Teacher: CORE P.E. Grade 9-10 Year: 2010-11

Course: P.E. Grade 9-10 Month: All Months

Essential	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Questions							DD G 04
	History of	Identify in	- D .				PE.C.01-
	Lacrosse	writing and	Baggataway				PERSONAL
		verbally:	-Crosse				HEALTH AN
		- History	-Canada				FITNESS:
		of Lacrosse					STUDENTS
		- Original					WILL HAVE
		name of					THE
		Lacrosse					NECESSARY
		- National					KNOWLEDO
		sport of					AND SKILLS
		what country					ESTABLISH
							AND MAINT
							PHYSICAL
							FITNESS,
							PARTICIPAT
							IN PHYSICA
							ACTIVITY, A
							MAINTAIN
							PERSONAL
							HEALTH.
							PE.C.02-A SA
							AND HEALT
							ENVIRONMI
							STUDENTS
							WILL ACQU
							THE
							KNOWLEDG
							AND ABILIT
							NECESSARY
							CREATE AN
							MAINTAIN A
							SAFE AND
							HEALTHY
							ENVIRONMI
							PE.C.02.PI.A.
							PHYSICAL
							EDUCATION

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			ļ			know the po
			ı			safety hazar
			ļ			associated v
			ļ			wide variety
		ı	ļ			games and
		ı	ļ			activities an
		ı	ļ			able to prev
		ı	ļ			and respond
						accidents
	Parts of	-	-Head			PE.C.01.P
	Crosse		-Shaft			PHYSICA
		· · · · · · · · · · · · · · · · · · ·	-Pocket			EDUCAT
			-Butt-End			use the bas
		stick:	i			principles
			ı			analysis to
			i			improve
			i			previously
			i			acquired s
			i			and to con
			ı			to learn ne
			i			skills and
			i			activities
	In the control		1 a 11:45	I		_
		During game	-Cradling			PE.C.01.P
		play, perform	_			PHYSICA
		the 3 basic	-Scoop			EDUCAT
		cradles:	-Pullback			demonstra
		- men's	-Dodge			proficienc
		horizonal				selected co
		- men's				physical
		one-arm				activities (
		vertical				sports, exe
		- women's				that provid
		two-arm				conditioni
		vertical				each fitne
						PE.C.01.P
		During game				PHYSICA
		play, perform				EDUCAT
		the 2 basic				establish a
		pick ups:				maintain a
		- scoop				level of sk
		- pull back				performar
		I				demonstra
		Pass and				mastery o
		catch with a				fundamen
		partner from				movemen

approximately 10-15 feet away (stationary). During game play, perform the 3 basic dodges: - bull - pivot - face	and skills the can contribu daily living tasks, and analyze skill activities

TEAM ACTIVITIES: Flag Football

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of Football	Identify in writing and verbally: -Developed in what year? -What sports did it borrow from?					PE.C.02.PI.A PHYSICAL EDUCATIO demonstrate responsible personal and social behav while engage physical activities
	Rules of Flag Football	Identify and Memorize 5 Basic Flag Football Rules: 1- If the ball hits the ground the play is over 2- No Tackling 3- Once the flag is pulled the play is over 4- Must be at least 1 person on the line at all					PE.C.01.PLA PHYSICAL EDUCATIO use the basic principles of analysis to improve previously acquired skil and to contin to learn new skills and activities

	times 5- Defensive player cannot rush unless quarterback crosses line of scrimmage or there is a handoff Positions: Line Quarterback Wide Receiver Running Back Offensive Line Defensive Back Defensive Line			
Fundamental Techniques:	throwing technique, throw a	Throwing Catching Passing Spatial Awareness Team Strategies		PE.C.01.PI.A PHYSICAL EDUCATIO establish and maintain a h level of skill performance demonstrate mastery of fundamental movement for and skills the can contribut daily living tasks, and analyze skill activities PE.C.03.PI.A PHYSICAL EDUCATIO recognize th

	hands	benefits of
	together (make a	engaging in appropriate
	window) and look the	physical activities w
	ball into the	others, incl
	hands and pull it	both older a younger
	towards the body	members of community
Gam		PE.C.02.PI.A
	regies Team Plays:	PHYSICAL
	* Handoffs	EDUCATIO
	* Passing	understand the
	Plays	physical, soc
	* Creativity	and emotions
		benefits of
	Defensive	physical acti
	Strategies: Man	and can demonstrate
		leadership ar
	Coverage Zone	problem solv
	Coverage	through
	Blitz	participation
		organized ga
		or activities.
		PE.C.03-
		RESOURCE
		MANAGEM
		STUDENTS
		WILL
		UNDERSTA
		AND BE AF
		TO MANAC
		THEIR
		PERSONAL
		AND
		COMMUNI
		RESOURCE PE.C.03.PI.A
		PE.C.03.PLA PHYSICAL
		EDUCATIO
		recognize the
		role as conce
		and discrimi

	I		l	I		l I	_
							consumers of
							physical activ
							programs and
							understand the
							importance of
							physical activ
							as a resource
							everyone
							regardless of
							or ability
RAQUET AG	TIVITIES: 1	rennis	,	,	,	,	
TO IQUE TI	CII (IIILD. I	· CIIIII					

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of	Identify in	Sweet Spot				PE.C.01-
	Tennis	writing:	Grip				PERSONAI
			Forehand				HEALTH A
		country did	Backhand				FITNESS:
		Tennis	Volley				STUDENTS
		originate?	Serve				WILL HAV
		- Tennis	Ace				THE
		balls were	Rally				NECESSAI
		originally	Deuce				KNOWLEI
		made of					AND SKIL
		what?					ESTABLIS
							AND MAI
							PHYSICAL
							FITNESS, PARTICIP
							IN PHYSIC
							ACTIVITY
							MAINTAI
							PERSONA
							HEALTH.
							PE.C.01.PI
							PHYSICAI
							EDUCATION
							use the basi
							principles of
							analysis to
							improve
							previously
							acquired sk
							to continue
							learn new s

PE.	activities C.01.PI.A. YSICAL
PH	YSICAL
	UCATION
den	nonstrate
con	npetence in
	ding and
	ticipating in
	up activitie
	C.02-A SA
	D HEALT
	VIRONMI
	JDENTS
	LL ACQU
	OWLEDG
	D ABILIT
	CESSARY
	EATE AN
	INTAIN A
	FE AND
	ALTHY
	VIRONMI
	C.03-
	SOURCE
	NAGEME
	JDENTS
WI	
	DERSTAN
	D BE ABI
	MANAGE
	EIR
	EIK RSONAL A
	MMUNIT
	SOURCES
	C.03.PI.A.
	YSICAL
	UCATION
	ognize the
	efits of
	aging in
	ropriate
	sical activi
	n others,
	uding both
	er and your

				members of community
Raquet	Identify visually, orally, and in writing:			
Tennis Court	Identify visually, orally, and in writing: - service line - service box - baseline - alley - singles line - doubles line - net			
	Identify orally and in writing: - Love (0) - 15 (1) - 30 (2) - 40 (3) - Deuce (40-40) - Game(4)			
	Identify visually, orally, and			

(Do	ubles) in writing:			
	- always			1
	start on the			
	right side.			
	- switch			
	after each			
	point.			
	- same			
	person			
	serves entire			
	game.			
	- switch			
	sides of			
	court on odd			
	numbered			
	games.			
	- serve from			
	baseline to			
	1			
	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.			
Fun-	damental Perform the			
	hniques: forehand			
-	groundstroke			
	,	ı		•

Forehand	(using	
-	proper form)	
Backhand	at least 8 out	
- Volley		
- Serve	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.	
	vascinic.	

