Teacher: CORE PhysEd8 Year: 2017-18 Course: PhysEd 8 Month: All Months

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

and Wellness, Aerobics vs.

Cardiovascular, Anaerobic, Intensity, Frequency.

		Defensive Strategies.						
е	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
p t	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		10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
е	Team Game Soccer ~	Dribbling, passing, trapping, shooting, teamwork, skills, offensive strategies, defensive strategies						
m	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
b	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 conside their responsibility in safe play during physical activities.	Soccer ball, Game Strategies, Goal, Defense, Offense,	Soccer Unit 9/30/2016	Skills - Striking, Shooting, Trapping		10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
е	Fitness Friday ~	The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.						. ,
r	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	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.

Endurance:

cardiovascular, muscle

Flexibility Agility Speed

O Tennis ~

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

**Doubles** 

С								
	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
t	How does individual	Racquet Grip, Serve, Backhand,	Students will	Tennis Racquet,	Tennis 10/31/2016			10.5.6.B-Concepts, Principles
	strategies lead to	Forehand, Volley, Scoring,	implement game	Serve, Volley,				and Strategies of Movement ~
	success in game play?	Singles, Doubles, Lines, Love,	management strategies	Scoring, Singles,				Identify and apply the
			to affect the outcome	Doubles, Lines,				concepts of motor skill
			of a game.	Love, Game, Set,				development to a variety of
				Match,				basic skills.
				Backhand,				
				Forehand.				
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10.4.9.B-Physical Activity ~ Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health

10.4.9.D-Physical Activity ~

Analyze factors that affect physical activity preferences of

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

improvement.

adolescents.

skill improvement.

b

e Team Building ~

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

r	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources Standards
	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
	How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	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				
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.	Speed				

0	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
V	How can strategies	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,	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.
е			300, 0,000	Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical,		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	ı			Treadmill, Stations, Muscle Tone, Fitness, and Safety.				10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
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.
	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.
r		Workout Fitness Stations, Weight Equipment Stations, Climbing Wall, Cargo Net, Treadmill, Stationary Bike, Elliptical						
	How can strategies affect the outcome of a game or physical activity?							

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

	training.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	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 Flexibility Agility Speed					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.

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

	defensive strategies in Basketball.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can strategies	Dribbling, Passing	Students will	Dribblilng,	Basketball	Dribbling/P		10.5.6.A-Concepts, Principles
affect the outcome of a		implement game	Passing,	Assessment	assing		and Strategies of Movement ~
game or physical activity?		management strategies to affect the outcome of a game.	Shooting, Foul, Basketball Court, Net, Backboard,	12/21/2016			Explain and apply the basic movement skills and concepts to create and perform
		-	Rim, Score, Foul, Free Throw, Lane, 3 Point Arc				movement sequences and advanced skills.
			and Game		Shooting		10.5.6.F-Concepts, Principles
			Strategies.		55		and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
					Lay Ups		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.
How can strategies					Small		
affect the outcome of a					Games		
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?							
activity.	Shooting, Jump Shot						
How can strategies							
affect the outcome of a							

Lay-up, Rebound

game or physical

activity?

Basketball Court, Offense
Strategies, Defense Strategies,
Hand Eye Coordination,
The students will be able to
properly dribble, pass, shoot
along with offensive and
defensive strategies in
Basketball.

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е	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
С	How can strategies	Dribbling, Passing	Students will	Dribblilng,	Basketball	Dribbling/P		10.5.6.A-Concepts, Principles
	affect the outcome of a		implement game	Passing,	Assessment	assing		and Strategies of Movement ~
	game or physical		management strategies	Shooting, Foul,	12/21/2016			Explain and apply the basic
	activity?		to affect the outcome	Basketball Court,				movement skills and concepts
			of a game.	Net, Backboard,				to create and perform
				Rim, Score, Foul,				movement sequences and
				Free Throw,				advanced skills.
				Lane, 3 Point Arc				
е				and Game		Shooting		10.5.6.F-Concepts, Principles
				Strategies.				and Strategies of Movement ~
								Identify and apply game
								strategies to basic games and
								physical activities.
m	1					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					Small		
	affect the outcome of a					Games		
	game or physical							
	activity?							
е								
r		Shooting, Foul Shots						
	How can strategies							
	affect the outcome of a							
	game or physical							

Shooting, Jump Shot

activity?

activity?

