

Teacher: CORE P.E. Grade 11-12
 Course: P.E. Grade 11 -12

Year: 2010-11
 Month: All Months

S e p t e m b e r	TEAM ACTIVITIES: Softball							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
		History	Identify in writing Who Invented Softball? Year Invented? Olympic sport?	George Hancock 1887 Yes				PE.C.01.PI.A.03- PHYSICAL EDUCATION ~ make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs
		Rules	In writing identify the basic rules of the game. Differentiate field and positions(compare Baseball). What each curtails.	3 outs per inning 3 strikes and 4 balls per at bat 9 positions on the field				PE.C.02.PI.A.02- PHYSICAL EDUCATION ~ demonstrate responsible personal and social behavior while engaged in physical activities PE.C.02.PI.A.03- PHYSICAL EDUCATION ~ accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy

							for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits of physical activity PE.C.02.PI.A.04- PHYSICAL EDUCATION ~ create a positive climate for group activities by assuming a variety of roles
	Softball Fundamentals Catch Throw Hitting Safety	Maneuver on field to ball Partners throwing to each other grounders (right & left) Pop Flys (infield & outfield) Cutoffs Field ball and make appropriate play Catch and throw to correct bases on field Tag ups after catch Display Sportsmanship While playing Respect for equipment	Force out-when a runner has to advance to the next base to make room for the following base runner. Fly ball- a ball that is hit in the air to the infield. Grounder- a ball that is hit on the ground. Pitcher's mound- the raised area in the				PE.C.01.PI.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area

		<p>Hitting</p> <ul style="list-style-type: none"> -Stand sideways -Feet slightly wider apart then shoulder width -Weight over balls of feet -More weight on back leg -Hip rotation -Focus on ball -Follow through top hand rolls over bottom hand; bat goes all the way around the body 	<p>middle of the diamond from witch the pitcher throws the ball. Batter's Box- box marked with chalk near home plate that a batter must stay within while batting. Hit- a batted ball that allows runner to safely reach the base. Run- an offensive player safely tags home plate.</p>				
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TEAM ACTIVITIES: Soccer

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Identify in Writing Most popular sport in the world Olympic	Mid-19th century				PE.C.03- RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE

		Sport World cup Invented by/Year					TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES.
	Rules	Understanding basic rules of the game Body parts making contact Offsides on the field Throwins Restarts after fouls and out of bounds					PE.C.01.PI.A.07- PHYSICAL EDUCATION ~ demonstrate competence in leading and participating in group activities. PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS WILL ACQUIRE THE KNOWLEDGE AND ABILITY NECESSARY TO CREATE AND MAINTAIN A SAFE AND HEALTHY ENVIRONMENT. PE.C.02.PI.A.04- PHYSICAL EDUCATION ~ create a positive climate for group activities by assuming a variety of roles
	Soccer Fundamentals Kicking Passing Dribbling Safety	Dribbling and moving with the ball Passing with partner (juggling) moving Body parts making	Instep Laces Trap				PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises)

		<p>contact Throwins with Partner 20' apart</p> <p>Fundamental positioning (offsides) trap Offense 11 Players 4-4-2- 1 Defense 11 players 4-3-3- 1 Goaltender (Keeper) 40 Box Sportsmanship Saftey Working together to achieve more</p>					<p>that provide conditioning for each fitness area PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities PE.C.01.PI.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities</p>
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O TEAM ACTIVITIES: Lacrosse

c	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
		History of Lacrosse	Identify in writing: - Who invented Lacrosse? - Original name of	Baggataway Crosse Cradle Dodge Pick Up				PE.C.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY

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		<p>Lacrosse? - National sport of which country?</p>				<p>KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH. PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities PE.C.01.PI.A.07- PHYSICAL EDUCATION ~ demonstrate competence in leading and</p>
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		<p>one-arm vertical - women's</p> <p>two-arm vertical</p> <p>During game play, perform the 2 basic pick ups: - scoop - pull back</p> <p>Pass and catch with a partner from approximately 10-15 feet away (stationary). During game play, perform the 3 basic dodges: - bull - pivot - face</p>							
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TEAM ACTIVITIES: Flag Football