O TEAM ACTIVITIES: Team Handball

c t o	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
b e r		History of Team Handball	Identify in writing and verbally the history of Team Handball					PE.C.01.PI.A PHYSICAL EDUCATIO establish and maintain a h level of skill performance demonstrate mastery of fundamental movement fo and skills that can contribu daily living tasks, and analyze skill activities PE.C.01.PI.A PHYSICAL EDUCATIO demonstrate competence leading and participating group activiti
		Team Handball Rules		Double Dribble Traveling				PE.C.01.PI.A PHYSICAL EDUCATIO use the basic principles of analysis to improve previously acquired skil and to contir to learn new skills and activities

a player shoots the ball and gets it by the goalie and into the net	N TEAM ACTIVITIES: Volleyball	Skills and Techniques	shoots the ball and gets it by the goalie and into the net - Place and execute goal shots - Execute 3 different typesof shots (straight shot, bounce shot, jump shot) - Show how to use pivot foot and passing - Give and go technique along with other types of passes (underhand, overhand, behind the back)	Bounce Pass Give-And- Go		PE.C.01.PI. PHYSICAI EDUCATION demonstrate proficiency selected con physical activities (g sports, exer that provide conditionin each fitness PE.C.01.PI. PHYSICAI EDUCATION demonstrate competence leading and participatin group activity
			shots - Execute 3 different typesof shots (straight shot, bounce shot, jump shot) - Show how to use pivot foot and passing - Give and go technique along with other types of passes (underhand, overhand, behind the	Bounce Pass Give-And- Go		EDUCATION demonstrate proficiency selected complysical activities (graphysical activities) activities (graphysical activities) each fitness PE.C.01.PI PHYSICAL EDUCATION demonstrate competence leading and participatin

- 1	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
m b e r		Volleyball	Identify in writing: - Who invented Volleyball? - What					PE.C.02.PI.A PHYSICAL EDUCATIO demonstrate responsible personal and

- G			
	year was		social behavi
	Volleyball		while engage
	invented?		physical
	- Where		activities
	was		PE.C.01-
	Volleyball		PERSONAL
	invented?		HEALTH A
			FITNESS:
			STUDENTS
			WILL HAV
			THE
			NECESSAR
			KNOWLED
			AND SKILL
			TO ESTABI
			AND
			MAINTAIN
			PHYSICAL
			FITNESS,
			PARTICIPA
			IN PHYSICA
			ACTIVITY,
			AND
			MAINTAIN
			PERSONAL
			HEALTH.
			PE.C.01.PI.A
			PHYSICAL
			EDUCATIO
			demonstrate
			proficiency i
			selected com
			physical
			activities (ga
			sports, exerc
			that provide
			conditioning
			each fitness
			PE.C.01.PI.A
			PHYSICAL
			EDUCATIO
			establish and
			maintain a h
			level of skill
			performance
		· ·	demonstrate

	G 6.11.	To.		mastery of fundament movement and skills can contril daily livin tasks, and analyze sk activities PE.C.01.P
Techniques: - bump - set - underhand serve - overhand serve	1 1	Set Serve		PHYSICA EDUCAT use the bar principles analysis to improve previously acquired sand to conto learn new skills and activities PE.C.01.P PHYSICA EDUCAT establish a maintain a level of skills performant demonstration movement and skills can contribute tasks, and analyze skactivities
- teams of v 6. i - rotate	and			activities

- 3 hits per			
side.			
- cannot			
contact net.			
- ball can			
contact net			
on the serve.			
- ball			
cannot hit			
ceiling and			
go over.			

FITNESS: Fall Fitness

FITNESS. I	ran Finiess						
Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Fall Fitness Scores		Cardiovascular Endurance Muscular Strength Muscular Endurance Flexibility Body Composition		Personal Physical Fitness Plan	Resources	PE.C.01.PI.A. PHYSICAL EDUCATION demonstrate proficiency in selected comp physical activi (games, sports exercises) that provide conditioning f each fitness ar PE.C.01.PI.A. PHYSICAL EDUCATION establish and maintain a hig level of skilled performance, demonstrate mastery of fundamental movement for
							and skills that contribute to d living tasks, an analyze skill activities PE.C.01.PI.A. PHYSICAL

					EDUCATION
					make physical
					activity an
					important part
					their life and
					recognize such
					consequent
					benefits as sel
					renewal, great
					productivity as
					worker, more
					energy for fan
					activities, and
					reduction in he
					care costs
					PE.C.01.PI.A.
					PHYSICAL
					EDUCATION
					know the
					components of
					personal wellr
					(nutrition and
					weight control
					disease
					prevention, str
					management,
					safety, and
					physical fitnes
					establish a
					personal profil
					with
					fitness/wellnes
					goals, and eng
					in appropriate
					activities to
					improve or sus
					their fitness
					PE.C.01.PI.A.
					PHYSICAL
					EDUCATION
					follow a progr
					that relates to
					wellness,
					including weig
					control and str
					management
_	1				

I.					
					PE.C.02-A SA
					AND HEALT
					ENVIRONME
					STUDENTS
					WILL ACQU
					THE
					KNOWLEDG
					AND ABILIT
					NECESSARY
					CREATE AN
					MAINTAIN A
					SAFE AND
					HEALTHY
					ENVIRONME
					PE.C.02.PI.A.
					PHYSICAL
					EDUCATION
					know the pote
					safety hazards
					associated wit
					wide variety o
					games and
					activities and
					able to preven
					and respond to
					accidents
					PE.C.02.PI.A.
					PHYSICAL
					EDUCATION
					demonstrate
					responsible
					personal and
					social behavio
					while engaged
					physical activi
					PE.C.02.PI.A.
					PHYSICAL
					EDUCATION
					accept physica
					activity as an
					important part
					life. Self-renev
					productivity as
					worker, energy
					family activiti
					fitness, weight
	 _		<u> </u>	<u> </u>	Truicss, weight

				control, st	tre
				manageme	
				reduction	
				health-car	
				are unders	
				benefits of	
				physical a	
				PE.C.02.P	
				PHYSICA	
				EDUCAT	
				create a po	
				climate fo	
				activities l	
				assuming	, a '
				of roles	
				PE.C.02.P	PΙ.,
				PHYSICA	ΑL
				EDUCAT	ПC
				understand	ıd 1
				physical, s	
				and emoti	
				benefits of	
				physical a	act
				and can	
				demonstra	ate
				leadership	
				problem s	
				through	
				participati	io
				organized	
				or activitie	
				PE.C.03-	
				RESOUR	
				MANAGI	
				STUDEN'	
				WILL	1
					тг
				UNDERS	
				AND BE	
				TO MAN.	Α
				THEIR	
				PERSONA	
				COMMU	
	<u> </u>	·		RESOUR	.(
Basic	Identify, in	Deltoid			
Muscles of	writing, the	Pectorals			

the Body	following muscles of the body: 1. Deltoid 2. Pectorals 3. Bicep 4. Abdominals 5. Quadriceps 6. Trapezius 7. Latissimus Dorsi 8. Tricep 9. Gluteals 10. Hamstrings 11. Gastrocnemius	Quadriceps Trapezius Latissimus Dorsi Tricep Gluteals Hamstrings Gastrocnemius	
Intro to the Center - Exerci Machines - Sets - Reps	both verbally in writivarious exercise machinand fitm activities the room 1. Sitt Bench 1	Bench Press y and Lat Pull ng, Down Lunges e Shoulder es Press less Leg es in Curl/Leg m: Extension ting Ab Machine Press Leg Raises Pull Bicep Curl Tricep nges Pushdown Tricep Dip er Lateral Raises/Front g Raises eg Chin Ups on Step Ups Squats e Bench Press g Leg Press Spin Bike	PE.C.03.PI.A PHYSICAL EDUCATIO recognize the role as conce and discriminatir consumers or physical activities programs and understand the importance of physical activas a resource everyone regardless of or ability

