

dSE: physical education

Grade Level: 9-12

MAIN/ GENERAL TOPIC	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW:	WHAT THE STUDENT WILL BE ABLE TO DO:	Assessments:	WHEN STUDENT DOES IT:
orientation		<p>What is the purpose of physical education?</p> <p>How is PE different from organized sports?</p> <p>What activities would you like to would you like to cover?</p> <p>What would you like to learn?</p> <p>What health benefits can be attributed to PE?</p>	<p>The rules for behavior</p> <p>The consequences of breaking the rules</p> <p>The grading policy</p> <p>The importance of wearing proper clothes for physical education</p> <p>The importance of safety, sportsmanship and tolerance</p> <p>The importance of contributing to the class in a positive manner regardless of skill level</p> <p>The purpose of PE is to prepare you to participate in sports</p> <p>The purpose of PE is to expose students to a wide variety of sports, fitness and lifetime activities</p> <p>The goal of physical education is to prepare students to be physically fit and involved in physical activity throughout life</p> <p>A healthy lifestyle that includes exercise decreases your risk of diabetes, obesity and heart disease</p>	<p>Lock and locker selection</p> <p>Read the class rules and regulations</p> <p>Read the grading policy</p>		September
Soccer		<p>What is a team?</p> <p>How can you create an effective team?</p> <p>How do you deal with varying skill levels?</p> <p>What physical fitness benefit can be attributed to soccer?</p> <p>What are the skills of soccer?</p> <p>What is the strategy of soccer?</p> <p>Why is it important to create an effective offense and defense?</p> <p>What skills and strategies of soccer transcend to other activities</p>	<p>To assess students in class that are proficient in soccer</p> <p>To prepare their team for competition through practice, drills and teamwork</p> <p>To create situations where everyone can success</p> <p>Dribble the ball right and left footed</p> <p>pass and shoot</p> <p>The player positions and functions</p> <p>Basic strategy of the game</p> <p>The rules of the game</p> <p>Soccer etiquette</p>	<p>Warm up by jogging one lap</p> <p>stretching</p> <p>A three man weave</p> <p>Modified soccer games the width of the field</p> <p>Knockout</p> <p>½ field soccer</p> <p>Effectively dribble and pass the ball down the field</p> <p>Look for the open man</p> <p>Use the width of the field to move the ball down field</p> <p>Cross the ball to score</p> <p>Defense clears wide</p> <p>Create a basic offense and defense</p>	<p>Observation</p> <p>Q&A</p>	September
Cross country running		<p>What is a lifetime sport?</p> <p>What is aerobic activity?</p> <p>What physical fitness benefit can be attributed to this unit</p> <p>How do you set a goal for this unit?</p> <p>Identify what your goal is</p>	<p>The importance of stretching and cooling down before and after physical activity</p> <p>The students will know the cross country course by walking it</p> <p>Students will know that the course is one mile</p> <p>The students will buddy up+with someone of similar goals for the cross country unit</p> <p>The students will know what the criteria will be to complete the course</p>	<p>Walk the course once and run the course 2-3 times</p>	<p>A timed run</p> <p>Studentsqgrade is based on the time it takes to complete course</p> <p>A+ 0-10 min.</p> <p>A 10:01-15:00</p> <p>B 15:01-18:00</p> <p>C 18:01-20:00</p>	September

					D 20:00-24:00 F 24:01-	
football		<p>How many student play or have played street football?</p> <p>How much football do you watch on TV</p> <p>What do you know about football</p> <p>How is football like soccer?</p> <p>What is the benefit of football</p> <p>How many people have seen a pick up game of football at a party, the beach ,a picnic ,etc.</p>	<p>To access students in class that have football knowledge</p> <p>To prepare their team for competition based on skill level</p> <p>Identify the positions and roles of players</p> <p>The rules of the game</p> <p>The strategy of the game</p> <p>To modify rules and strategies as needed</p>	<p>Throw a spiral correctly</p> <p>Catch a football correctly</p> <p>Throw to a moving target</p> <p>Catch the ball on the run</p> <p>Defend without body contact</p> <p>Return a punt with coverage</p> <p>Identify at least 2 running plays</p> <p>What a blitz is</p>	Written test on the rules and strategies of 5 man football	October
Field hockey		<p>How do you think field hockey is similar to soccer?</p> <p>What components of physical fitness can be met with field hockey?</p> <p>Why do you think field hockey is so popular world wide</p>	<p>A former teacher at Berlin High School had a daughter on the Olympic field hockey team in 1996</p> <p>The rules for field hockey are very similar to soccer</p> <p>The positions and strategies between soccer and field hockey are similar</p> <p>Field hockey can only be played on the right side of the body</p>			October
volleyball		<p>What are the benefits of understanding and playing the game of volleyball? Why is volleyball considered a lifetime sport?</p>	<p>Understanding the rules, scorekeeping and strategy.</p> <p>Create an offense including a bump set spike.</p> <p>Create a defense to block, dig and return</p> <p>understand proper rotation</p>	<p>Demonstrate overhand serving, calling the ball, movement on the court and proper technique. Blocking and spiking</p>	Set up class tournament and observe team play and strategy as well as a written test	november

badminton		Why is badminton considered a lifetime sport? Can badminton be played at a competitive (Olympic) level can badminton increase your fitness level	Rules and game etiquette as well as strategy and the different strokes required for competitive play	Demonstrate single and doubles play. Demonstrate serve and volley play. Use placement of the shuttlecock as a strategy	Round robin tournament play assesment	november
basketball		How can you alter the game of basketball to fit your fitness level and age? What are the benefits of full court and half court	Understand the rules between full court and ½ court basketball. Understand offensive strategy and the difference between a zone and man to man defense	Students will be able to create teams that are equal in skill level for fair play. Create and boundaries. Demonstrate ball movement	Written test observation in a game setting	december
Cross country skiing		What components of physical fitness are needed/improved through x/c skiing? Why is cross country skiing an important activity in this area?	Use this unit to meet the suggested AMA physical activity requirement of 20-30 minutes per day. Attempt to ski 1-1 1/2 miles per class	Students will demonstrate proper skiing techniques and be able to ski on the straightaway and hills as well as stand up after a fall.		january
Floor hockey		What others sports have similar positions and rules as floor hockey? How do the skills and strategies transcend to field and ice hockey? How are they different?	The rules of floor hockey as well as boundaries and positions	Demonstrate an offense and a defense and create a strategy with teammates. Follow the rules and understand the importance of stick technique and position		february

fitness	Weight lifting, circuit training, yoga, aerobic activity	Why is creating your own personal fitness plan essential to your health? What is your THR?	Students will know the components of physical fitness flexibility, muscle strength muscle endurance and cardiovascular endurance	Students will create a workout program for themselves which will include strength training and aerobic activity	Asses students workout log	march
Alternative games	Speedball ultimate Frisbee, pickle ball, project adventure	How can you adapt in order to play an alternative game? What can you bring to these games from other activities?				april
Lacrosse			Students will perform proper stick handling shooting and goaltending techniques and score keeping (this a new activity so we may have to work on skill through high school)			
golf		Why is golf an increasingly popular sport among young people? Why is it important to know the basics of golf?	Students will understand club selection, putting, chipping and driving as well as score keeping	Students will play a nine hole course and keep score while using proper golf etiquette		

softball		Why is softball considered a lifetime sport?	Students will know the rules of the game and have sufficient skill (throwing ,catching, hitting and base running)	Students will be able to set up a game, keep score and officiate a game of softball independantly		