.F-Physical Activity ~ Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p>

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
<p>How does physical fitness improve personal fitness/health?</p>	<p>Repetition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness,</p>	<p>Strength</p>	<p>Repetitions, Proper Technique, Maximum Reps.</p>	<p>Fitness Friday 12/31/2016</p>	<p>Fitness</p>		<p>10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p>

Aerobics vs. Cardiovascular,
Anaerobic, Intensity,
Frequency.

Endurance:
cardiovascular,
muscle

Flexibility
Agility
Speed

10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.

10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

Physical Fitness Testing

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 3/31/2018	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? A 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.	Strength Endurance: cardiovascular, muscle Flexibility Agility Speed	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents. 10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

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,	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. force out, tag out.

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, Hurdles, 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.
Serve, Volley, Forehand, Backhand, Scoring, Singles, Doubles

M Tennis ~

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Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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 Practice, Volley Scoring, Singles, Doubles, Lines, Love, The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.	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 10/31/2016			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.

Fitness Friday ~

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.	Strength	Repetitions, Proper Technique, Maximum Reps.	Fitness Friday 12/31/2016	Fitness		10.4.9.A-Physical Activity ~ Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

Endurance:
cardiovascular,
muscle

10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.
10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

Flexibility
Agility
Speed

Tchoukbal/Outdoor Games

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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?

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