Curl 9. Tricep Pushdown 10. Tricep Dip 11. Lateral Raises/Front Raises 12. Chin Ups 13. Step Ups	
13. Step	
14. Squats	
15. Bench	
Press	
16. Leg	
Press	
17. Spin Bike	
18.	
Treadmill	
19.	
Elliptical	
20. Wall	
Sit	

FITT Principle: F = Frequency I = Intensity T = Time T = Type	In writing, create both a short and long term fitness goal in the areas of Cardiovascular Endurance, Muscular Strength/Endurance, Flexibility, and Body Comp/Nutrition.	Frequency Intensity Time Type	
	In writing, create a warm-up and cool down routine. In writing, implement the FITT Pinciple as it relates to each short and long term goal.		
Intro to Target Hear Rate Zone	(RHR) (MH 2. Mini Maximum Train Heart Rate (MHR) Maxi 3. Train	rt Rate R) imum rt Rate IR) imum ning rt Rate imum	

D TARGET ACTIVITIES: Archery

	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
m b		_	Used as one of the first					PE.C.01.PI.A PHYSICAL

l l				
e	primary .	ļ		EDUCATIO
r	weapons in	ļ		make physic
	war along	ļ		activity an
	with a	ļ		important pa
	hunting tool	ļ		their life and
		ļ		recognize su
		ļ		consequent
		ļ		benefits as so
		ļ		renewal, gre
		ļ		productivity
		ļ		worker, more
		ļ		energy for fa
		ļ		activities, an
		ļ		reduction in
			<u> </u>	 health care c
	Shooting SAFETY!!!	Bow		PE.C.01-
	No one touches	Arrow		PERSONAL
	equipment	String		HEALTH A
	until receiving the			FITNESS:
	proper signal	Feather		STUDENTS
	from the teacher.	0		WILL HAV
	No exceptions!	Stance		THE
	Each archer will			NECESSAR
	be allowed to			KNOWLED
	shoot a total of 6	1		AND SKILI
	arrows per round			TO ESTABI
	Archers will			AND
	retrieve their			MAINTAIN
	arrows ONLY			PHYSICAL
	when all archers			FITNESS,
	have completed			PARTICIPA
	there round and			IN PHYSIC
	the bows have			ACTIVITY,
	been placed on			AND
	the ground and			MAINTAIN
	the teacher gives			PERSONAL
	the signal.			HEALTH.
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				use the basic
				principles of
				analysis to
				improve
				previously

Fundamental	Dominant			acquired skil and to contin to learn new skills and activities PE.C.01.PI.A PHYSICAL EDUCATIO demonstrate competence leading and participating group activit PE.C.02.PI.A
Techniques	hand will be placed on the string, non-dominant hand placed on the bow "Nock" the arrow by placing the arrow between 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.			PHYSICAL EDUCATIO demonstrate responsible personal and social behavi while engage physical activities PE.C.02.PI.A PHYSICAL EDUCATIO create a posit climate for g activities by assuming a variety of rol PE.C.03.PI.A PHYSICAL EDUCATIO recognize the role as conce and discriminatir consumers of physical activities programs and understand the importance of physical activities of physical activities programs and

			as a resource
	l I	' '	1 11 = 0.00 11 = 0.00
			everyone
			regardless of
			or ability
			PE.C.03.PI.A
			PHYSICAL
			EDUCATIO
			identify a var
			of career
			opportunities
			associated w
			sports and fit
			and understa
			the
			qualification
			educational
			requirements
			and job
			responsibiliti
			of those care
TEAM ACTIVITIES: Floo	r Hockev		'
	TEAM ACTIVITIES: Floo	TEAM ACTIVITIES: Floor Hockey	TEAM ACTIVITIES: Floor Hockey

a EAN A	CIIVIIIES. F	1001 Hockey					
n Essential u Questions	('ontent	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
a r y	History	Identify in writing and verbally: In which country was hockey developed?	-Canada				PE.C.01.PLA PHYSICAL EDUCATIO demonstrate proficiency is selected comphysical activities (gasports, exerce that provide conditioning each fitness PE.C.01.PLA PHYSICAL EDUCATIO use the basic principles of analysis to improve previously acquired skill

l.					
					and to contine to learn new skills and activities PE.C.02.PI.A PHYSICAL EDUCATIO know the potential safe hazards associated we wide variety games and activities and activities and activities and accidents PE.C.02.PI.A PHYSICAL EDUCATIO demonstrate responsible personal and social behavious while engage physical activities
	Rules Equipment	Identify in writing and verbally: - Type of Equipment used - Basic Rules	- Shaft - Butt-End - Blade - Offense - Defense - Off-Sides -Crease		PE.C.01.PI.A.0 PHYSICAL EDUCATION demonstrate competence in leading and participating ir group activities PE.C.02-A SA AND HEALTI ENVIRONME STUDENTS WILL ACQUI THE KNOWLEDGI AND ABILIT NECESSARY CREATE ANI

				MAINTAI SAFE ANI HEALTHY ENVIRON
Positions	Identify in writing and verbally: - Types of Positions -Role of each position	-Offense (Right Wing) (Left Wing) (Center) -Defense -Goalie		PE.C.01. PHYSIC EDUCA' use the b principle analysis improve previous acquired and to co to learn r skills and activities
Skills and Techniques		-Ball -Grip		PE.C.01.PI PHYSICA EDUCATI demonstrate competence leading and participating group active PE.C.02-A AND HEA ENVIRON STUDENT WILL ACC THE KNOWLE AND ABII NECESSA CREATE A MAINTAI SAFE ANI HEALTHY ENVIRON
Passing	From approximately 10-15 feet away, demonstrate a	Through		PE.C.01 PHYSIC EDUCA use the b

	your partner using proper techniques.] 3 4 5	improve previously acquired ski and to contino learn new skills and activities
Shooting	Using the Wall with a target on it, from approximate 10 feet away, attempt 5-10 wrist shots. Keep track of your successful hits. Using the Wall target, attempt 5-10 snap shots. Keep track of your successful attempts	-Snap			PE.C.01.PI.A PHYSICAL EDUCATIC use the basic principles of analysis to improve previously acquired ski and to conting to learn new skills and activities
Game Play	Using the equipment provided, students will play using a variety of scenarios: 2 v 1, 3 v 2, with offside rules in effect along with goalie. Culminating activity: Students will play a structured	-Offsides -Crease -Give-And- Go -Penalties			PE.C.01- PERSONAI HEALTH A FITNESS: STUDENTS WILL HAV THE NECESSAF KNOWLED AND SKILI TO ESTAB! AND MAINTAIN PHYSICAL FITNESS, PARTICIPA IN PHYSIC

game using	ACTIVITY
all positions	AND
and rules	MAINTAII
provided by	PERSONA
the	HEALTH.
instructor.	PE.C.01.PI
	PHYSICAL
	EDUCATI
	demonstrat
	proficiency
	selected co
	physical
	activities (
	sports, exe
	that provid
	conditionin
	each fitnes
	PE.C.01.Pl
	PHYSICA
	EDUCATI
	establish a
	maintain a
	level of sk
	performan
	demonstra
	mastery of
	fundament
	movement
	and skills t
	can contrib
	daily living
	tasks, and
	analyze ski
	activities

TEAM ACTIVITIES: Basketball

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of	Identify in	- James				PE.C.02-A SA
	Basketball	writing:	Naismith				AND HEALT
		- Who	- 1891				ENVIRONME
		invented	(Springfield,				STUDENTS
		Basketball?	MA)				WILL ACQU
		- In what	- Peach				THE
		year was	Baskets				KNOWLEDG

