**PACING GUIDE**

**COURSE:** **Unified Physical Education** **GRADE(S): 9-12**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONTH** | **UNIT** | **STANDARDS/SKILLS** | **ASSESSMENTS**  What evidence (formative/summative) is utilized to establish that the content, standards, & skills have been mastered? | **CONTENT**  Topics being covered? What do students need to know? (*nouns*) | **ACTIVITIES**  w/Integration of Technology & Career Ready Practices |
| September  MP 1 | **Unit 1- Outdoor Team Sports**  \*Introduction/ Orientation Unified  \*Leadership/ Relationships  \*Soccer | HPE.2.5.12.B.CS1 Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.  HPE.2.5.12.C.1 Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.  HPE.2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment. | • Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period Assessment  • Alternate Assessment  • Quiz/Demonstration on soccer  • Quiz/ demonstration on team rules and sportsmanship | • Introduction/ Orientation to Unified PE • Leadership and relationships in class and sports  • Socce r | • Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Reflection |
| October  MP 1 | **Unit 1- Outdoor Team Sports**  \*Kickball  \*Capture the Flag | HPE.2.5.12.A.CS1 Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.  HPE.2.5.12.B.1 Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.  HPE.2.5.12.B.CS1 Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.  HPE.2.5.12.C.1 Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior. | • Quiz/demonstration on capture the flag basics  Quiz/demonstration on Kickball  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period Assessment  • Alternate Assessment | • Kickball  • Capture the Flag | • Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Reflection |
| November  MP1 | **Unit 1- Outdoor Team Sports**  \*Baseball | HPE.2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.  HPE.2.5.12.C.CS1 Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.  HPE.2.6.12.A.CS1 Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction. | • Quiz/demonstration on baseball.  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period Assessment  • Alternate Assessment | • Baseball | • Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Reflection |
| November/  December  MP 2 | **Unit 2- Wellness/ Physical Fitness**  \*Introduction/ Orientation Unit 2  \*Weight Room | HPE.2.1.12.A.2 Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.  HPE.2.1.12.A.CS1 Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.  HPE.2.1.12.D.CS1 Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices. | • Quiz/demonstration on weightroom  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period Assessment  • Alternate Assessment  • Quiz/demonstration Weight room  • Quiz/demonstration dance unit  • Benchmark  • Marking Period Assessment  • Alternate Assessment | \*Unit introduction  \*Weight Room | • Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| December/  January  MP 2 | **Unit 2- Wellness/ Physical Fitness**  \*Dance  \*Fitness  Assessment | PE.2.2.12.C.CS1 Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.  HPE.2.2.12.D.CS1 Effective advocacy for a health or social issue is based on communicating accurate and reliable research about the issue and developing and implementing strategies to motivate others to address the issue.  HPE.2.4.12.A.CS1 Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.  HPE.2.5.12.A.1 Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball). | • Quiz/demonstration on dance  • Quiz/demonstration on fitness assessment  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Fitness Test/ Analysis  \*Dance Unit | • Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| February  MP 2 | **Unit 2- Wellness/ Physical Fitness**  \*Basketball | PE.2.2.12.C.CS1 Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.  HPE.2.2.12.D.CS1 Effective advocacy for a health or social issue is based on communicating accurate and reliable research about the issue and developing and implementing strategies to motivate others to address the issue.  HPE.2.4.12.A.CS1 Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.  HPE.2.5.12.A.1 Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball). | • Quiz/demonstration on basketball  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Basketball | Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| February  MP 3 | **Unit 3- Individual Team Sports**  \*Introduction/ Orientation Unit 3  \*Table Tennis | HPE.2.5.12.A.3 Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).  HPE.2.5.12.B.CS1 Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.  HPE.2.5.12.C.CS1 Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.  HPE.2.6.12.A.CS1 Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction. | • Quiz/demonstration on table tennis  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Table Tennis | Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| March  MP 3 | **Unit 3- Individual Team Sports**  \*Pickle Ball  \*Tennis | HPE.2.2.12.B.CS1 Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one’s lifetime.  HPE.2.2.12.C.1 Analyze the impact of competition on personal character development.  HPE.2.2.12.C.CS1 Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.  HPE.2.4.12.A.CS1 Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another. | • Quiz/demonstration on pickle ball  Quiz/demonstration on tennis  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Pickle ball  \*Tennis | Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| April  MP 3 | **Unit 3- Individual Team Sports**  \*Badminton  \*Track | HPE.2.1.12.E.1 Predict the short- and long-term consequences of unresolved conflicts.  HPE.2.1.12.E.CS1 Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.  HPE.2.2.12 All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.  HPE.2.2.12.A.CS1 Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture. | • Quiz/demonstration on Badminton  Quiz/demonstration on track  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Badminton  \*Track | Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| May  MP 4 | **Unit 4- Lifetime/ Recreational Activities**  \*Introduction/ Orientation Unit 4  \*Can- Jam  \*Frisbee | HPE.2.1.12.E Social and Emotional Health  HPE.2.1.12.E.1 Predict the short- and long-term consequences of unresolved conflicts.  HPE.2.1.12.E.CS1 Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.  HPE.2.2.12 All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle. | • Quiz/demonstration on can-jam  Quiz/demonstration on frisbee  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Can-jam  \*Frisbee | Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |
| June  MP 4 | **Unit 4- Lifetime/ Recreational Activities**  \*Bocce Ball  \*Corn Hole | HPE.2.2.12.C.1 Analyze the impact of competition on personal character development.  HPE.2.4.12.A.CS1 Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.  HPE.2.5.12.A.1 Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball). | • Quiz/demonstration on bocce ball  Quiz/demonstration on corn hole  Warm-Up  • Anticipatory Set  • Closure  • Game Play  • Question of the Day  • Skill Set  • Squad Warm ups  • Benchmark  • Marking Period As-sessment  • Alternate Assess-ment  • Benchmark  \*Performance | \*Bocce Ball  \*Corn Hole | Warm up/ Stretches/ Squad Line  • Technique Introduction  • Skills, safety, sportsmanship  • Rules  • Game play  • Tournament  • Classwork  • Individual progress fitness assessment  • Reflection |