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Origins of American Football: Rugby, Soccer 4 Downs, Offensive, Defense, Scrimmage Situations Implementation of Forward Pass					PE.C.03.PI.A.03- PHYSICAL EDUCATION ~ identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements,

		<p>ball is below waist. Absorb ball inot body.</p> <p>Ball Carrying: 4 Point coverage: Hand, Forearm, Elbow, Body.</p>							
	<p>Fundamental Techniques: Routes and Receiving</p>	<p>In a group (team) practice your- Stance: Inside foot on L.O.S. (Line of Scrimmage)... knees bent... arms relaxed... eyes on the ball. Take-Off: Roll of front foot Routes: Inside Cuts (3 to 5 step): Hitch Slant Curl In Post Outside Cuts (3 to 5 step): Quick Out Out Flag Go</p>	<p>Stance Take-Off Routes Outside Cuts</p>						

v e m b e r	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
		History: --Origin of Sport, Olympics -- Renovation of Equipment	Identify orally year badminton became official United States sport (1908) Sequence orally recognition of badminton as Olympic sport (International Olympic Committee, 1978) Sequence visually and orally components of badminton raquet, net, shuttle cock (birdie)	Badminton Raquet Shuttlecock (Birdie) Net				
		Rules: -Service Doubles Singles knowlegde	Identify visually and orally boundaries and lines of court, singles and doubles Identify visually and orally service box Identify visually					

		<p>and orally 4 serve rules (must be undrhand, below the waist, served to opposite diagonal service box, must land inbounds inside the opposite service box) Identify visually and orally 5 rules of game: --birdie hitting line is an in- bound call --1 serve per side to clear net --1 shot per side to clear net Server 1 looses serve Server 2 on service team serves</p>							
	Fundamental Techniques:	Serve underhand	Serve Drop						

		<p>to opposite diagonal service box 8 out of 10 times</p> <p>Durring game play, student should perform clear, drop and smash shots.</p> <p>Be able to write 4 rules of game play and functions of such.</p>	<p>Smash Clear Backhand Forehand</p>							
	<p>Game Play: -Officiating --Fair Play/Sportsmanship</p>	<p>Self-monitor spatial awareness on court when playing with partner</p> <p>Officiate modified game based on 5 rules during tournament play</p> <p>Serving player announces score before service of next point</p> <p>Display good sportsmanship when playing in game --positive</p>	<p>Rules Boundaries Scoring Sportsmanship</p>							

		encouragement --praise to opposite team when they execute a good shot --positive reinforcement for team players between points (e.g., high 5s)							
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D TEAM ACTIVITIES: Volleyball

D e c e m b e r	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
			History of Volleyball:	Identify in writing: - Who invented Volleyball? - What year was Volleyball invented? - Where was Volleyball invented?	Bump Set Serve			

							<p>PERSONAL HEALTH.</p> <p>PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area</p> <p>PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities</p> <p>PE.C.01.PI.A.03- PHYSICAL EDUCATION ~ make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and</p>
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							reduction in health care costs PE.C.01.P1.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities
	Rules:	<p>Rally scoring will be used:</p> <ul style="list-style-type: none"> -There will be a point scored on every score of the ball. -Offense will score on a defense miss or out of bounds hit. -Defense will score on an offensive miss, out of bounds hit, or serve into the net. -Game will be played to 	Rally scoring				

		25 pts. -Must win by 2 points.							
	Fundamental Techniques:	Successfully bump to a partner, using proper form, 8 out of 10 times. Perform the set (using proper form) after a partner gives an underhand toss. Perform the underhand serve, using proper form, 8 out of 10 times. Perform the overhand serve, with proper form, from the attack line or the service line.	Bump Set Underhand serve Overhand serve						

FITNESS: Fall Fitness

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Why is weight lifting important for a healthy lifestyle? How can muscular	proper form for lifting weights, reps, sets, purpose of lifting weights, how to set	Students will learn how to write a personal physical fitness plan.	Target heart rate Reps and sets Healthy lifestyle Personal goals				PE.C.01.PI.A.06- PHYSICAL EDUCATION ~ follow a program that relates to wellness, including weight control and stress