I. ,	1 1	
	Basketball	AND ABILI
	invented?	NECESSAR
	- Original	CREATE A
	equipment?	MAINTAIN
		SAFE AND
		HEALTHY
		ENVIRONM
		PE.C.03-
		RESOURCE
		MANAGEM
		STUDENTS
		WILL
		UNDERSTA
		AND BE A
		TO MANAC
		THEIR
		PERSONAL
		COMMUNI
		RESOURCE
Passing	From	PE.C.01-
1. Chest		PERSONA
2. Boun		HEALTH A
2. 100011	away,	FITNESS:
	demonstrate	STUDENT
	both the	WILL HAY
	chest and	THE
	bounce	NECESSA
	(using	KNOWLE
	proper form)	AND SKIL
	with a	TO ESTAB
	partner.	AND
	partitor.	MAINTAI
		PHYSICAL
		FITNESS,
		PARTICIP
		IN PHYSIC
		ACTIVITY
		ACTIVITI
		MAINTAI
		PERSONA
		HEALTH.
177		
		PEC 01 PI
		PE.C.01.PI
		PHYSICAL

				maintain a hi level of skille performance demonstrate mastery of fundamental movement fo and skills tha can contribut daily living tasks, and analyze skill activities PE.C.01.PI.A PHYSICAL EDUCATIO
				use the basic principles of analysis to improve previously acquired skil and to contin to learn new skills and activities
1. Athletic Stance 2. Fingerpads 3. Head Up 4. Waist Level 5. Non- Dribbling Arm Up	Using proper form, dribble around the gym while walking. Using proper form, dribbling around the gym while jogging.			PE.C.01- PERSONAL HEALTH AI FITNESS: STUDENTS WILL HAVI THE NECESSAR KNOWLED AND SKILL TO ESTABI AND MAINTAIN PHYSICAL FITNESS, PARTICIPA IN PHYSICA ACTIVITY, AND

				PERSONAL HEALTH. PE.C.01.PI.A PHYSICAL EDUCATIO establish and maintain a hilevel of skille performance demonstrate mastery of fundamental movement for and skills that can contribute daily living tasks, and analyze skill activities PE.C.01.PI.A PHYSICAL EDUCATIO use the basic principles of analysis to improve previously acquired skill and to continut to learn new skills and activities
Side) 1. Plant L Foot	Using proper form, demonstrate either a R or L handed lay-up.			PE.C.01- PERSONAL HEALTH AI FITNESS: STUDENTS WILL HAVI THE NECESSAR KNOWLED AND SKILL TO ESTABI AND

				- 1	 1	
	'					MAINTAIN
	'					PHYSICAL
	'					FITNESS,
	'					PARTICIPA
	'					IN PHYSIC
	'					ACTIVITY
	'					AND
	'					MAINTAI
	'					PERSONA
	'					HEALTH.
	'					PE.C.01.PI
	'					PHYSICAL
	'					EDUCATI
	'					establish an
	'					maintain a
	'		1			
	'		1			level of ski
	'					performance
	'					demonstrat
	'					mastery of
	'					fundamenta
	'					movement
	'					and skills th
	'					can contrib
	'					daily living
	'					tasks, and
	'					analyze ski
	'					activities
	'					PE.C.01.PI
	'					PHYSICAL
	'					EDUCATI
	'					
	'					use the bas
	'					principles of
	'					analysis to
	'					improve
	'					previously
	'					acquired s
	'		1			and to con
	'		1			to learn ne
	'					skills and
	'					activities
	Jump Shot	Using proper			İ	PE.C.01-
	1. Waiter's	form.				PERSONA
		demonstrate				HEALTH
	-	the jump				FITNESS:
		shot during a				STUDENT
<u> </u>	Папи	Shot during a				SIODEM

3. All	controlled	WILL HAV
Power From	driii.	THE
Legs		NECESSAR
4. Waive		KNOWLED
Goodbye		AND SKILI
		TO ESTABI
		AND
		MAINTAIN
		PHYSICAL
		FITNESS,
		PARTICIPA
		IN PHYSIC
		ACTIVITY,
		AND
		MAINTAIN
		PERSONAL
		HEALTH.
		PE.C.01.PI.A
		PHYSICAL
		EDUCATIO
		establish and
		maintain a h
		level of skill
		performance
		demonstrate
		mastery of
		fundamental
		movement fo
		and skills the
		can contribu
		daily living
		tasks, and
		analyze skill
		activities
		PE.C.01.PLA
		PHYSICAL
		EDUCATIO
		use the basic
		principles of
		analysis to
		improve
		previously
		acquired skil
		and to contir
		to learn new
		skills and

								activities
F	AQUATIC A	ACTIVITIES:	Kayaking					
e b r	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
u a r y		History	Identify in writing and verbally the parts of the Kayak:	-Hull -Grab Rail -Skirt -Bow -Paddle				PE.C.01- PERSONA HEALTH AND FITNESS: STUDENT WILL HAV THE NECESSA KNOWLEI AND SKIL TO ESTABLIS AND MAINTAII PHYSICAI FITNESS, PARTICIP IN PHYSIC ACTIVITY AND MAINTAII PERSONA HEALTH.
			- Hold Breath -Lean Forward - Pull Safety Loop - Push out of Kayak at waist and swim to surface				Pl Edd de pri se pl (g ex pri co ea Pl Pl E	E.C.01.PI.A.0 HYSICAL DUCATION emonstrate roficiency in elected compl hysical activit games, sports, ercises) that rovide onditioning for ach fitness are E.C.01.PI.A.0 HYSICAL DUCATION stablish and

						maintain a high
				ı		maintain a higl level of skilled
						performance,
						demonstrate
						mastery of
						fundamental
	'					movement form
						and skills that
						contribute to d
			1			living tasks, an
	'					analyze skill
	'					activities
						PE.C.02-A SA
	'					AND HEALTI
						ENVIRONME
	'					STUDENTS
	'					WILL ACQUI
			1			THE
			1			KNOWLEDGI
1			1			AND ABILIT
			1			NECESSARY
						CREATE ANI
	'					MAINTAIN A
	'					SAFE AND
						HEALTHY
						ENVIRONME
	Fundamental	Paddle	-Forward			PE.C.02.PI.A.
			Stroke			PHYSICAL
	Teemingaes	Stroke:	-Backward			EDUCATION
			Stroke			understand the
			-Rudder			
			-Rudder -Draw			physical, social and emotional
	'	1				
		Kayak,	-Sweep			benefits of
	'	paddle in the				physical activ
		straightist	-Shoulder to			and can
		line you can				demonstrate
	'		-Snap			leadership and
		end to the				problem solvi
	'	other.				through
	'	Repeat the				participation i
		skill				organized gan
	'	backwards.				or activities.
	'	1				PE.C.03-
						RESOURCE
						MANAGEME
			1	,I		1.22 22

Hip Snaps: Put your hands on the gutter and attempt 10- 15 hip snaps by leaning your kayak over towards the gutter and "snapping" your hips to right the kayak.	STUDENTS WILL UNDERSTA AND BE AB TO MANAG THEIR PERSONAL AND COMMUNIT RESOURCE

RACQUET ACTIVITIES: Badminton

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History	Identify in					PE.C.01-
		writing:					PERSONAL
		- What					HEALTH A
		year was					FITNESS:
		Badminton					STUDENTS
		created?					WILL HAV
		- Who					THE
		created					NECESSAR
		Badminton?					KNOWLED
		- Where					AND SKILI
		was					TO ESTABI
		Badminton					AND
		created?					MAINTAIN
							PHYSICAL
		Identify in					FITNESS,
		writing:					PARTICIPA
		- Parts of					IN PHYSIC
		the					ACTIVITY,
		Badminton					AND
		Racquet					MAINTAIN
		- Parts of					PERSONAL
		the					HEALTH.

