

Teacher: Mike Kujawinski Year: 2012-13
 Course: Health/PE 11 and 12 Month: All Months

A Physical Education

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is physical Education	Program Expectations		Signed Syllabus Page 8/15/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12.B-Physical Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.C-Physical Activity ~ Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

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10.4.12.D-Physical Activity ~ Evaluate factors that affect physical activity and exercise preferences of adults.

10.4.12.F-Physical Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F-Concepts, Principles and Strategies of Movement ~ Analyze the application of game strategies for different categories of physical activities.

Soccer

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is Soccer?	Soccer	*Safety *Dribbling *Passing/tapping *Shooting *Rules *Offensive/Defensive Strategies * Positions	Written Test 8/31/2012 Teacher Observation 8/31/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12.B-Physical Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.D-Physical Activity ~ Evaluate factors that affect physical activity and exercise preferences of adults. 10.4.12.E-Physical Activity ~ Analyze the interrelationships among regular participation in physical activity, motor skill improvement and

the selection and engagement in lifetime physical activities.

10.4.12.F-Physical Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F-Concepts, Principles and Strategies of Movement ~ Analyze the application of game strategies for different categories of physical activities.

Softball

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is Softball?	Softball	*Safety * Scoring * Hitting *Throwing/ Catching * Fielding Rules *Offense/Defense Strategy * Positions	Written Test 8/31/2012 * Teacher Observation 8/31/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12.A-Physical Activity ~ Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. 10.4.12.B-Physical Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.D-Physical Activity ~ Evaluate factors that affect physical activity and

exercise preferences of adults.

10.4.12.E-Physical Activity ~ Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F-Physical Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F-Concepts, Principles and Strategies

of Movement ~ Analyze the application of game strategies for different categories of physical activities.

Volleyball

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is Volleyball?	Volleyball	*Safety *Serving *Setting *Passing *Rules *Rotation *Offensive/Defensive Strategies	Teacher Observation 8/31/2012 Written Test 8/31/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12.B-Physical Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.D-Physical Activity ~ Evaluate factors that affect physical activity and exercise preferences of adults. 10.4.12.F-Physical

Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.B-Concepts, Principles and Strategies of Movement ~ Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F-Concepts, Principles and Strategies of Movement ~ Analyze the application of game strategies for different categories of physical

activities.

Health

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
Why is it important to be a health literate consumer?	Consumer Choices Community Health Services	Explain methods for addressing consumer problems	Section/Chapter Worksheets 8/31/2012			10.1.12.A-Concepts of Health ~ Evaluate factors that impact growth and development during adulthood and late adulthood.
What is the importance of goal setting?	Consumer Problems Decision making process	Analyze the cost, availability and accessibility of health care services	Section/Chapter Tests 8/31/2012	Body System		10.1.12.B-Concepts of Health ~ Evaluate factors that impact the body systems and apply protective/preventive strategies.
Why is it important to manage stress and anxiety?	Goal Setting Process Stress, Anxiety, Depression and Resiliency	List and Describe community healthcare services	Diagrams 8/31/2012	The stages of embryonic development		10.1.12.D-Concepts of Health ~ Evaluate issues relating to the use/non-use of drugs.
How does stress affect your body?	Body Image	Apply te decision making and goal setting process to different situations	8/31/2012	Online Safety		10.1.12.E-Concepts of Health ~ Identify and analyze factors that influence the prevention and control of health problems.
How does character affect relationships?	Drugs	Identify symptoms of anxiety and depression	8/31/2012			10.2.12.A-Healthful Living ~ Evaluate health care products and services that impact adult health practices.
What is the relationship between weight, growth and health?	Prescription Drugs Narcotics Marijuana/Designer Drugs	Create individual short and long goals				10.2.12.B-Healthful Living ~ Assess factors that impact adult health consumer choices.
Why is it important to make drug free decisions?	Refusal Skills Forms of tobacco Addiction	Identify and List methods to manage stress				10.2.12.C-Healthful Living ~ Evaluate health care products and services that impact adult health consumer choices.
How does tobacco affect the body?	Secondhand smoke Internal/External influences	Define what it means to be resilient				10.2.12.C-Healthful Living ~ Evaluate health care products and services that impact adult health consumer choices.
What are the effects of alcohol on the body?	Stages of alcoholism Recovery Process	Illustrate various character traits				10.2.12.C-Healthful Living ~ Evaluate health care products and services that impact adult health consumer choices.
Why is it important to prement the spread of disease?	Media Influence Common Noncommunicable	List types of medicines and how the enter the body				10.2.12.C-Healthful Living ~ Evaluate health care products and services that impact adult health consumer choices.
How can the internet be unsafe?	Diseases Common	Explain the difference between drug abuse and drug				10.2.12.C-Healthful Living ~ Evaluate health care products and services that impact adult health consumer choices.
What are common mental and emotional	Communicable Diseases					10.2.12.C-Healthful Living ~ Evaluate health care products and services that impact adult health consumer choices.

