Introduction

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

Brief Summary of Unit

Participation in Physical Education class will enhance and promote a healthy and active lifestyle. Movement skills and concepts will help the individual with participating in individual sports, team sports, and recreational activities for the rest of their lives.

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2.2.12.MSC	Movement Skills and Concepts
2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting

	someone, making friends, team work, building trust, experiencing something new).
2.2.12.LF.8	Identify personal and community resources to explore career options related to physical activity and health.
2.2.12.N.1	Compare and contrast the nutritional trends, eating habits, body image, and the impact of marketing foods on adolescents and young adults nationally and worldwide.
2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
2.2.12.N.3	Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.

Essential Questions

-What is the importance of adhering to rules, etiquette, and cooperation when participating in Physical Education?

-How does physical activity promote positive emotional, physical, and social behavior for an individual?

Students Will Know/ Students Will Be Skilled At

-Students will know the rules, regulations, and safety procedures for all units of Physical Education class

-Students will be skilled at each individual and team sport activity taught throughout the course

Learning Plan

1. Archery
2. Badminton
3. Basketball
4. Floor Hockey
5. Flag Football
6. Ultimate Frisbee
7. Group Games

8. Pickleball
9. Project Adventure
10. Soccer
11. Softball
12. Speedball
13. Team Handball
14. Volleyball
15. Weight Training

Evidence/ Performance Tasks

-Teacher Observation

-Written Tests

-Skill Tests

-Question and Answer

Materials

-Gymnasium

-Music

-Various Sports Equipment

-Study Guides for team/individual sports

-Computers

Suggested Strategies for Modification

-Explanation and demonstration through kinesthetic, visual, and auditory manners.

-Skill Presentations

-Cooperative Learning Groups

-Differentiated Instruction