Teacher: CORE PhysEd 7 Course: PhysEd 7  S Team Game Football ~	Year: 2016-17 Month: All Months  Throwing, Catching, Pass Patterns, Game Situations, Offensive Strategies and						
	Defensive Strategies.						
e Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
p 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.
e m Team Game Soccer ~	Dribbling, passing, trapping, shooting, teamwork, skills, offensive strategies, defensive strategies						
b Essential Questions							
	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
e How does applying	Content  Proper foot position, striking the soccer ball, trapping, shooting, offensive plays, defensive strategies.	Knowledge and Skills Students will conside their responsibility in safe play during physical activities.	Soccer ball,	Assessments Soccer Unit 9/30/2016	Lessons Skills - Striking, Shooting, Trapping	Resources	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
e How does applying strategy in game play lea	Proper foot position, striking the soccer ball, trapping, shooting, offensive plays,	Students will conside their responsibility in safe play during physical activities.	Soccer ball, Game Strategies, Goal, Defense,	Soccer Unit	Skills - Striking, Shooting,	Resources	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

	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.	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.
0	Tennis ~	Serve, Volley, Forehand, Backhand, Scoring, Singles, Doubles	Flexibility Agility Speed				
С	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons Resources	Standards
	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,	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.

Set, Match, Backhand, Forehand.

е	Team Building ~	Students will participate in Team Building Activities: Castleball, Alaskan Baseball, Group Activities, Puzzles, Traffic Jam, Ladder, Obstacle Course.						
	Essential Questions 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.	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Essential Questions  How does physical fitness improve personal fitness/health?	Content  Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.	Knowledge and Skills Strength  Endurance: cardiovascular, muscle	Vocabulary Repetitions, Proper Technique, Maximum Reps.	Assessments Fitness Friday 12/31/2016	Lessons Fitness	Resources	Standards  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

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

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	exercise.						
o Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
v How can strategies affect	Proper Technique for	Students will explain	Technique,	Fitness	Fitness		10.4.9.A-Physical Activity ~ Analyze and
the outcome of a game or	Climbing Wall, Cargo Net,	the effects of regular	Proper Form,	Routine Sheet	Stations		engage in physical activities that are
physical activity?	Weight Equipment Stations,	participation in	Quality over	12/31/2016			developmentally/individually
	Treadmill, Stationary Bikes,	moderate to vigorous	Quantity,				appropriate and support achievement of
	Elliptical	physical activities on	Repetitions,				personal fitness and activity goals.
e		the body systems.	Max. Load,		Station		10.4.9.B-Physical Activity ~ Analyze the
			Sets, Muscle,		Rotations		effects of regular participation in
			Fat, Mass,				moderate to vigorous physical activities
			Weight, Bench,				in relation to adolescent health
m			Squats,				improvement. 10.4.9.C-Physical Activity ~ Analyze
m			Stationary Bike, Elliptical,				factors that affect the responses of body
			Treadmill,				systems during moderate to vigorous
			Stations,				physical activities.
b			Muscle Tone,				, ,
e How can strategies affect	Workout Fitness Stations,		Fitness, and				
the outcome of a game or	Weight Equipment Stations,		Safety.				
physical activity?	Climbing Wall, Cargo Net,						
	Treadmill, Stationary Bike,						
	Elliptical						
r	Markout Fitness Stations						
	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						
	VELONIC2						

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.

	fitness and cross training.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	
How does physical fitness	Repitition, Cross Fit, Proper	Strength	Repetitions,	Fitness Friday	Fitness		10.4.9.A-Physical Activity ~ Analyze and
improve personal	lifting techniques, Sets,		Proper	12/31/2016			engage in physical activities that are
fitness/health?	Quality, Quantity, Exercise,		Technique,				developmentally/individually
	Strength, Endurance. Life		Maximum				appropriate and support achievement of
	Long Fitness and Wellness,		Reps.				personal fitness and activity goals.
	Aerobics vs. Cardiovascular,						10.4.9.B-Physical Activity ~ Analyze the
	Anaerobic, Intemnsity,						effects of regular participation in
	Frequency.						moderate to vigorous physical activities
							in relation to adolescent health
		Endurance:					improvement. 10.4.9.D-Physical Activity ~ Analyze
		cardiovascular,					factors that affect physical activity
		muscle					preferences of adolescents.
		masere					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					
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	Posources	Standards
How can strategies affect	Dribbling, Passing	Students will	Dribblilng,	Basketball	Dribbling/P	Resources	10.5.9.A-Concepts, Principles and
the outcome of a game or	טווטטווווצ, רמטטוווצ	implement game	Passing,	Assessment	assing		Strategies of Movement ~ Describe and
physical activity?		management	Shooting, Foul,		ussing		apply the components of skill-related
physical activity:		strategies to affect	Basketball	12,31,2010			fitness to movement performance.
		strategies to affect	Dasketbull				naness to movement performance.