problems?	Common Sexually Transmitted Infections	misuse
Why is the role of the skeletal, muscular and nervous body systems?	HIV / AIDS	Create and perform scenerios to practice refusal skills
What are noncommunicable diseases?	Abstinence	Identify and List various forms of tobacco
Why is it important to understand physical and mental challenges?	Choosing the Best "Life"	Compare and contrast physical and psychological addiction
	Internet Safety	
	Password Protection	
	Mental/Emotional Problems	Explore and identify why nicotene is very addictive and
	Mental Disrorders	nicotene addiction is difficult to stop
	Suicide Prevention	Illustrate how alcohol is digested by the body
	Death and Grief	Explain how to avoid contracting an S.T.I.
	Getting help for mental disorders	List common
	Skeletal System	STIs and describe their symptoms
	Muscular System	Explain hor HIV is transmitted
	Nervous System	Explain the difference between HIV and AIDS
	Cardio-vascular diseases	Explain how self-esteem affects your decisions.
	Cancer	List personal info that should not be shared online
	Allergies, Asthma, Diabetes and Arthritis	Explain the legal ramifications of
	Physical and mental challenges faced by people with disabilities	

Living ~ Compare and contrast the positive and negative effects of the media on adult personal health and safety.
10.2.12.E-Healthful Living ~ Analyze the interrelationship between environmental factors and community health.
10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community.

bullying

List factors that influence consumer decisions

List and describe the symptoms of common mental disorders

Describe the suicide risk factors

List the available mental health services in our community

Describe the common mental health therapy methods

Compare and contrast the stages of the grieving process

Identify the bones of the human skeletal system

Describe the functions of the skeletal system

Analyze the different types of muscles and their functions

Describe the structure and function of neurons

Compare and contrast the central nervous system and the peripheral nervous system

Describe proper care
for the skeletal,
muscular and
nervous systems

Describe the types of
cardiovascular
diseases

Identify risk
behaviors that may
lead to cardiovascular
disease

Discuss the
importance of early
detection and
warning signs of
cancer

Describe the causes
and types of cancer

List different
methods for treating
cancer

Describe the
characteristics,
symptoms, causes
and treatments of
allergies, asthma,
diabetes and arthritis

Examine the
challenges faced by
individuals with
disabilities

Cite laws, policies
and practices on
health-related issues
for individuals with
disabilities

Flag Football

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is Flag Football?	Flag Football	*Safety * Scoring * Passing * Catching * Receiving Patterns * Rules *Offense/Defense Strategy * Positions	Written Test 8/31/2012 Teacher Observation 8/31/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12.B-Physical Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.D-Physical Activity ~ Evaluate factors that affect physical activity and exercise preferences of adults. 10.4.12.E-Physical Activity ~ Analyze the interrelationships among regular participation in physical activity, motor skill improvement and

the selection and engagement in lifetime physical activities.
 10.4.12.F-Physical Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.
 10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.
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Basketball

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is Basketball?	Basketball	*Safety *Dribbling *Passing *Shooting Rebounding *Rules *Offensive/Defensive Strategies * Positions	Written Test * 8/31/2012 Teacher Observation 8/31/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits,

risks and safety factors associated with self-selected life-long physical activities.

10.4.12.B-Physical

Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

10.4.12.D-Physical

Activity ~ Evaluate factors that affect physical activity and exercise preferences of adults.

10.4.12.E-Physical

Activity ~ Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F-Physical

Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ Apply knowledge of movement skills, skill-related

fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
 10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.
 10.5.12.F-Concepts, Principles and Strategies of Movement ~ Analyze the application of game strategies for different categories of physical activities.

Floor Hockey

Essential Questions	Content	Skills	Assessments	Lessons	Reporting Category	Standards
What is Floor Hockey?	Floor Hockey	*Safety * Scoring * Passing *Shooting * Rules *Offense/Defense Strategy *Positions	Written Test 8/31/2012 Teacher Observation 8/31/2012			10.3.12.A-Safety and Injury Prevention ~ Assess the personal and legal consequences of unsafe practices in the home, school or community. 10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long

physical activities.

10.4.12.B-Physical

Activity ~ Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

10.4.12.D-Physical

Activity ~ Evaluate factors that affect physical activity and exercise preferences of adults.

10.4.12.E-Physical

Activity ~ Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F-Physical

Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical

activities that promote personal lifelong participation.

10.5.12.C-Concepts, Principles and Strategies of Movement ~ Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F-Concepts, Principles and Strategies of Movement ~ Analyze the application of game strategies for different categories of physical activities.