

Physical Education 1
Created Nov 16, 2023 Modified March 7, 2025

Course Title	Physical Education 1										
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Statement of Outcome	Physical Education class introduces students to a variety of physical activities aimed at improving overall fitness and healthy behaviors. Students will participate in individual and team sports, weight training, and recreational games, while focusing on team work, communication and responsibility. The course also emphasizes the importance of maintaining a healthy lifestyle through lessons on nutrition, personal fitness, and mental health. Designed for students of all fitness levels, this class encourages participation, goal-setting, and the development of positive habits that promote lifelong physical activity and health.										
Unit Name & Time Frame <i>Clarification : What is the name of your unit? Approximately how long will it last?</i>	Health Fitness - Personal Fitness *This unit runs throughout the entire year-long class	Health Fitness - Fitness Testing *Length of the unit depends upon class size, weather, and time of day the class is held. Typically 4 weeks to complete testing, and 2 weeks to complete the final project.	Skil Fitness - Archery *Length of the unit depends upon class size, weather, and time of day the class is held. Typically 6-8 classes	Skill Fitness - Ultimate Frisbee *Length of the unit depends upon class size, weather, and time of day the class is held. Typically 6-8 classes	Skill Fitness - Soccer / Team Handball / Speedball *Length of the unit depends upon class size. Typically 6-8 classes	Skill Fitness - Volleyball *Length of the unit depends upon class size. Typically 10-15 classes	Skill Fitness - Floor Hockey *Length of the unit depends upon class size. Typically 5 classes	Skill Fitness - Badminton *Length of the unit depends upon class size. Typically 20+ classes	Skill Fitness - Softball / Wiffle Ball *Length of the unit depends upon class size, weather, and time of day the class is held. Typically 6-8 classes	Skill Fitness - Golf *Length of the unit depends upon class size, weather, and time of day the class is held. Typically 6-8 classes	Health and Skill Fitness - Choice Activity Time *First 15 minutes of every class
Topic(s) and driving question. <i>Clarification : This is stuff or “content” you will use to teach the GP indicators and GX and the questions you use to frame the big ideas.</i>	How can students apply strength training techniques, nutrition knowledge, stress-reduction strategies, and fitness safety principles to build a sustainable, lifelong commitment to fitness and wellness? <u>1. Health and Skill Fitness Components</u> <u>2. Nutrition / Stress Management</u> <u>3. Strength Training Techniques</u> -Learning the correct form for different exercises to avoid injury and maximize effectiveness. -Introduction to	How can students assess and evaluate their physical fitness levels to understand their strengths and identify areas for improvement in health and performance? <u>1. Introduction to Health Fitness Components</u> Body Composition Cardiorespiratory Endurance Flexibility Muscular Strength & Endurance Power <u>2. Fitness Assessment Tests</u> -½ mile and pacer -Sit-and-reach and shoulder stretch -Push-ups and curl-ups <u>3. Personalized Fitness Goals</u> -Students learn	How can students master the fundamentals of archery, including safety, proper technique, equipment handling, and sportsmanship? <u>1. Introductions and Safety Rules</u> Basic Rules Archery Etiquette Safety Controls <u>2. Health and Skill Fitness Components</u> <u>3. Archery Equipment</u> <u>4. Shooting Technique</u> Stance, nock, grip, draw, anchor, aim and release <u>5. Understanding the Target and Scoring</u>	How can students develop the skills, strategies, and teamwork necessary to play the game effectively, while understanding how outdoor elements impact performance and promoting sportsmanship? <u>1. Introduction to Ultimate Frisbee</u> History of the Sport Overview of the Game <u>2. Health and Skill Fitness Components</u> <u>3. Rules of the Game</u> Basic Rules Starting the Game Movement Scoring Turnovers Fouls	How can students develop the skills, strategies, and teamwork necessary to play the game effectively, while demonstrating sportsmanship? <u>1. Introduction to Soccer</u> Basic Rules The role of the goalkeeper <u>2. Health and Skill Fitness Components</u> <u>3. Basic Skills and Techniques</u> Dribbling Passing Shooting Receiving <u>4. Positions</u> Goalkeeper Defenders Offensive players	How can students develop the skills, strategies, and teamwork necessary to play the game effectively, while demonstrating sportsmanship? <u>1. Introduction to Volleyball</u> Beginner and Advanced Rules <u>2. Health and Skill Fitness Components</u> <u>3. Basic Volleyball Skills</u> Underhand Serve Overhand Serve Serve