Unit 01: Introduction to Physical Education

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **1 Week**
Status: **Published**

Brief Summary of Unit

This unit will introduce students to the Physical Education program and provide students with the rules, regulations, procedures, safety precautions, and proper attire required for class.

Standards

2.1.2.EH	Emotional Health
2.2.2	Physical Wellness
2.2.2.MSC	Movement Skills and Concepts
2.2.2.PF	Physical Fitness
2.2.2.LF	Lifelong Fitness
2.3.2	Safety

Transfer

Essential Questions

- What are the benefits to having rules and how can they affect your safety in Physical Education?
- What are the rules, procedures, and proper attire for Physical Education class?
- Why are policies and procedures essential to learning in a school environment?

Essential Understandings

- safety rules and regulations are in place to create a safe, comfortable, and productive learning environment.
- they are expected to behave in a safe an proper manner while in Physical Education class.

Students Will Know

- the reasons why following policies and procedures make for a safe and productive learning

environment.

- the rules, procedures, and proper attire for Physical Education.

Students Will Be Skilled At

Evidence/Performance Tasks

- answer the essential questions.
- be able to state the rules and regulations of Physical Education class.
- come prepared with the proper gym attire.
- participate in all class activities.

Learning Plan

- Demonstration of skills
- Explanation of skills
- Individualized Instruction
- Practicing of skills

Materials

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing