

Align Curricular Unit
Report Description

Curricular Unit WPS Physical Education 5-12		Subject: Health and Safety Education	Duration: 27 Weeks		
Instructional Unit	Unit Summary/ Overview	Essential Questions/Enduring Understandings	Students will need to Goal know...	Students will be able to...	Evidence of Learning/ Assessment
PE 5-12 Unit 1		<p>EQ1: Why is problem solving and communication important for one's overall fitness?</p> <p>EQ2: Why is physical activity important?</p> <p>EQ3: Why is body control important when participating in physical activity?</p> <p>EQ4: Is it possible to exercise wrong?</p> <p>EQ5: Are core strength and endurance essential for performing daily activities?</p> <p>EQ6: To what extent can you prevent injuries?</p> <p>EQ7: Are strategy and teamwork the same thing?</p> <p>EQ8: Do sports need rules?</p> <p>EQ9: Who is responsible for our own behavior?</p> <p>EQ10: What makes sports/activities more enjoyable?</p> <p>EU1: Team activities provide opportunities for healthful, social interaction, and development of problem-solving, and communication skills.</p> <p>EU2: Safety and correctly performing movement skills improves overall performance and increases the likelihood of participation in the lifelong physical activity and living a healthy lifestyle.</p> <p>EU3: Safely engaging in physical activity will improve one's overall quality of life.</p> <p>EU4: Participating in daily stretching will help increase flexibility, help prevent injury and improve one's overall quality of life.</p> <p>EU5: Employing strategy and teamwork can improve a team's chance of succeeding in a game or activity.</p> <p>EU6: Rules help keep games and activities safe, fair, and enjoyable for all participants.</p> <p>EU7: Good sportsmanship and proper sports etiquette demonstrates positive and proper social interaction.</p>	<p>Goal</p>	<p>Basketball:</p> <ul style="list-style-type: none"> • Create space by movement of cooperative team members on the court. • Identify the proper execution and attempt to execute the following skills: dribbling, passing, shooting. • Identify the proper execution and attempt to execute the following skills: screen and roll, jump shot, lay-up. • Demonstrate safety procedures and care for equipment. <p>Games: Pickleball, Football, Team Handball, Floor Hockey, Volleyball, Pillow Polo:</p> <ul style="list-style-type: none"> • Demonstrate healthful interaction, communication, and cooperation between teammates. • Identify the proper execution and attempt to execute skills required for that specific activity. Apply terminology, scoring, rules and regulations in practice and game situations for that specific activity. • Demonstrate safety procedures and care for equipment. <p>Fitness:</p> <ul style="list-style-type: none"> • Perform specific lifetime activities to enhance their fitness level. • Use their pulse to determine the effectiveness of an activity. • Perform muscular based exercise. • Perform static and dynamic exercises for your upper and lower body that will promote flexibility. • Demonstrate safety procedures and care for equipment. 	<p>(Students will complete two performance assessments per unit of study)</p> <p><u>Basketball:</u> Summative Assessment: Basketball - Corresponding Rubric</p> <p>Summative Assessment: Basketball Defense</p> <p><u>Football, Soccer, Handball, etc.</u> Summative Assessment: Soccer, Team Handball, Pillow Polo - Corresponding Rubric</p> <p>Summative Assessment: Football Video Recognition</p> <p><u>Fitness (select 2 of the 3 listed):</u> Summative Assessment: Fitness - Corresponding Rubric</p> <p>Summative Assessment: Designing a Personal Fitness Plan</p> <p>Summative Assessment: Physical Activity Journal</p> <p><u>Alternative Assessment for Any of the Three Units:</u> Summative Assessment: Written Examination</p> <p><u>Formative Assessments:</u></p> <ul style="list-style-type: none"> • Fitness Test • Demonstration of skills for strength, endurance, and flexibility • Teacher observation • Unit quizzes/tests • Class discussion with a workout video • Handouts • Games