<p>strength be developed to increase one's personal fitness level?</p>	<p>up and adjust machines, spotting, breathing, heart rate monitors, chart progress, training movements, warm ups, safety, range of motion Wellness plan Future plans to stay healthy and fit</p>					<p>management</p>	
<p>History</p>							
	<p>Rules</p>	<p>Students will learn the proper form and execution to work the following body parts: Arms, Shoulders, Back, Stomach, Legs, and Backside. Find your max, record what that is, perform the specific exercise correctly for 8 to 12 repetitions at 70% of your max.</p>	<p>biceps triceps Forearms Deltoids Rhomboids Trapezius Lattisimus dorsi Abdominals Pectoralis major and minor Gastrocnemius Quadriceps Hamstrings Gluteus maximus and minimus</p>				
	<p>Fundamental Techniques</p>	<p>Students will learn the proper form and execution to work the following body parts: Arms, Shoulders, Back, Stomach, Legs, and Backside.</p>					

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TEAM ACTIVITIES: Basketball

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of Basketball	Identify in writing: - Who invented Basketball? - What year was Basketball invented? - Where was Basketball invented?	James Naismith 1891 In Springfield, Massachusetts				PE.C.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH.
	Fundamental Techniques: - Dribbling - Lay-Ups - Jump Shot	Perform the dribble w/ both your dominant and non-dominant hand, using proper form, while in a stationary position. Perform the dribble w/ both your dominant and non-	Dribble Lay-Up Jump Shot Free Throw Pick Pass				PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities

		<p>dominant hand, using proper form, while jogging around the gymnasium. Perform a lay-up (on student's dominant side) using proper form. Perform a jump shot (using proper form) from 3 designated areas on the court.</p>				<p>PE.C.01.PI.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities PE.C.01.PI.A.07- PHYSICAL EDUCATION ~ demonstrate competence in leading and participating in group activities.</p>
	Rules of the Game	<p>During game play, students will properly perform the rules of the game.</p>	<p>Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The court is divided into two main sections by the mid-court line. The</p>			<p>PE.C.02.PI.A.05- PHYSICAL EDUCATION ~ understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities. PE.C.03- RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND</p>

			ball is moved down the court toward the basket by passing or dribbling.				AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES. PE.C.03.PI.A.02-PHYSICAL EDUCATION ~ recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community
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TARGET ACTIVITIES: Archery

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Used as one of the first primary weapons in war along with a hunting tool					
	Rules	SAFETY!!! No one touches equipment until receiving the proper signal from the teacher. No exceptions! Each archer will be allowed to shoot a total of 6 arrows per round Archers will	Bow Arrow String Nock Feather Target Stance				PE.C.01.PI.A.02-PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can

		retrieve their arrows ONLY when all archers have completed there round and the bows have been placed on the ground and the teacher gives the signal.				contribute to daily living tasks, and analyze skill activities PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS WILL ACQUIRE THE KNOWLEDGE AND ABILITY NECESSARY TO CREATE AND MAINTAIN A SAFE AND HEALTHY ENVIRONMENT. PE.C.02.P1.A.01- PHYSICAL EDUCATION ~ know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents
	Fundamental Techniques	Dominant hand will be placed on the string, non-dominant hand placed on the bow "Knock" the arrow by placing the arrow between	Knock Cock feather Release			PE.C.03- RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES.

		the index and middle finger, and in between the nocks. Place the odd colored feather away from the arrow rest Pullback, aim, and release the arrow at the target.					
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AQUATIC ACTIVITY: Kayaking

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Originally used for transportation, hunting and gathering Transformed into recreational and competitive use...					PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS WILL ACQUIRE THE KNOWLEDGE AND ABILITY NECESSARY TO CREATE AND MAINTAIN A SAFE AND HEALTHY ENVIRONMENT.
	Equipment	Kayak Skirt Paddle Body of Water					
	Fundamental Techniques	Wet Water Exit:					PE.C.01-PERSONAL

