

Physical Education  
Grades 9-12

This course is coeducational and students are involved in team and individual activities, which will enable them to develop physically, emotionally, mentally, and socially. Development of physical fitness, sportsmanship, and attitudes are important aspects of the course. Students participate in daily exercises, skill development, participation and written tests in each activity.  
Semester course

2 Weeks

- Football
  - Rules/Field layout
  - Positions
  - Skills

2 Weeks

- Soccer
  - Rules/Field layout
  - Positions
  - Skills

2 Weeks

- Volleyball
  - Rules/Court setup
  - Positions
  - Skills

2 Weeks

- Basketball
  - Rules/Court setup
  - Positions
  - Skills

2 Weeks

- Net games
  - Badminton
  - Pickleball
  - Rules/Court setup
  - Skills

2 Weeks

- Diamond games
  - Softball
  - Ultimate Baseball
    - Field layout/Rules
    - Positions
    - Skills

2 Weeks

- Floor Hockey/Broomball
- Rules/Court Setup
- Positions
- Skills

2 Weeks

- La Cross
- Rules/Court Setup
- Positions
- Skills

2 Weeks

- Fitness Unit
- Flexibility
- Muscular Strength
- Muscular Endurance
- Aerobics

2 Weeks

- Team Handball/Speedball
- Rules/Court Setup
- Positions
- Skills

| Length of Unit | Unit Title    | Content Standard                 | Student Outcomes   | Assessment                                      |
|----------------|---------------|----------------------------------|--|---|
| 2 Weeks        | Football      | Net Games:<br>M.1.MS.4           | Students will:   | Fitness testing                                 |
| 2 Weeks        | Soccer        | M.1.MS.5<br>M.1.NG.1             | learn the rules of listed team sport activities              | Rule quizzes                                    |
| 2 Weeks        | Volleyball    | M.1.NG.2                         |  | Observation of skills in an authentic situation |
| 2 Weeks        | Basketball    | K.2.FB.1<br>K.2.MS.1<br>K.2.MS.2 | learn the layout of the playing surface of listed activities |   |
| 2 Weeks        | Net Games     | K.2.MS.3<br>K.2.NG.1             | learn how to work as a team                                  |   |
| 2 Weeks        | Diamond Games | K.2.NG.2<br>K.2.PA.1<br>K.2.PS.1 | demonstrate proper form for major skills presented           |   |
| 2 Weeks        | Floor Hockey  | K.2.PS.2<br>K.2.RP.1             | strategies of sporting activities                            |   |
| 2 Weeks        | La Cross      | K.2.SB.1<br>K.2.ID.2             |  |   |
| 2 Weeks        | Fitness Unit  | K.2.ID.3<br>K.2.FE.1             |  |   |
| 2 Weeks        | Team          | A.3.PE.1                         |  |   |

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|  | Handball/<br>Speedball | B.6.FB.1<br>B.6.PS.1<br>B.6.PS.2<br>B.6.RP.1<br>B.6.SB.1<br>B.6.ID.2<br>B.6.ID.3<br>B.6.FE.1<br>B.6.FE.1<br><br>Fitness<br>Unit:<br>A.3.PA.1<br>A.4.HR.2<br>A.4.HR.3<br>A.4.HR.4<br>A.4.HR.5<br>A.4.HR.6<br>A.4.HR.7<br>A.4.HR.8<br>A.4.AN.1<br>A.4.AN.4<br>K.2.FB.1<br>K.2.PA.1<br>K.2.HR.2<br>K.2.HR.3<br>K.2.HR.4<br>K.2.HR.5<br>K.2.HR.6<br>K.2.HR.7<br>K.2.HR.7<br><br>Target<br>Games:<br>Basketball<br>M.1.MS.4<br>M.1.TG.1<br>M.1.TG.2<br>K.2.FB.1<br>K.2.MS.1<br>K.2.MS.2<br>K.2.MS.3<br>K.2.TG.1 |  |  |
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|  |  | K.2.TG.2<br>K.2.PA.1<br>K.2.PS.1<br>K.2.PS.2<br>K.2.RP.1<br>K.2.SB.1<br>K.2.ID.2<br>K.2.ID.3<br>K.2.FE.1<br>A.3.PE.1<br>B.5.FB.1<br>B.5.PS.1<br>B.5.PS.2<br>B.6.RP.1<br>B.6.SB.1<br>B.6.ID.2<br>B.6.ID.3<br>B.6.FE.1<br>B.6.FE.1 |  |  |
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