

# 2014-15 Grade 9-12 Physical Education Scope and Sequence

Semester 1-2	Standard/Goal	Assessment
<b>On-Going</b> 5 minute jog 20 crunches/push-ups	<b>Standard 4: Personal Fitness</b> <b>Goal 4.1:</b> Achieve and maintain a health-enhancing level of physical fitness <b>9-12.PE.4.1.3:</b> assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards	Daily visual assessment by teacher  Daily participation points
<b>Week 1-2</b> Pretest/Syllabus First Paper (PHS sporting event) Flag Football Unit	<b>Standard 1: Skilled Movement</b> <b>Goal 1.1:</b> motor skills and movement patterns <b>Standard 2: Movement Knowledge</b> <b>Goal 2.1:</b> concepts, principles, strategies, tactics <b>Standard 3: Valuing a physically active lifestyle</b> <b>Goal 3.1:</b> daily physical activity <b>Standard 5: Personal and social responsibility</b> <b>Goal 5.1:</b> respect for self and others in physical activity settings	Semester Pretest Daily and weekly assessment by teacher Daily participation/effort/attitude points Skills Testing 1 Page Paper
<b>Week 3-4</b> Tennis Unit	<b>Standard 1: Skilled Movement</b> <b>Goal 1.1:</b> motor skills and movement patterns <b>Standard 2: Movement Knowledge</b> <b>Goal 2.1:</b> concepts, principles, strategies, tactics <b>Standard 3: Valuing a physically active lifestyle</b> <b>Goal 3.1:</b> daily physical activity <b>Standard 5: Personal and social responsibility</b>	Daily and weekly assessment by teacher Daily participation/effort/attitude points Skills Testing

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<b>On-Going</b>	<b>Standard 4: Personal Fitness</b> <b>Goal 4.1:</b> Achieve and maintain a health-	Daily visual assessment by teacher

<p><b>5 minute jog</b> <b>20 crunches/push-ups</b></p>	<p>enhancing level of physical fitness <b>9-12.PE.4.1.3:</b> assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards</p>	<p>Daily participation points</p>
<p><b>Week 5</b> <b>Lacrosse Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement <b>Goal 1.1:</b> motor skills and movement patterns <b>Standard 2:</b> Movement Knowledge <b>Goal 2.1:</b> concepts, principles, strategies, tactics <b>Standard 3:</b> Valuing a physically active lifestyle <b>Goal 3.1:</b> daily physical activity <b>Standard 5:</b> Personal and social responsibility <b>Goal 5.1:</b> respect for self and others in physical activity settings</p>	<p>Daily and weekly assessment by teacher Daily participation/effort/attitude points Skills Testing</p>
<p><b>Week 6-7</b> <b>Ultimate Frisbee Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement <b>Goal 1.1:</b> motor skills and movement patterns <b>Standard 2:</b> Movement Knowledge <b>Goal 2.1:</b> concepts, principles, strategies, tactics <b>Standard 3:</b> Valuing a physically active lifestyle <b>Goal 3.1:</b> daily physical activity <b>Standard 5:</b> Personal and social responsibility</p>	<p>Daily and weekly assessment by teacher Daily participation/effort/attitude points Skills Testing</p>

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<p><b>Week 8</b> <b>Soccer Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement  <b>Goal 1.1:</b> motor skills and movement patterns  <b>Standard 2:</b> Movement Knowledge  <b>Goal 2.1:</b> concepts, principles, strategies, tactics  <b>Standard 3:</b> Valuing a physically active lifestyle  <b>Goal 3.1:</b> daily physical activity  <b>Standard 5:</b> Personal and social responsibility  <b>Goal 5.1:</b> respect for self and others in physical activity settings</p>	<p>Daily and weekly assessment by teacher  Daily participation/effort/attitude points  Skills Testing</p>
<p><b>Week 9-10</b> <b>Volleyball Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement  <b>Goal 1.1:</b> motor skills and movement patterns  <b>Standard 2:</b> Movement Knowledge  <b>Goal 2.1:</b> concepts, principles, strategies, tactics  <b>Standard 3:</b> Valuing a physically active lifestyle  <b>Goal 3.1:</b> daily physical activity  <b>Standard 5:</b> Personal and social responsibility</p>	<p>Daily and weekly assessment by teacher  Daily participation/effort/attitude points  Skills Testing</p>