	Shuttlecock	PE.C.01.Pl PHYSICA EDUCATI demonstrat competenc leading and participatin group activ
- Service - Doubles	identify visually and orally coundaries and lines of court identify visually and orally service box. identify visually and orally 4 service rules must be anderhand, must serve celow the waist, must be served to diagonal service box, must land mbounds) identify visually and orally rules of a doubles match: - always start on right side both cartners	PE.C.01.P PHYSICA EDUCAT use the bas principles analysis to improve previously acquired si and to con to learn ne skills and activities PE.C.01.P PHYSICA EDUCAT demonstra competence leading an participating group activ

Ti i	1	1	1	1	1	1
	unless it is					
	the start of					
	the game.					
	- if you					
	win the					
	point, rotate.					
	- if you					
	lose the					
	point,					
	partner					
	serves from					
	where they					
	are.					
	- after					
	both partners	3				
	have lost					
	serve, other					
	team serves.					
	- serve					
	cannot hit					
	net.					
	- no lets.					
	- birdies					
	hit on the line are					
	considered					
	inbounds.					
	- games to					
	21 (or time					
	depending					
	on class					
	size).					
	- rally					
	scoring.					
	la a a a a a a a a a a a a a a a a a a					
	In writing,					
	identify and					
	describe					
	rules of a					
	doubles					
	match.					
Fundamental	.'	-Clear			p	E.C.01.PI.A.
	underhand	-Drop				HYSICAL
		-Smash				DUCATION
	proper	-Serve				emonstrate
	proper	Berve			u	omonstrate

		 1 1	I I
	form), at		competence in
	least 5 out of		leading and
	10 times.		participating in
			group activitie
	During		PE.C.02-A SA
	game play,		AND HEALT
	successfully		ENVIRONMI
	perform the		STUDENTS
	clear, smash,		WILL ACQU
	and drop		THE
	shots.		KNOWLEDG
			AND ABILIT
	In writing,		NECESSARY
	identify and		CREATE AN
	describe the		MAINTAIN A
	4		SAFE AND
	fundamental		HEALTHY
	techniques		ENVIRONME
	of		
	Badminton.		
Game Play	Self-monitor		PE.C.01.PI.
	spatial		PHYSICAL
	awareness on		EDUCATIO
	court when		establish and
	playing with		maintain a h
	partner		level of skill
			performance
	Officiate		demonstrate
	doubles match.		mastery of
			fundamental
	Server		movement for
	announces		and skills th
	score prior to		can contribu
	serve.		daily living
	~		tasks, and
	Display good		analyze skill
	sportsmanship		activities
	when		PE.C.01.PI.
	participating in		PHYSICAL
	a doubles		EDUCATIO
	match		make physic
	- positive		activity an
	encouragement		important pa
	- praise to		their life and
	opposite team		
	opposite team		recognize su

	- positive reinforcement					consequences benefits renewa productions worker energy	s as sal, gre tivity , mor
						activition reduction health of PE.C.0 PHYSI EDUC.	on in care c 2.PI.A CAL ATIC
						know the potential hazards associal wide variables.	al saf s ted w ariety
						activition able to and respectively	es and preve pond

M PERSONAL PERFORMANCE ACTIVITIES: Self-Defense

of our Self- 1. Respect the appropriate Unit? Concentration 3. Confidence Confidence Confidence Stance. Stance	a								
the goal Defense command, of our Stances: demonstrate Self-Defense unit? Concentration 3. Confidence Confidence Confidence Confidence Confidence Confidence Crescent Confidence Crescent WWW.pecentral.com PER.C.01-PERSONA HEALTH A FITNESS: STUDENT WILL HAV THE NECESSAI KNOWLEI AND SKIL ESTABLIS AND MAII PHYSICAI FITNESS, PARTICIP. IN PHYSIC	r c		Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	h	the goal of our Self- Defense	Defense Stances: 1. Respect 2. Concentration 3.	command, demonstrate the appropriate	Concentration Confidence Crescent			www.pecentral.com	PERSONAL HEALTH AN FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDG AND SKILLS ESTABLISH AND MAINT PHYSICAL

				PERSONAL
				HEALTH.
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				demonstrate
				proficiency in
				selected comp
				physical activi
				(games, sports
				exercises) that
				provide
				conditioning f
				each fitness ar
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				establish and
				maintain a hig
				level of skilled
				performance,
				demonstrate
				mastery of
				fundamental
				movement for
				and skills that
				contribute to d
				living tasks, as
				analyze skill
				activities
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				make physical
				activity an
				important part
				their life and
				recognize such
				consequent
				benefits as sel
				renewal, great
				productivity a
				worker, more
				energy for fan
				activities, and
				reduction in he

				care costs
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				use the basic
				principles of s
				analysis to
				improve
				previously
				acquired skills
				to continue to
				learn new skill
				and activities
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				demonstrate
				competence in
				leading and
				participating in
				group activitie
				PE.C.02-A SA
				AND HEALT
				ENVIRONME
				STUDENTS
				WILL ACQU
				THE
				KNOWLEDG
				AND ABILIT
				NECESSARY
				CREATE AN
				MAINTAIN A SAFE AND
				HEALTHY
				ENVIRONME DE C 02 DL A
				PE.C.02.PI.A.
				PHYSICAL
				EDUCATION
				know the pote
				safety hazards
				associated wit
				wide variety o
				games and
				activities and
				able to preven
				and respond to

				accidents PE.C.02.PI.A. PHYSICAL EDUCATION demonstrate responsible personal and social behavior while engaged physical active PE.C.02.PI.A. PHYSICAL EDUCATION create a positic climate for greactivities by assuming a var of roles
Situation Self-Defense Technic 1. Sin Hand G (Cross) 2. Sin Hand G (Straight 3. Do Hand G (Lower 4. Do Hand G (Upper) 5. Do Hand G (To One Arm) 6. Che From F 7. Che From R 8. Bear Huge F Rear	partner, demonstrate each self- defense technique using proper form. You must act as both the uke and the tori. brab) uble brab) uble brab e oke ront oke ear ar			

9. One Arm Choke From Rear				
Katas: 1. Shodan 2. Nidan	In groups of 3-6, demonstrate 1 of the 3 katas from beginning to end.			
1. Back Fall 2. Side	Demonstrate all 4 break falls using proper form.			

PERSONAL PERFORMANCE ACTIVITIES: Cup Stacking

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What are the	3 Ways to	In writing					PE.C.01-
benefits of	Up-Stack	and verbally,					PERSONAL
Cup	and Down-	identify the					HEALTH A
Stacking?	Stack:	3 different					FITNESS:
	1. Lead w/	ways to up-					STUDENTS
	R for both.	stack and the					WILL HAVI
	2. Lead w/	general rules					THE
	L for both.	of Cup					NECESSAR
	3. Lead w/	Stacking.					KNOWLED
	R to up-						AND SKILL
	stack, L to	During					TO ESTABI
	down-stack.	practice and					AND
		competition,					MAINTAIN
	General	follow the					PHYSICAL
	Rules:	general rules					FITNESS,
	1. Must	of Cup					PARTICIPA
	use both	Stacking.					IN PHYSICA
	hands.						ACTIVITY,
	2. 1 hand						AND
	on a cup at a						MAINTAIN
	time.						PERSONAL