			the outcome of a game.	Court, Net, Backboard, Rim, Score, Foul, Free Throw, Lane, 3		Shooting	
				Point Arc and Game Strategies.		Lay Ups	
	How can strategies affect the outcome of a game or physical activity?					Small Games	
	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, Foul Shots					
	How can strategies affect the outcome of a game or physical activity?	Shooting, Jump Shot					
	Fitness Friday ~	Lay-up, Rebound Basketball Court, Offense Strategies, Defense Strategies, Hand Eye Coordination, The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.					
е	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Re

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.

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

e	Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.	
m b		Endurance: cardiovascular, muscle
e		Flexibility
r		Agility Speed
Fitness Unit ~	The students will participate in Fitness Activities for the month which include climbing wall, aerobics, fitness stations, weight training, and cardiovascular exercise.	

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.

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can strategies affect	Proper Technique for	Students will explain	Technique,	Fitness	Fitness		10.4.9.A-Physical Activity ~ Analyze and
the outcome of a game or	Climbing Wall, Cargo Net,	the effects of regular	Proper Form,	<b>Routine Sheet</b>	Stations		engage in physical activities that are
physical activity?	Weight Equipment Stations,	participation in	Quality over	12/31/2016			developmentally/individually
	Treadmill, Stationary Bikes,	moderate to vigorous	Quantity,				appropriate and support achievement of
	Elliptical	physical activities on	Repetitions,				personal fitness and activity goals.
		the body systems.	Max. Load,		Station		10.4.9.B-Physical Activity ~ Analyze the
			Sets, Muscle,		Rotations		effects of regular participation in
			Fat, Mass,				moderate to vigorous physical activities
			Weight, Bench,				in relation to adolescent health
			Squats,				improvement.
			Stationary				10.4.9.C-Physical Activity ~ Analyze
			Bike, Elliptical,				factors that affect the responses of body
			Treadmill,				systems during moderate to vigorous
			Stations,				physical activities.

physical activity?

How can strategies affect Workout Fitness Stations, the outcome of a game or 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? Basketball ~

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

Muscle Tone, Fitness, and Safety.

Essential Questions	Content	Knowledge and Skills	Vocahulary	Assessments	Lessons	Resources	Standards
How can strategies affect	Dribbling, Passing	Students will	Dribblilng,	Basketball	Dribbling/P		10.5.9.A-Concepts, Principles and
the outcome of a game or		implement game	Passing,	Assessment	assing		Strategies of Movement ~ Describe and
physical activity?		management	Shooting, Foul,	12/21/2016			apply the components of skill-related
		strategies to affect	Basketball				fitness to movement performance.
		the outcome of a	Court, Net,		Shooting		10.5.9.B-Concepts, Principles and
		game.	Backboard,				Strategies of Movement ~ Describe and
			Rim, Score,				apply concepts of motor skill
			Foul, Free				development that impact the quality of
			Throw, Lane, 3				increasingly complex movement.
			Point Arc and		Lay Ups		10.5.9.C-Concepts, Principles and
			Game				Strategies of Movement ~ Identify and
			Strategies.				apply practice strategies for skill improvement.

	How can strategies affect the outcome of a game or physical activity?	Shooting, Foul Shots				Small Games
	How can strategies affect the outcome of a game or physical activity? 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				
J	Fitness Unit ~	Lay-up, Rebound Basketball Court, Offense Strategies, Defense Strategies, Hand Eye Coordination, The students will participate in Fitness Activities for the month which include climbing wall, aerobics, fitness stations, weight training, and cardiovascular exercise.				
а	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons

u								
	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
n	How can strategies affect	Proper Technique for	Students will explain	Technique,	Fitness	Fitness		10.5.9.A-Concepts, Principles and
	the outcome of a game or	Climbing Wall, Cargo Net,	the effects of regular	Proper Form,	<b>Routine Sheet</b>	Stations		Strategies of Movement ~ Describe and
	physical activity?	Weight Equipment Stations,	participation in	Quality over	12/31/2016			apply the components of skill-related
		Treadmill, Stationary Bikes,	moderate to vigorous	Quantity,				fitness to movement performance.
u			physical activities on	Repetitions,		Station		10.5.9.B-Concepts, Principles and
			the body systems.	Max. Load,		Rotations		Strategies of Movement ~ Describe and
				Sets, Muscle,				apply concepts of motor skill
				Fat, Mass,				development that impact the quality of
				Weight, Bench,				increasingly complex movement.
а				Squats,				10.4.9.A-Physical Activity ~ Analyze and
				Stationary				engage in physical activities that are
				Bike, Elliptical,				developmentally/individually
				Treadmill,				appropriate and support achievement of
				Stations,				personal fitness and activity goals.