How can strategies affect the outcome of a game or physical

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

How can strategies game or physical activity?

Workout Fitness Stations, affect the outcome of a 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.

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

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	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
Fitness Unit ~	The students will participate in Fitness Activities for the month which include climbing wall,						adolescents.  10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
	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 game or physical activity?	Proper Technique for Climbing a 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,	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.

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y How can strategies game or physical activity?

Workout Fitness Stations, affect the outcome of a 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?

Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical, Treadmill, Stations, Muscle Tone, Fitness, and Safety.

Station Rotations 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.

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	Accessments	Lessons	Resources	Standards
Essential Questions How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	Knowledge and Skills Strength  Endurance: cardiovascular, muscle	Vocabulary Repetitions, Proper Technique, Maximum Reps.	Assessments Fitness Friday 12/31/2016	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.
		Flexibility Agility Speed					10.4.9.E-Physical Activity ~ Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
Archery ~	The students will participate in Archery during class.	эрсси					
Essential Questions Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary	Content Archery Equipment Names, Safety, Rules, Demonstration	Knowledge and Skills students will identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.	Vocabulary Bow, Arrow, Nock, String, Aim, Release, Follow Through, Tip, Shaft, Target, Draw Legnth,	Assessments Archery 1/31/2017	Lessons Archery	Resources	Standards  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.

Pully.

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 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.

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.

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	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	
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,	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			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Muscle, Fat, Mass, Weight, Bench, Squats, Stationary Bike, Elliptical,		Station Rotations		10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
u				Treadmill, Stations, Muscle Tone, Fitness, and Safety.				10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
a								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.
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.

	training.						
Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	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	Team Building - Alaskan	Describe factors that	Team Work,	Cooperative Games	Cooperative		10.3.6.D-Safety and Injury
directions relate to safe	Baseball/Traffic Jam/Team	affect childhood	Team Building,	2/28/2018	Game -		Prevention ~ Analyze the role
play?	Puzzles/Fox,Goose, Corn and	physical activity	Cooperation,		Alaskan		of individual responsibility for
	Boatsman	preferences.	Working		Baseball		safety during physical activity.
			together, Safety,				
-Injury prevention		-Enjoyment	Listening,				10.4.6.D-Physical Activity ~
			Strategy, Final				Describe factors that affect
			Outcome, and				childhood physical activity
			Trial and Error.				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

Indentify and describe -social experience

-opportunities to learn new activities

positive and negative intractions of group members in physical activities.

-leading

-parental preference -following -teamwork -environment -etiquette -adherence to rules Team Building - Balance Cube, Marble Roll How can positive and negative interactions of group members in physical activities? -leading -following Indentify and describe positive and negative intractions of group members in physical activities. -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 Fitness Friday ~ The students will participate in Fitness Friday Activities. These activities are geared towards physical fitness and cross training.