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<p><b>Week 11</b>  <b>Paper 2 (favorite sport)</b>  <b>Pickleball Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement  <b>Goal 1.1:</b> motor skills and movement patterns  <b>Standard 2:</b> Movement Knowledge  <b>Goal 2.1:</b> concepts, principles, strategies, tactics  <b>Standard 3:</b> Valuing a physically active lifestyle  <b>Goal 3.1:</b> daily physical activity  <b>Standard 5:</b> Personal and social responsibility  <b>Goal 5.1:</b> respect for self and others in physical activity settings</p>	<p>1 Page Paper  Daily and weekly assessment by teacher  Daily participation/effort/attitude points  Skills Testing  Tournament</p>
<p><b>Week 12</b>  <b>Badminton Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement  <b>Goal 1.1:</b> motor skills and movement patterns  <b>Standard 2:</b> Movement Knowledge  <b>Goal 2.1:</b> concepts, principles, strategies, tactics  <b>Standard 3:</b> Valuing a physically active lifestyle  <b>Goal 3.1:</b> daily physical activity  <b>Standard 5:</b> Personal and social responsibility</p>	<p>Daily and weekly assessment by teacher  Daily participation/effort/attitude points  Skills Testing  Tournament</p>

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<p><b>Week 13</b> <b>Floor Hockey Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement <b>Goal 1.1:</b> motor skills and movement patterns <b>Standard 2:</b> Movement Knowledge <b>Goal 2.1:</b> concepts, principles, strategies, tactics <b>Standard 3:</b> Valuing a physically active lifestyle <b>Goal 3.1:</b> daily physical activity <b>Standard 5:</b> Personal and social responsibility <b>Goal 5.1:</b> respect for self and others in physical activity settings</p>	<p>Daily and weekly assessment by teacher Daily participation/effort/attitude points Skills Testing</p>
<p><b>Week 14-15</b> <b>Speedball Unit</b></p>	<p><b>Standard 1:</b> Skilled Movement <b>Goal 1.1:</b> motor skills and movement patterns <b>Standard 2:</b> Movement Knowledge <b>Goal 2.1:</b> concepts, principles, strategies, tactics <b>Standard 3:</b> Valuing a physically active lifestyle <b>Goal 3.1:</b> daily physical activity <b>Standard 5:</b> Personal and social responsibility</p>	<p>Daily and weekly assessment by teacher Daily participation/effort/attitude points Skills Testing</p>

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<p><b>Week 16</b> 5- Base Kickball</p>	<p><b>Standard 1:</b> Skilled Movement  <b>Goal 1.1:</b> motor skills and movement patterns  <b>Standard 2:</b> Movement Knowledge  <b>Goal 2.1:</b> concepts, principles, strategies, tactics  <b>Standard 3:</b> Valuing a physically active lifestyle  <b>Goal 3.1:</b> daily physical activity  <b>Standard 5:</b> Personal and social responsibility  <b>Goal 5.1:</b> respect for self and others in physical activity settings</p>	<p>Daily and weekly assessment by teacher  Daily participation/effort/attitude points  Skills Testing</p>
<p><b>Week 17-18</b> Basketball Unit Posttest</p>	<p><b>Standard 1:</b> Skilled Movement  <b>Goal 1.1:</b> motor skills and movement patterns  <b>Standard 2:</b> Movement Knowledge  <b>Goal 2.1:</b> concepts, principles, strategies, tactics  <b>Standard 3:</b> Valuing a physically active lifestyle  <b>Goal 3.1:</b> daily physical activity  <b>Standard 5:</b> Personal and social responsibility</p>	<p>Daily and weekly assessment by teacher  Daily participation/effort/attitude points  Skills Testing  Semester Posttest</p>