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 Workout Fitness Stations, physical activity?

the outcome of a game or Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net,

Treadmill, Stationary Bike,

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

Elliptical

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.

ocabulary/	Assessments	Lessons	Resources	Standards
Repetitions,	Fitness Friday	Fitness		10.4.9.A-Ph

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness	Repitition, Cross Fit, Proper	Strength	Repetitions,	Fitness Friday	Fitness		10.4.9.A-Physical Activity ~ Analyze and
improve personal	lifting techniques, Sets,		Proper	12/31/2016			engage in physical activities that are
fitness/health?	Quality, Quantity, Exercise,		Technique,				developmentally/individually
	Strength, Endurance. Life		Maximum				appropriate and support achievement of
	Long Fitness and Wellness,		Reps.				personal fitness and activity goals.
	Aerobics vs. Cardiovascular,						10.4.9.B-Physical Activity ~ Analyze the
	Anaerobic, Intemnsity,						effects of regular participation in
	Frequency.						moderate to vigorous physical activities
							in relation to adolescent health
							improvement.

Endurance: cardiovascular, muscle

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.

10.4.9.D-Physical Activity ~ Analyze

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	Archery Equipment Names,	students will identify	Bow, Arrow,	Archery	Archery		10.5.6.B-Concepts, Principles and
principles that affect basic	Safety, Rules, Demonstration	and use scientific	Nock, String,	1/31/2017			Strategies of Movement ~ Identify and
movement and skills using		• •					apply the concepts of motor skill
appropriate vocabulary.		basic movement and					development to a variety of basic skills.
		skills using	Through, Tip,				10.5.C.C.Comparts Deinsigles and
		appropriate vocabulary.	Shaft, Target,				10.5.6.C-Concepts, Principles and Strategies of Movement ~ Describe the
		vocabulary.	Draw Legnth, Pully.				relationship between practice and skill
			r uny.				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 Baloon 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	Technique, Proper Form, Quality over	Fitness Routine Sheet 12/31/2016	Fitness		10.4.9.D-Physical Activity ~ Analyze factors that affect physical activity preferences of adolescents.
r u			the body systems.	Max. Load, Sets, Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone,		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.  10.4.9.C-Physical Activity ~ Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.  10.4.9.E-Physical Activity ~ Analyze
				Fitness, and Safety.				factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

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

Cooperative Games ~

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

<b>Essential Questions</b>	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does following	Team Building - Alaskan	Describe factors that	Team Work,	Cooperative	Cooperative		10.3.6.D-Safety and Injury Prevention ~
directions relate to safe	Baseball/Traffic Jam/Team	affect childhood	Team Building,	Games	Game -		Analyze the role of individual
play?	Puzzles/Fox,Goose, Corn and	physical activity	Cooperation,	2/28/2018	Alaskan		responsibility for safety during physical
	Boatsman	preferences.	Working		Baseball		activity.
-Injury prevention		-Enjoyment	together,				10.4.6.D-Physical Activity ~ Describe
			Safety,				factors that affect childhood physical
			Listening,				activity preferences.
-accident prevention		-Personal interest	0,,				10.4.6.F-Physical Activity ~ Identify and
			Outcome, and				describe positive and negative
			Trial and Error.				interactions of group members in
							physical activities.
-enhance the flow of		-social experience					
game							
		-opportunities to					
		learn new activities					
		-parental					
	Team Building - Castleball,	preference -environment					
	Critter Soup	-environment					
What factors affect	Critter Soup						
childhood physical activity							
preferences?							
-enjoyment							
-personal interest							
-social experience		Indentify and					
p		describe positive and					
		negative intractions					
		of group members in					
		physical activities.					

-leading -opportunities to learn new activities -following -parental preference -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 Indentify and describe positive and negative intractions of group members in physical activities. -teamwork -leading -etiquette -following -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 -leading -adherence to rules -following -teamwork -etiquette

-adherence to rules

## **M** Badminton

IVIBAUIIIIIUII							
a Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r 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	Serve, Proper Grip, Rally, Smash, Fault, Birdie, Net, Service Area, Receiving Area, Diagonal Serve, Return, Badminton	Badminton Assessement 3/31/2017	Badminton	resources	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.
h		Students will implement game management strategies to affect the outcome of a game.	Racquet.				10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.  10.4.9.F-Physical Activity ~ Analyze the effects of positive and negative interactions of adolescent group
How does following directions relate to safe play? -injury prevention -accident prevention -enhance the flow of game Fitness Friday ~	The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.						members in physical activities.
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,	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.

Aerobics vs. Cardiovascular, Anaerobic, Intemnsity, Frequency.

> Endurance: cardiovascular, muscle

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

## **Physical Fitness Testing**

rilysical rithess resting							
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.	Sit-Ups, Push- Ups, Sit-N- Reach, Mile, Shuttle Run,	Presidential Physical Fitness Challenge	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.
		-heart rate monitoring -checking blood pressure	Technique				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
		-fitness					physical activity.
How does physical fitness improve personal fitness/health?		assessment					
A Fitness Friday ~	The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.						

р								
	Essential Questions	Content	Knowledge and Skills		Assessments	Lessons	Resources	
r i	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.	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.
	Softball/Baseball		Flexibility Agility Speed					
	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	
	What are the positive and negative effects of group adolescents during physical activity?	Proper throwing and catchiing.	Throwing, catching, fielding, proper position, proper stance, safety, proper swing of bat, running the bases, rules of the game.		Softball/Baseb all 4/30/2017			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.  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			field, center field, base path, 3 outs, 3 strikes, balls, bunt, steal,				. ,

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

force out, tag out.

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	Proper Technique,	Track & Field 4/30/2017	Track & Field		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.
			Hurddles, High Jump, Long Jump, Turbo Jav, Shot Put.				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.

How does physical fitness Practice the event. Getting your steps down. Form improve personal fitness/health? running. How does physical fitness Practice the event. Add improve personal teamwork. Working on fitness/health? Proper Form. How does physical fitness Track and Field Events. improve personal Students will compete in fitness/health? events that they select.

How does physical fitness improve personal fitness/health?

Track and Field Events

continued.

MTennis ~ Serve, Volley, Forehand,

Backhand, Scoring, Singles,

Doubles

a							
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
y How does individual	Racquet Grip, Serve	Students will	Tennis	Tennis			10.5.6.B-Concepts, Principles and
strategies lead to success		implement game	Racquet, Serve,	10/31/2016			Strategies of Movement ~ Identify and
in game play?		management	Volley, Scoring,				apply the concepts of motor skill
How does individual		strategies to affect	Singles,				development to a variety of basic skills.
strategies lead to success		the outcome of a	Doubles, Lines,				
in game play?		game.	Love, Game,				
	Forehand		Set, Match,				
How does individual			Backhand,				
strategies lead to success			Forehand.				
in game play?							
	Backhand						
How does individual							
strategies lead to success							
in game play?							
	Practice, Volley						
	Scoring, Singles, Doubles,						
	Lines, Love,						
Fitness Friday ~	The students will						
·	participate in Fitness Friday						
	Activities. These activities are	<b>!</b>					
	geared towards physical						
	fitness and cross training.						
	- Company of the Comp						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Accacemente	Lacconc	Resources	Standards

Essential Questions	Content	Knowledge and Skills	vocabulary	Assessments	Lessons Re	esources	Standards
How does physical fitness	Repitition, Cross Fit, Proper	Strength	Repetitions,	Fitness Friday	Fitness		10.4.9.A-Physical Activity ~ Analyze and
improve personal	lifting techniques, Sets,		Proper	12/31/2016			engage in physical activities that are
fitness/health?	Quality, Quantity, Exercise,		Technique,				developmentally/individually
	Strength, Endurance. Life		Maximum				appropriate and support achievement of
	Long Fitness and Wellness,		Reps.				personal fitness and activity goals.
	Aerobics vs. Cardiovascular,						10.4.9.B-Physical Activity ~ Analyze the
	Anaerobic, Intemnsity,						effects of regular participation in
	Frequency.						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	Passing, Catching, Team	Students will	Passing,		Tchoukball		10.5.6.A-Concepts, Principles and
strategy in game play lead	Strategies, Offense Strategies,	implement game	Shooting,				Strategies of Movement ~ Explain and
to success?	Defense Strategies, Rules	management	Teamwork,				apply the basic movement skills and
		strategies to affect	Turnover,				concepts to create and perform
		the outcome of a	handeye				movement sequences and advanced
		game.	coordination				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?