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	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r	How does physical	Repitition, Cross Fit, Proper	Strength	Repetitions,	Fitness Friday	Fitness		10.4.9.A-Physical Activity ~
	fitness improve	lifting techniques, Sets, Quality,		Proper	12/31/2016			Analyze and engage in physical
	personal	Quantity, Exercise, Strength,		Technique,				activities that are
	fitness/health?	Endurance. Life Long Fitness		Maximum Reps.				developmentally/individually
		and Wellness, Aerobics vs.						appropriate and support
		Cardiovascular, Anaerobic,						achievement of personal
		Intensity, Frequency.						fitness and activity goals.
С								10.4.9.B-Physical Activity ~
								Analyze the effects of regular
								participation in moderate to
								vigorous physical activities in
								relation to adolescent health
								improvement.
h			Endurance:					10.4.9.D-Physical Activity ~
			cardiovascular, muscle					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
			Elsa de tita .					skill improvement.
			Flexibility					
			Agility					
	De ducinte a		Speed					
	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	Students will consider	Serve, Proper Grip, Rally, Smash, Fault, Birdie, Net, Service Area, Receiving Area, Diagonal Serve, Return, Badminton Racquet.	Badminton Assessement 3/31/2017	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?

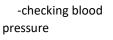
-injury prevention

-accident prevention

-enhance the flow of game

**Physical Fitness Testing** 

Knowledge and Skills **Essential Questions** Content Vocabulary Assessments Lessons Resources Standards How does physical Sit-ups, pull-ups, sit-n-reach, Identify and apply ways Sit-Ups, Push-Presidential Physical Presidential 10.4.6.A-Physical Activity ~ to monitor and assess Ups, Sit-N-Reach, Fitness Challenge Identify and engage in fitness improve mile run, shuttle run. **Physical** the body's response to Mile, Shuttle moderate to vigorous physical personal 3/31/2018 **Fitness** fitness/health? Challenge activities that contribute to moderate to vigorous Run, Personal Goals, Challenge, physical fitness and health. physical activity. Proper 10.4.6.B-Physical Activity ~ -heart rate Technique Explain the effects of regular monitoring 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.

-fitness assessment

Agility Speed

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.

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

## 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?  How does following directions relate to safe play? -injury prevention -accident prevention -enhance the flow of game  How does physical fitness improve personal fitness/health?  Track and Field	Proper throwing and catchiing.	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	Softball/Bas eball		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.
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.		Repetition, Proper Technique, Fitness, Steps, Proper Form, Warm-up, Cool-	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

down, Safety,

Teamwork,

advanced skills.

Measuring, Hand off, Relays, Hurddles, High Jump, Long Jump, Turbo Jav, Shot Put.

How does physical

fitness improve

personal

fitness/health?

How does physical

fitness improve

personal

fitness/health?

How does physical

-

fitness improve personal

fitness/health? How does physical fitness improve

personal

fitness/health?

Practice the event. Getting your steps down. Form running.

Practice the event. Add

teamwork. Working on Proper

Form.

Track and Field Events.

Students will compete in events

that they select.

Track and Field Events

continued.

M Fitness Friday ~ The students will participate in

Fitness Friday Activities. These activities are geared towards physical fitness and cross

training.

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

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

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

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Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does physical fitness improve personal fitness/health?	Repitition, Cross Fit, Proper lifting techniques, Sets, Quality, Quantity, Exercise, Strength, Endurance. Life Long Fitness and Wellness, Aerobics vs. Cardiovascular, Anaerobic, Intensity, Frequency.	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.
Tchoukbal/Outdoor Games		Agility Speed					
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
strategy in game play	Strategies, Offense Strategies,	implement game	Shooting,				and Strategies of Movement ~
lead to success?	Defense Strategies, Rules	management strategies to affect the outcome					Explain and apply the basic
			Turnover,				movement skills and concepts
		of a game.	handeye				to create and perform

coordination

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 ~

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

**Doubles** 

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does individual	Racquet Grip, Serve	Students will	Tennis Racquet,	Tennis 10/31/2016			10.5.6.B-Concepts, Principles
strategies lead to		implement game	Serve, Volley,				and Strategies of Movement ~
success in game play?		management strategies	Scoring, Singles,				Identify and apply the
How does individual		to affect the outcome	Doubles, Lines,				concepts of motor skill
strategies lead to		of a game.	Love, Game, Set,				development to a variety of
success in game play?			Match,				basic skills.
			Backhand,				
	Forehand		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,						