		<p>Drop Paddle Lean forward while grabbing onto safety loop Roll kayak to the left or right Pull the loop forward first, then back towards your body. With two hands, grab the side of the kayak and push the kayak away from you Swim to the top (Make sure you are looking up and do not hit your head on the kayak...</p> <p>Paddling Skills:</p> <p>Make sure the paddle is facing the proper direction: Look at the edge of the paddle and make sure the top ends of the paddle are the wider part.</p>			<p>HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH. PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities PE.C.02.PI.A.01- PHYSICAL EDUCATION ~ know the potential safety hazards associated with a wide variety of games and</p>
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		<p>Arms out in front of you... hand placement shoulder width apart and even on the paddle.</p> <p>Put one end of the paddle into the water close to the front part of your boat. Pull the paddle along side of the boat till it pass you. Pull the paddle out of the water and repeat the skill on the opposite side of the boat. The amount of power you put in each side will determine the direction in which you travel.</p>					activities and are able to prevent and respond to accidents
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RACQUET ACTIVITIES: Table Tennis

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What essential skills are needed to participate in a game of table tennis	Equipment	Tables Nets Paddles Table Tennis Ball		self and peer evaluation, observation, written 3/3/2011			

successfully? What are the rules of table tennis and how can they be modified to fit the needs and abilities of various students?									
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	Fundamental Techniques: Ball Possession	Forehand, backhand Service forehand and backhand serve, forehand and backhand shot, grip, blocking Scoring doubles play with alternate shots, singles play serve, scoring, forehand, backhand, grip							
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M a r c h TEAM ACTIVITIES: Ultimate Frisbee

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Started in the late sixties on college campuses					PE.C.02.PI.A.02- PHYSICAL EDUCATION ~ demonstrate responsible personal and

							<p>social behavior while engaged in physical activities</p> <p>PE.C.02.PI.A.04- PHYSICAL EDUCATION ~ create a positive climate for group activities by assuming a variety of roles</p> <p>PE.C.02.PI.A.05- PHYSICAL EDUCATION ~ understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities.</p>
	Rules	<p>Once Frisbee is caught the player holding the frisbee must stop</p> <p>One pivot foot can move in an attempt to get open</p> <p>Must get frisbee to</p>					<p>PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area</p>

		team member without letting frisbee hit the ground Point is scored when player catches frisbee in the end-zone					
	Skills and Techniques - Lobbing - Overhead slamming - Passing drive shots - Fast volley exchanges	Throwing Techniques: Underhand Overhand Side-Arm Passing Spatial Awareness Offense/Defense					PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities
AQUATIC ACTIVITIES: Scuba Diving							

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Identify the inventor of modern day scuba diving What does S.C.U.B.A. stand for?					PE.C.03-RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES.
	Rules	Always Breathe Communicate through hand signals Repeat signal to acknowledge understanding					PE.C.01.P1.A.07- PHYSICAL EDUCATION ~ demonstrate competence in leading and participating in group activities. PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS WILL ACQUIRE THE KNOWLEDGE AND ABILITY NECESSARY TO CREATE AND MAINTAIN A SAFE AND HEALTHY ENVIRONMENT.
	Skills and Techniques - Lobbing - Overhead slamming - Passing drive shots	Purge Regulator Clear Mask Equalize Pressure					PE.C.01.P1.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance,

	- Fast volley exchanges						demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities
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NET/WALL ACTIVITIES: Pickleball ~ NET

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Identify in writing and verbally: -Where was pickleball created? -Who invented pickelball?					PE.C.03- RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES.
	Official Pickleball Rules: -Double Bounce Rule -Volley -Scoring -Fault Rules	In writing students will be able to identify the official pickleball rules.					PE.C.01.PI.A.01- PHYSICAL EDUCATION ~ demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area
	Skills and Techniques - Lobbing - Overhead slamming	In a group of 4, properly perform a lob pass					PE.C.01.PI.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill

	- Passing drive shots - Fast volley exchanges	across the width of the court. ?In a group of 4, properly perform an overhead slam across the width of the court. In a group of 4, perform a drive shot across the width of the court. In a group of 4, properly perform a volley exchange across the width of the court.					analysis to improve previously acquired skills and to continue to learn new skills and activities PE.C.01.PI.A.07- PHYSICAL EDUCATION ~ demonstrate competence in leading and participating in group activities.
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A TEAM ACTIVITIES:Field Hockey

A p r i l	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
			Field Hockey Tight Dribble Loose Dribble Knowledge of basic rules Offense Defense Safety	Moving with the ball <ul style="list-style-type: none"> • Tight dribble in relay lines for 50 yards • Loose Dribbl 				

		<p>e in relay lines for 50 yards</p> <ul style="list-style-type: none"> • Hit the ball low and on the ground 25 yards to a partner <p>Understanding the basic rules</p> <ul style="list-style-type: none"> • You can only hit the ball with the flat side of the stick • All sticks are right handed • The ball cannot touch your feet • The stick cannot come above your 				<p>EDUCATION ~ understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities. PE.C.03.PI.A.01- PHYSICAL EDUCATION ~ recognize their role as concerned and discriminating consumers of physical activities programs and understand the importance of physical activity as a resource for everyone regardless of age or ability</p>
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		<ul style="list-style-type: none"> knee Your right hand goes on the bottom and your left hand goes on the top of the stick <p>Offensive strategy Defensive strategy Proper sportsmanship</p>					
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FITNESS ACTIVITIES:Speed Walking

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History: Speed Walking Finding Your Pulse Resting Heart Rate Target Heart Rate Pedometers Heart Rate Monitors Proper Speed	Proper technique of finding pulse in your wrist and neck Use correct formula for finding your resting heart rate Use correct formula for finding your target heart rate					PE.C.02.PI.A.02- PHYSICAL EDUCATION ~ demonstrate responsible personal and social behavior while engaged in physical activities PE.C.02.PI.A.03- PHYSICAL EDUCATION ~ accept physical activity as an important part of life. Self-renewal,

	<p>Walking Cues</p> <p>Rules:</p>	<p>Know how to reset and read the pedometer</p> <p>Know how to understand calaorie intake and expenditure using the pedometers</p> <p>Know how to properly use the heart rate monitors</p> <p>Be able to demonstrate proper speed walking form</p>				<p>productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits of physical activity</p> <p>PE.C.03-RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES.</p> <p>PE.C.03.PI.A.03-PHYSICAL EDUCATION ~ identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements, and job responsibilities of those careers.</p> <p>PE.C.03.PI.A.01-PHYSICAL EDUCATION ~ recognize their role as concerned and discriminating consumers of</p>
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							physical activities programs and understand the importance of physical activity as a resource for everyone regardless of age or ability PE.C.03.PI.A.02- PHYSICAL EDUCATION ~ recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community
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TEAM ACTIVITIES: TEAM HANDBALL

M a y	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
			History of Team Handball	Official sport in the summer olympics origin of the game				

							ACTIVITY, AND MAINTAIN PERSONAL HEALTH.
	Team Handball Rules	Identify 3 sports make up Team Handball Rules from basketball dribble Rules from Football Passing Rules from Hockey crease/Goalie Can't use lower body (No Kicking) Defensive crease to fall back on defense	Identify, in writing and verbally, the various rules of the game.				PE.C.01.PI.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities
	Skills and Techniques	* Place and execute goal shots * Execute 3 different types of shots (straight shot, bounce shot, jump shot) * Show how to use pivot foot and passing * Give and go technique	-Offense -Defense -Bounce -Pass/Shot -Jump Shot -Give- And-Go - Traveling -Fast Break				PE.C.01.PI.A.02- PHYSICAL EDUCATION ~ establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities PE.C.01.PI.A.07- PHYSICAL

		along with other types of passes (underhand, overhand, behind the back) 3 seconds with the ball 3 steps Transitions from defense to offense					EDUCATION ~ demonstrate competence in leading and participating in group activities.
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RAQUET ACTIVITIES: Tennis