3. Can	HEALTH.
start on the	PE.C.01.PI.A
R or the L.	PHYSICAL
4. Must go	EDUCATIO
back to the	demonstrate
beginning to	proficiency i
down-stack.	selected com
5. Fix	physical
fumbles	activities (ga
immediately	sports, exerc
(cannot	that provide
move on).	conditioning
6. Done	each fitness a
when all	PE.C.01.PI.A
stacks are	PHYSICAL
down-	EDUCATIO
stacked and	establish and
standing.	maintain a hi
	level of skille
	performance
	demonstrate
	mastery of fundamental
	movement for and skills that
	can contribut
	daily living
	tasks, and
	analyze skill
	activities
	PE.C.01.PI.A
	PHYSICAL
	EDUCATIO
	make physic
	activity an
	important pa
	their life and
	recognize su
	consequent
	benefits as se
	renewal, grea
	productivity
	worker, more
	energy for fa
	activities, an
	reduction in

					health care
	3 Types of	In writing	- Tipper		PE.C.01-
	Fumbles:	and verbally,			PERSONA
	1. Tipper	identify the	- Slider		HEALTH
	2. Toppler				FITNESS:
	3. Slider	fumbles.			STUDEN
					WILL HA
		During			THE
		practice and			NECESSA
		competition,			KNOWLE
		recognize			AND SKI
		and fix			TO ESTA
		fumbles as			AND
		soon as they			MAINTA
		occur.			PHYSICA
					FITNESS,
					PARTICII
					IN PHYSI
					ACTIVIT
					AND
					MAINTA
					PERSONA
					HEALTH
					PE.C.01.P
					PHYSICA
					EDUCAT
					demonstra
					proficienc
					selected co
					physical
					activities (
					sports, exe
					that provid
					conditioni
					each fitnes
					PE.C.01.P
					PHYSICA
					EDUCAT
					establish a
					maintain a
					level of sk
					performan
					demonstra
					mastery of
<u> </u>					fundamen

I.				 ,	
					movement for and skills that can contributed daily living tasks, and analyze skill activities PE.C.01.PI.A PHYSICAL EDUCATIO make physical activity an important patheir life and recognize succonsequent benefits as serenewal, great productivity worker, more energy for fat activities, and reduction in health care contributed to the skills of the skills
	1st Competition Stack: 3-3-3	competition, correctly	3 Stack 3-3 Stack 3-3-3 Stack		PE.C.01- PERSONAL HEALTH AI FITNESS: STUDENTS WILL HAVI THE NECESSAR KNOWLED AND SKILL TO ESTABI AND MAINTAIN PHYSICAL FITNESS, PARTICIPA IN PHYSICA ACTIVITY, AND MAINTAIN PERSONAL

				HEALTH.
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				demonstrate
				proficiency i
				selected com
				physical
				activities (ga
				sports, exerc
				that provide
				conditioning
				each fitness a
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				establish and maintain a hi
				level of skill
				performance
				demonstrate
				mastery of
				fundamental
				movement fo
				and skills tha
				can contribut
				daily living
				tasks, and
				analyze skill
				activities
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				make physic
				activity an
				important pa
				their life and
				recognize su
				consequent
				benefits as se
				renewal, grea
				productivity
				worker, more
				energy for fa
				activities, an
				reduction in

0 1	 D :	C C . 1	health car
2nd Competition	During	6 Stack	PE.C.01- PERSON
Stack:	correctly	3-6-3	HEALTH
3-6-3	perform the	3-0-3	FITNESS
3-0-3	3-2-1		STUDEN
	method for		WILL HA
	the 6 stack.		THE
	the o stack.		NECESS
	During		KNOWL
	practice and		AND SK
	competition,		TO ESTA
	correctly		AND
	perform the		MAINTA
	3-6-3 stack.		PHYSICA
	5 6 5 stack.		FITNESS
			PARTIC
			IN PHYS
			ACTIVIT
			AND
			MAINTA
			PERSON
			HEALTH
			PE.C.01.
			PHYSIC
			EDUCA
			demonstr
			proficien
			selected of
			physical
			activities
			sports, ex
			that prov
			condition
			each fitne
			PE.C.01.
			PHYSIC
			EDUCAT
			establish
			maintain
			level of s
			performa
			demonstr
			mastery o
			fundamer

					movement for and skills that can contributed daily living tasks, and analyze skill activities PE.C.01.PI.A PHYSICAL EDUCATIO make physical activity an important patheir life and recognize succonsequent benefits as serenewal, great productivity worker, more energy for fat activities, an reduction in
	Competition Stack: The Cycle	practice, correctly perform the 3 parts of the Cycle stack:	3-3-3 6-6 1-10-1 The Cycle		health care c PE.C.01- PERSONAL HEALTH AI FITNESS: STUDENTS WILL HAVI THE NECESSAR KNOWLED AND SKILL TO ESTABI AND MAINTAIN PHYSICAL FITNESS, PARTICIPA IN PHYSICA ACTIVITY, AND MAINTAIN PERSONAL

				HEALTH.
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				demonstrate
				proficiency i
				selected com
				physical
				activities (ga
				sports, exerc
				that provide
				conditioning
				each fitness a
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				establish and maintain a hi
				level of skill
				performance
				demonstrate
				mastery of
				fundamental
				movement fo
				and skills tha
				can contribut
				daily living
				tasks, and
				analyze skill
				activities
				PE.C.01.PI.A
				PHYSICAL
				EDUCATIO
				make physic
				activity an
				important pa
				their life and
				recognize su
				consequent
				benefits as se
				renewal, grea
				productivity
				worker, more
				energy for fa
				activities, an
				reduction in

health care c M TEAM ACTIVITIES: Ultimate Frisbee a Essential y Skills Content Vocabulary Assessments Lessons Resources Standards Questions History Identify in PE.C.02.PI.A writing and PHYSICAL verbally: **EDUCATIO** History of demonstrate Ultimate responsible Frisbee personal and social behave while engage physical activities PE.C.02.PI.A PHYSICAL **EDUCATIO** create a posi climate for g activities by assuming a variety of rol PE.C.02.PI.A PHYSICAL **EDUCATIO** understand th physical, soc and emotion benefits of physical acti and can demonstrate leadership ar problem solv through participation organized ga or activities. Rules End-Zone PE.C.01.PI.A Once Frisbee Interception PHYSICAL is caught Score **EDUCATIO** establish and must stop maintain a h

level of skill

	l _a , ,			
	One pivot			performance
	foot can			demonstrate
	move in an			mastery of
	attempt to			fundamenta
	get open			movement
	Must get			and skills th
	frisbee to			can contrib
	team			daily living
	member			tasks, and
	without			analyze ski
	letting the			activities
	frisbee hit			PE.C.01.PI
	the ground			PHYSICAI
	or be			EDUCATION
	intercepted			use the bas
	A point is			principles of
	scored when			analysis to
	player on			improve
	offense			previously
	catches the			acquired sk
	frisbee in the			and to cont
	end-zone			to learn nev
				skills and
			1	activities
	Standing	-Lead		PE.C.01.PI
	approximately 10-	-Give-and-		PHYSICAI
	15 feet away from	Go		EDUCATI
1	your partner,	-Zone		establish ar
	attempt a direct	Defense		maintain a
	throw using the	-Cover		level of ski
	step-throw	Defense		performance
t	technique.	-Fast		demonstrat
		Break		mastery of
				fundamenta
	Spatial Awareness:			movement
				and skills th
l l	standing			can contrib
	appproximately 10-			daily living
	15 feet away, one			tasks, and
	student will throw			analyze ski
	the frisbee to			activities
I I'				PE.C.01.PI
	point B while			1 2.0.01.11
I	point B while another student will			PHYSICAL
I	<u>.</u>			1

frisbee heading to point B. Offensive/Defensive Strategies: Create a game environment using a 3 v 2 scenario and a 5 v 4 scenario with the stress on	principles of analysis to improve previously acquired skii and to contint to learn new skills and activities
the stress on movement.	