Reception Forearm Pass (Bump) Overhead Set Spike Positioning for Blocking <u>4. Court Awareness</u>	How can students develop the skills, strategies, and teamwork necessary to play the game effectively, while demonstrating sportsmanship? <u>1. Introduction to Floor Hockey</u> Basic Rules The role of the goalkeeper <u>2. Health and Skill Fitness Components</u> <u>3. Basic Skills and Techniques</u> Dribbling Passing Shooting Receiving <u>4. Positions</u> Goalkeeper Defenders Offensive players	How can students develop the skills, strategies, and teamwork necessary to play the game effectively, while demonstrating sportsmanship? <u>1. Introduction to Badminton</u> Beginner and Advanced Rules Singles Doubles Service and Rally lines <u>2. Health andSkill Fitness Components</u> <u>3. Basic Skills and Techniques</u> Forehand Grip Backhand Grip Serve Grip Footwork Underhand Serve Overhead Clear Overhead Smash.	How can students develop the skills, strategies, and teamwork necessary to play the game effectively, while demonstrating sportsmanship? <u>1. Introduction to Softball</u> -Basic Rules -The layout of the field -The difference between fast-pitch and slow-pitch softball -How to score runs -Key terms like strike, ball, foul, hit, and out <u>2. Health and Skill Fitness Components</u> <u>3. Basic Skills and Techniques</u> Proper Grip	How can students develop the skills and strategies necessary to play the game effectively, while demonstrating sportsmanship? <u>1. Introductions and Safety Rules</u> Basic Rules Opportunities in Golf Golf Etiquette Safety Controls <u>2. Health and Skill Fitness Components</u> <u>3. Basic Golf Skills and Techniques</u> Grip Stance and Posture Swing Mechanics Backswing Downswing Follow-through Driver	How can students select and engage in physical activities that interest them, leading to a more personalized and enjoyable approach to fitness? <u>1. Encouraging Physical Activity Participation</u> <u>2. Developing Personal Interests</u> <u>3. Fostering Autonomy and Responsibility</u> <u>4. Promoting Social Interaction and Teamwork</u> <u>5. Catering to Different Fitness Levels</u> <u>6. Improving Physical Fitness</u>

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	key exercises, such as compound movements, and isolation exercises -Understanding which exercises work specific muscle groups <u>4. Training Program / Periodization</u> -How to create balanced workout programs that target different muscle groups and promote overall strength development. -The concept of structuring workouts over time to progress safely and effectively (e.g., varying intensity and volume to avoid plateaus and prevent injury). <u>5. Safety / Injury Prevention</u> -The importance of warming up before lifting and cooling down afterward to reduce the risk of injury and promote flexibility. -Techniques for safely assisting a partner during heavy lifts -Proper use of equipment, including free weights, resistance machines, and other accessories <u>6. Fitness</u>	how to set realistic and personalized fitness goals based on their test results. <u>4. Understanding Fitness Scores</u> -Students are taught how to interpret their test results to assess their current level of fitness in different areas. -Scores might be compared to age- and gender-specific fitness standards or norms. -Students learn how their results compare to national fitness norms, helping them understand where they stand in terms of general physical fitness. <u>5. Health / Lifestyle Education</u> <u>6. Motivation / Lifelong Fitness</u> <u>7. Reflection / Improvement</u>	<u>6. Developing Archery Skills</u> <u>7. Archery History</u> <u>9. Improvement</u> <u>9. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	Non-contact Rule <u>4. Basic Skills and Techniques</u> Forehand (Flick) Backhand Hammer Throw Overhead Throw (High Release) Short Throws (Push Pass) Catching Techniques Two-Handed Catch One-Handed Catch Clapping Catch Reading the Disc <u>5. Basic Offensive Strategies</u> <u>6. Basic Defensive Strategies</u> <u>7. Teamwork and Communication</u> <u>8. Game Play and Practice</u> <u>9. Spirit of the Game</u> <u>10. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	<u>5. Strategies</u> -Maintaining control of the ball and building up attacks through patient passing. -Quickly transitioning from defense to attack after winning possession. -Creating space on the field by spreading out and making runs into advanced positions. -High-pressure defense to regain possession quickly. -Defenders learn how to clear the ball effectively from dangerous areas. <u>6. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	<u>and Positioning</u> Basic Court Positions Rotation Offensive and Defensive Positions <u>5. Teamwork and Communication</u> Team Positions and Roles Court Communication Setting up Plays <u>6. Tactics and Strategy</u> -Use correct hitting techniques to increase passing accuracy -Use 3 hits to get the ball over the net - bump-set-spike -All hits should go towards net -Back row passes ball to setter in front row -Front row receives pass and sets for a hit over the net -Setter sets ball high above the net within 3-5 feet of the net <u>7. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	<u>5. Strategies</u> -Maintaining control of the ball and building up attacks through patient passing. -Quickly transitioning from defense to attack after winning possession. -Creating space on the field by spreading out and making runs into advanced positions. -High-pressure defense to regain possession quickly. -Defenders learn how to clear the ball effectively from dangerous areas. <u>6. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	Drop Shot Drive Net Shots <u>4. Advanced Techniques (singles and doubles)</u> Deception Court Coverage Attacking Play Defensive Play Communication <u>5. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	Overhand Throw Underhand Throw Glove Positioning Tracking the Ball Two-Handed Catch Bat Grip Stance Swing Mechanics Contact Points Running the Bases Infield Positioning Outfield Positioning Cutoffs and Relays <u>4. Game Strategies and Tactics</u> Positioning Infield Communication Outfield-Infield Coordination <u>5. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	Irons Wedges Putter <u>4. Short Game Techniques</u> Chipping Pitching Putting <u>5. Long Game Techniques</u> Driving Fairway Woods Iron Play <u>6. Golf Scoring</u> <u>7. Mental Game of Golf</u> Focus and Concentration Managing Emotions Visualization <u>8. Sportsmanship</u> Respecting Opponents Handling Pressure Positive Attitude Conflict Resolution	<u>7. Building a Positive Relationship with Physical Activity</u> <u>8. Developing Life Skills</u> <u>Time Management</u> <u>9. Incorporating Mental Health and Wellbeing</u>
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	Principles - Overload - Progression - Recovery - Reversibility - HITT - Nutrition basics 7. Physical Fitness -Cardiovascular fitness -Flexibility and mobility -Tracking progress -Learning the difference between muscle mass, fat mass, and how strength training can help improve body composition. -Discussing the long-term health benefits of strength training, including stronger bones, improved metabolism, and injury prevention.										
GX Focus	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Wellbeing
GP-Content Indicators Clarification : These are the <i>performance indicators you will teach, assess and report on.</i>	Motor Skills 9-12.LA Demonstrates appropriate technique in muscular strength and endurance training - Leg and Abdominal Exercises Motor Skills 9-12.CT Demonstrates appropriate technique in muscular strength and endurance training - Chest and	Movement & Fitness 9-12.1 Analyzes how health and fitness will impact quality of life after high school.	Motor Skills 9-12.LG Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Lifetime Games Engagement 9-12.1.LG Identifies and participates in physical activity that positively affects health - Lifetime Games	Motor Skills 9-12.IG Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Invasion Games Engagement 9-12.1.IG Identifies and participates in physical activity that positively affects health - Invasion Games	Motor Skills 9-12.IG Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Invasion Games Engagement 9-12.1.IG Identifies and participates in physical activity that positively affects health - Invasion Games	Motor Skills 9-12.NW Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Net/Wall Games Engagement 9-12.1.NW Identifies and participates in physical activity that positively affects health - Net/Wall Games	Motor Skills 9-12.IG Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Invasion Games Engagement 9-12.1.IG Identifies and participates in physical activity that positively affects health - Invasion Games	Motor Skills 9-12.NW Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Net/Wall Games Engagement 9-12.1.NW Identifies and participates in physical activity that positively affects health - Net/Wall Games	Motor Skills 9-12.SFG Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Striking/Fielding Games Engagement 9-12.1.SFG Identifies and participates in physical activity that positively affects health -	Motor Skills 9-12.LG Demonstrates activity-specific movement skills in a variety of lifetime sports, recreational, backyard games, and outdoor pursuits - Lifetime Games Engagement 9-12.1.LG Identifies and participates in physical activity that positively affects health - Lifetime Games	Engagement 9-12.2 Chooses and participates in physical activity based on personal interests. Engagement 9-12.1 Selects and participates in physical activities that meet the need for social interaction.

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