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of Tennis	Identify in writing: - In what country did Tennis originate? - Tennis balls were originally made of what?					PE.C.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH. PE.C.01.PI.A.04- PHYSICAL EDUCATION ~ use the basic principles of skill

							<p>analysis to improve previously acquired skills and to continue to learn new skills and activities</p> <p>PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS WILL ACQUIRE THE KNOWLEDGE AND ABILITY NECESSARY TO CREATE AND MAINTAIN A SAFE AND HEALTHY ENVIRONMENT.</p> <p>PE.C.03-RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES.</p>
	Parts of the Raquet:	<p>Identify visually, orally, and in writing:</p> <ul style="list-style-type: none"> - head - face - sweet spot - throat - grip - butt end 					<p>PE.C.01.P1.A.07- PHYSICAL EDUCATION ~ demonstrate competence in leading and participating in group activities.</p> <p>PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS</p>

		<p>start on the right side.</p> <ul style="list-style-type: none"> - switch after each point. - same person serves entire game. - switch sides of court on odd numbered games. - serve from baseline to opposite service box. - server has two chances to serve each point. - serve begins point. - serve must bounce before contact. - alleys are good. - balls hit on line are good. - balls may only bounce once. 							
		<p>Perform the forehand groundstroke -</p>	<p>-Forehand -Backhand -</p>						

		<p>(using proper form) at least 8 out of 10 times. Teacher will toss balls underhand from across net. Perform the backhand groundstroke (using proper form) at least 8 out of 10 times. The teacher will toss balls underhand from across the net. Using proper form, perform the forehand and backhand volley at least 8 out of 10 times. Teacher will toss balls underhand from across the net. Perform a modified serve (using proper form) at least 5 out of 10 times from the baseline.</p>	<p>Groundstroke -Volley -Overhead</p>						
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TARGET ACTIVITIES: Golf

n e	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
		History of the game of Golf:	Identify in writing who invented Golf? Year Invented? Olympic Sport?					PE.C.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH.
		Memorize basic rules of the game: If the ball falls off the tee before you take a forward swing you may replace it without penalty. If you swing and miss after addressing the ball it counts one	Identify in writing and verbally, the various rules of the game.	-Stroke -Par -Swing -Club -Tee -Green -Slice -Hook				PE.C.02-A SAFE AND HEALTHY ENVIRONMENT: STUDENTS WILL ACQUIRE THE KNOWLEDGE AND ABILITY NECESSARY TO CREATE AND MAINTAIN A SAFE AND HEALTHY ENVIRONMENT. PE.C.02.PI.A.01- PHYSICAL EDUCATION ~ know the potential safety hazards

	<p>stroke. If you top the ball and knocked it off the tee-it counts as a stroke. You may move loose ,natural impediments (tree branches, fallen leaves or stones). If you play the wrong ball, except in a hazard you loose the hole. When the ball must be dropped you must face the hole, stand erect, and drop the ball behind you over your shoulder. In match play, an opponent must take a penalty stroke if he moves a players ball. In stroke play there is no penalty if a players ball moves an opponent</p>						<p>associated with a wide variety of games and activities and are able to prevent and respond to accidents</p>
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	ball the ball moved must be replaced.						
	Golf Fundamentals:	Hit the target Shoot the correct yardage Hit the sweet spot on the club face or hit the ball on the club face. Basic Swing: Right elbow points down and away from side. Left elbow wide and straight. Wide at the top; the longer and wider you make your backswing the better the swing. Club shaft is parallel to target at top of swing. Head stays still until	-Grip -Shoulder -Head Down -Follow Through -Feet Position				PE.C.02.PI.A.02- PHYSICAL EDUCATION ~ demonstrate responsible personal and social behavior while engaged in physical activities PE.C.03- RESOURCE MANAGEMENT: STUDENTS WILL UNDERSTAND AND BE ABLE TO MANAGE THEIR PERSONAL AND COMMUNITY RESOURCES. PE.C.03.PI.A.02- PHYSICAL EDUCATION ~ recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community

		trailing shoulder forces it up.					
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