TEAM ACTIVITIES: Softball

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Softball	Identify both orally and in writing: - Who invented Softball? - What year was Softball invented? - Is Softball an olympic sport?					
	- Fielding a Groundball	partner g (from approx. 20 feet away),					PE.C.01- PERSONAL HEALTH A FITNESS: STUDENTS WILL HAV THE NECESSAR KNOWLED AND SKILL TO ESTABI AND MAINTAIN PHYSICAL FITNESS,

<u> </u>		
	Partner B	PARTICIPA
	(who	IN PHYSIC.
	remains	ACTIVITY,
	stationary)	AND
	will field the	MAINTAIN
	groundball	PERSONAL
	using proper	HEALTH.
	form and	PE.C.01.PI.
	make a	PHYSICAL
	strong throw	EDUCATIO
	back to	demonstrate
	his/her	proficiency i
	partner.	selected con
	Switch.	physical
		activities (ga
	From	sports, exerc
	approx. 20	that provide
	feet away,	conditioning
	Partner A	each fitness
	rolls a	PE.C.01.PI.
	groundball	PHYSICAL
	to Partner B.	EDUCATIO
	This time,	establish and
	make Partner	maintain a h
	B move	level of skill
	from side to	performance
	side. Partner	demonstrate
	B will field	mastery of
	the	fundamental
	groundball	movement fe
	using proper	and skills the
	form and	can contribu
	make a	daily living
	strong throw	tasks, and
	back to	analyze skill
	his/her	activities
	partner.	PE.C.01.PI.
	Switch.	PHYSICAL
	From	EDUCATIO
	approx. 20	make physic
	feet away,	activity an
	Partner	important pa
	A throws a	their life and
	flyball to	recognize su
	Partner B.	consequent
	Partner B	benefits as s

fields the	renewal, gre
flyball using	productivity
proper form	worker, mor
and makes a	energy for fa
strong throw	activities, an
back to	reduction in
his/her	health care of
partner.	PE.C.01.PI.
Switch.	PHYSICAL
	EDUCATIO
From	use the basic
approx. 20	principles of
feet away,	analysis to
Partner	improve
A throws a	previously
flyball to	acquired ski
Partner B.	and to contin
This time, A	to learn new
will make B	skills and
move from	activities
side to side	activities
and forward	
and	
backward.	
Partner B	
fields the	
flyball using	
proper form	
and makes a	
strong throw	
back to	
his/her	
partner.	
Switch.	
As a class,	
shadow T	
with proper	
hitting form	
from both	
right and left	
side of the	
plate.	
prace.	
With a	
partner (soft	
toss), hit 8-	
1000), III 0	

		u f	0 softballs asing proper form into the putfield.			
J	TEAM ACTI	VITIES: Touch	Dughy			

Essential							
Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of Touch Rugby	writing and	- 1960 - Sydney, Australia				
		Developed in what year? - Developed in what					
	- to start the	country? Identify, in	- Pitch				PE.C.01-
	at the	various rules	Pass	е			PERSON HEALTH FITNESS
	halfway mark. - defensive	of the game.	- Dropped Ball - Try Zone				STUDEN WILL H THE
	players must be at least		- Shepherding	5			NECESS KNOWL
	10m behind halfway mark on a		Roll BallOffsidesScrum Hal	$ \mathbf{f} $			AND SK TO EST AND
	tap.	a	- Tap				MAINTA PHYSIC
	advance as soon as ball is tapped.						FITNES: PARTIC IN PHYS
	- tap is used						ACTIVI AND
	recommence play after a						MAINT. PERSON
	try is scored and on						HEALT PE.C.01

- offensive team forms wings to gain field advantage each team is allowed 6 touches before change of possession after change of possession, roll ball from that spot defensive players must be at least 5m away on a roll ball penalties for shepherding, offsides, forward pass. Offense: Offense: During game - Roll Ball - Roll Ball play, - Serum Half DECUCA demons proficie selected physica activitie principal pass.			DTTT 70T 0 1 -
analysis improve previous acquired and to c to learn skills an activitie Offense: - Roll Ball play, - Scrum Half PERSON	- offensive team forms wings to gain field advantage each team is allowed 6 touches before change of possession after change of possession, roll ball from that spot defensive players must be at least 5m away on a roll ball penalties for shepherding, offsides, forward		PHYSICAI EDUCATION demonstrates proficiency selected corphysical activities (g sports, exert that provide conditioning each fitness PE.C.01.PI. PHYSICAI EDUCATION establish an maintain a level of skil performance demonstrates mastery of fundamental movement of and skills the can contribut daily living tasks, and analyze skil activities PE.C.01.PI. PHYSICAI EDUCATION use the basi principles of
Offense: During game - Roll Ball - Roll Ball - Scrum Half PE.C.01-			activities PE.C.01.PI. PHYSICAL EDUCATION use the basin principles of analysis to improve previously acquired skind to contint to learn new skills and
	- Roll Ball - Scrum	play, - Scrum Half properly Pass	'

- Wing	s - Roll Ball	STUDENTS
	(rolled	WILL HAVE
	between legs	THE
	w/ hands or	NECESSARY
	foot)	KNOWLEDO
	- Scrum	AND SKILLS
	Half Pass	ESTABLISH
	(pick up roll	AND MAINT
	ball and pass	PHYSICAL
	to teammate)	FITNESS,
	- Wings	PARTICIPAT
	(players line	IN PHYSICA
	up at 45	ACTIVITY, A
	degrees 3-5	MAINTAIN
	m apart)	PERSONAL
	_	HEALTH.
		PE.C.01.PI.A
		PHYSICAL
		EDUCATION
		demonstrate
		proficiency in
		selected comp
		physical activ
		(games, sports
		exercises) tha
		provide
		conditioning f
		each fitness ar
		PE.C.01.PI.A
		PHYSICAL
		EDUCATION
		establish and
		maintain a hig
		level of skille
		performance,
		demonstrate
		mastery of
		fundamental
		movement for
		and skills that
		contribute to
		living tasks, a
		analyze skill
		activities
		PE.C.01.PI.A
		PHYSICAL

						EDUCATION use the basic principles of s analysis to improve previously acquired skill to continue to learn new skil and activities PE.C.02-A SA AND HEALT ENVIRONM STUDENTS WILL ACQU THE KNOWLEDO AND ABILIT
						NECESSARY CREATE AN MAINTAIN A SAFE AND HEALTHY ENVIRONM PE.C.02.PI.A PHYSICAL EDUCATION know the pote safety hazards associated wir wide variety of games and activities and able to preven and respond t accidents
Strategies: - Loops - Skips -	of 4-6, properly perform a Loop across the width of	SS	h			PE.C.01- PERSONAL HEALTH AN FITNESS: STUDENTS WILL HAVE THE NECESSARY
	Strategies: - Loops - Skips -	Strategies: of 4-6, - Loops properly - Skips perform a Loop acrose the width of	Strategies: of 4-6, - Skip - Loops properly - Perform a Loop across the width of the turf/gym.	Strategies: of 4-6, - Skip - Loops properly - Cut/Switch - Loop across the width of the turf/gym.	Strategies: of 4-6, properly - Skips perform a Loop across the width of the turf/gym.	Strategies: of 4-6, properly - Skips perform a Loop across the width of the turf/gym.

of 4-6,	AND SKILL
properly	ESTABLISH
	AND MAIN
perform a	
Skip across	PHYSICAL
the width of	FITNESS,
the	PARTICIPA
turf/gym.	IN PHYSICA
During	ACTIVITY,
game play,	MAINTAIN
properly	PERSONAL
perform a	HEALTH.
cut/switch	PE.C.01.PI.A
(sharp cut	PHYSICAL
off hip of	EDUCATIO
player w/	demonstrate
ball).	proficiency i
	selected com
	physical activ
	(games, spor
	exercises) the
	provide
	conditioning
	each fitness a
	PE.C.01.PI.A
	PHYSICAL
	EDUCATIO
	establish and
	maintain a hi level of skill
	performance
	demonstrate
	mastery of
	fundamental
	movement fo
	and skills tha
	contribute to
	living tasks,
	analyze skill
	activities
	PE.C.01.PI.A
	PHYSICAL
	EDUCATIO
	use the basic
	principles of
	analysis to
	improve
	Improve

