

Physical Education 1, Freshmen, Curriculum Fall Semester

Unit	Standards	Key Concepts	Resources / Activities	Vocabulary	Assessments
Fitness / Vocab (1 week)	9.3.3 Participate in physical activities that contribute to the improvement of specific health related physical fitness components.	Fitness tests. Mile run, push ups, sit ups.		All 20 words.	Fitness tests. Vocab Pre-test.
Ultimate Frisbee (3 weeks)	9.2.1 Apply previously learned strategies and tactics in the performance of selected physical activities.	Teamwork, Sportsmanship , Offensive and Defensive strategies, finding the open offensive man, Aerobic activity	Frisbees. Pennies.		Quiz.
Football (3 weeks)	9.2.2 Analyze and evaluate information about motor skills and patterns that lead to improved physical performance.	Advanced offensive and defensive strategies. Use of motor skills and understanding of patterns to create offense. Anaerobic Activity.	Footballs. Pennies/Flags.		Quiz.
Soccer (3 weeks)	9.1.1 Demonstrate activity specific skills in individual, dual, and team physical	Use of tactics that require advanced Eye, Hand and foot coordination. High levels of offensive and	Soccer balls. Goals. Pennies.		Quiz.

	activities.	defensive strategies.			
Volleyball (4 weeks)	9.5.1 Demonstrate safe and appropriate use and care of equipment and facilities.	Use of tactics that require advanced Eye, Hand and foot coordination. High levels of offensive and defensive strategies.	Volleyballs and nets.		Quiz.
Basketball (4 weeks)	9.2.1 Apply previously learned strategies and tactics in the performance of selected physical activities.	Advanced offensive and defensive strategies. Use of motor skills and understanding of patterns to create offense. Anaerobic Activity.	Basketballs. Pennies.		Quiz.
Fitness / Vocab (1 week)	9.3.3 Participate in physical activities that contribute to the improvement of specific health related physical fitness components.	Fitness tests. Mile run, push ups, sit ups.		All 20 words.	Fitness tests. Vocab final. Final exam.

Physical Education 1, Freshmen, Curriculum Spring Semester

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Fitness / Vocab (1 week)	9.3.3 Participate in physical activities that contribute to the improvement of specific health related physical fitness components.	Fitness tests. Mile run, push ups, sit ups.		All 20 words.	Fitness tests. Vocab Pre-test.
Lifestyle (4 weeks)	Standard 4 (9.4.1, 9.4.2, 9.4.3)	Identify personal responses to exercise, monitor own physical fitness, identify basic principles of nutrition and exercise.	Wellness center. Machines. Cardiovascular equipment. Free weights (bench press and back squat).		Quiz, Create own personal workout program
Racquet Games (4 weeks)	9.1.4 Perform specific skills at an advanced performance level.	Use advanced motor skills and coordination to perform forehand, backhand, drop and lob shots. Use of front and Back Spin.	Badminton. Ping pong. Pickle ball.		Quiz.
Tennis (3 weeks)	9.1.3 Model or teach mature motor skills and movement patterns to another	Use advanced motor skills and coordination to perform forehand,	Tennis courts. Racquets. Foam and real tennis balls.		Quiz.

	student.	backhand, drop and lob shots. Use of front and Back Spin.			
Baseball / Wiffle ball (3 weeks)	9.5.6 Applying game rules accurately and fairly during activity.	Understanding of baseball specific rules (tagging up, force outs, etc)	Wiffle balls. Bats. Gloves. Bases.		Quiz.
Outdoor Games (2 weeks)	9.5.6 Applying game rules accurately and fairly during activity.	Focus on benefits of leisure games and friendly competition.	Corn hole. Hillbilly golf. Bocce ball. Kan-Jam. Campus golf. Frisbee golf.		Quiz.
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