					<u> </u>	previously
						previously acquired skills
						to continue to
						learn new skil
						and activities
						PE.C.02-A SA
						AND HEALT
						ENVIRONME
					1	STUDENTS
					1	WILL ACQU
						THE
					1	KNOWLEDG
						AND ABILIT
						NECESSARY
					1	CREATE AN
					1	MAINTAIN A
						SAFE AND
						HEALTHY
					1	ENVIRONME
					1	PE.C.02.PI.A.
					1	PHYSICAL
						EDUCATION
						know the pote
						safety hazards
						associated wit
						wide variety o
						games and
						activities and a
						able to preven
						and respond to accidents
		1			-	
	uring game		1			PE.C.01-
- Tagging pla		- Marking	1			PERSONAL
- Marking pro		- Sliding	1			HEALTH AN
	ecute 4	- 	1			FITNESS:
		Interception				STUDENTS
Interception tec	hniques.	ı I	1			WILL HAVE
		ı I				THE
		ı I	1			NECESSARY
		ı I	1			KNOWLEDG
		ı I	1			AND SKILLS ESTABLISH
		ı I	1			ESTABLISH AND MAINT
		ı I				AND MAINT PHYSICAL
		ı I	1			FITNESS,
						TITTEDD,

PARTICIP, IN PHYSIC ACTIVITY MAINTAIN PERSONAL HEALTH. PE.C.01.PL PHYSICAI EDUCATIC demonstrate proficiency selected con physical act (games, spo exercises) th provide conditionin, each fitness PE.C.01.PL PHYSICAI EDUCATIC establish an maintain a I level of skil performanc demonstrate mastery of fundamenta movement I and skills th contribute to living tasks, analyze skil
ACTIVITY MAINTAIN PERSONAL HEALTH. PE.C.01.PI. PHYSICAI EDUCATIC demonstrate proficiency selected con physical aact (games, spo exercises) tl provide conditionin each fitness PE.C.01.PI. PHYSICAI EDUCATIC establish an maintain a l level of skil performanc demonstrate mastery of fundamenta movement i and skills th contribute t living tasks.
MAINTAIN PERSONAI HEALTH. PE.C.O1.PI. PHYSICAI EDUCATIC demonstrate proficiency selected cor physical act (games, spo exercises) ti provide conditionin, each fitness PE.C.01.PI. PHYSICAI EDUCATIC establish an maintain a l level of skil performanc demonstrate mastery of fundamenta movement i and skills th contribute t living tasks.
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demonstrate proficiency selected cor physical act (games, spo exercises) the provide conditioning each fitness PE.C.01.PI. PHYSICAL EDUCATION establish an maintain a level of skil performance demonstrate mastery of fundamenta movement if and skills the contribute to living tasks.
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selected corphysical act (games, spotexercises) the provide conditioning each fitness PE.C.01.PI. PHYSICAL EDUCATION establish an maintain a halevel of skill performance demonstrate mastery of fundamenta movement if and skills the contribute to living tasks.
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(games, spote exercises) the provide conditioning each fitness PE.C.01.PI. PHYSICAL EDUCATION establish and maintain a level of skill performance demonstrate mastery of fundamental movement of and skills the contribute to living tasks.
exercises) the provide conditioning each fitness PE.C.01.PI. PHYSICAL EDUCATION Establish and maintain a level of skill performance demonstrate mastery of fundamental movement if and skills the contribute to living tasks.
provide conditioning each fitness PE.C.01.PI. PHYSICAI EDUCATIO establish an maintain a helvel of skil performance demonstrate mastery of fundamenta movement for and skills the contribute to living tasks.
conditioning each fitness PE.C.01.PI. PHYSICAL EDUCATION establish an maintain a helevel of skill performance demonstrate mastery of fundamenta movement for and skills the contribute to living tasks.
each fitness PE.C.01.PI. PHYSICAL EDUCATIO establish an maintain a level of skil performance demonstrate mastery of fundamenta movement f and skills th contribute to living tasks.
PE.C.01.PI. PHYSICAI EDUCATIO establish an maintain a h level of skil performance demonstrate mastery of fundamenta movement f and skills th contribute to living tasks.
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EDUCATION establish an maintain a level of skill performance demonstrate mastery of fundamenta movement if and skills the contribute to living tasks.
establish an maintain a level of skil performance demonstrate mastery of fundamenta movement fand skills the contribute to living tasks.
maintain a h level of skil performance demonstrate mastery of fundamenta movement f and skills th contribute to living tasks.
level of skil performance demonstrate mastery of fundamenta movement fand skills the contribute to living tasks.
performance demonstrate mastery of fundamenta movement fi and skills the contribute to living tasks.
demonstrate mastery of fundamenta movement fand skills the contribute to living tasks.
mastery of fundamenta movement fundamenta movement for and skills the contribute to living tasks.
fundamenta movement fand skills the contribute to living tasks.
movement f and skills th contribute to living tasks.
and skills the contribute to living tasks.
contribute to living tasks.
living tasks.
activities
PE.C.01.PI.
PHYSICAL
EDUCATION
use the basi
principles o
analysis to
improve
previously
acquired ski
to continue
learn new sl
and activities

				 1		
						PE.C.02-A S
						AND HEAL
						ENVIRON
						STUDENTS
						WILL ACQ
						THE
						KNOWLED
						AND ABIL
						NECESSAF
						CREATE A
						MAINTAIN
						SAFE AND
						HEALTHY
						ENVIRON
						PE.C.02.PI
						PHYSICAL
						EDUCATIO
						know the po
						safety hazar
						associated v
						wide variety
						games and
						activities an
						able to prev
						and respond
						accidents
	Fundamenta	al Pass and catch	<u> </u>	<u> </u>		PE.C.01-
		: with a partner				PERSONAL
	- Passing	(using proper				HEALTH A
		form) from				FITNESS:
		approximately 10)_			STUDENTS
		15 feet away				WILL HAV
		(stationary).				THE
		Pass and catch				NECESSAI
		with a partner				KNOWLEI
		(using proper				AND SKIL
		form) from				ESTABLIS
			,			AND MAIN
		approximately 10	-			
		15 feet away				PHYSICAL
		while moving.				FITNESS,
		During game				PARTICIP.
		play, pass and				IN PHYSIC
		catch using				ACTIVITY
		proper form.				MAINTAI
						PERSONA

				HEALTH.
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				demonstrate
				proficiency in
				selected comp
				physical activi
				(games, sports
				exercises) that
				provide
				conditioning f
				each fitness ar
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				establish and
				maintain a hig
				level of skilled
				performance,
				demonstrate
				mastery of
				fundamental
				movement for
				and skills that
				contribute to d
				living tasks, ar
				analyze skill
				activities
				PE.C.01.PI.A.
				PHYSICAL
				EDUCATION
				use the basic
				principles of s
				analysis to
				improve
				previously
				acquired skills
				to continue to
				learn new skill and activities
				PE.C.02-A SA
				AND HEALT
				ENVIRONME
				STUDENTS
				WILL ACQU
				WILL ACQU

	1				
					THE
					KNOWLEDG
					AND ABILIT
					NECESSARY
					CREATE AN
					MAINTAIN A
					SAFE AND
					HEALTHY
					ENVIRONMI
					PE.C.02.PI.A.
					PHYSICAL
					EDUCATION
					know the pote
					safety hazards
					associated wit
				,	wide variety o
					games and
					activities and
					able to preven
					and respond to
				[accidents
_	1				