

**Curriculum Map: 10th Grade Physical Education**

Course: PE 10 Sub-topic: Uncategorized

Grade(s): 10

**Course**

**Description:** The goal of this course is to educate 10th grade students on the concept of a healthy lifestyle using the knowledge of movement skills, fitness skills, cardiovascular skills, game activities, lifetime game skills, weight training with the added components of growing social skills through interactive atmosphere with their peers. Students will grow in the knowledge of their own personal fitness and learn the skills to improve the personal fitness both mentally and physically while developing the social skills necessary to flourish in the 21st Century.&nbsp;

**Unit: Class Introduction/Requirements**

**STANDARDS:**

**National: PE Standards - Physical Education (2013)**

**PE.1 (Advanced)** The physically literate individual demonstrates competency in &nbsp;

**PE.2 (Advanced)** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. &nbsp;

**PE.3 (Advanced)** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. &nbsp;

**PE.4 (Advanced)** The physically literate individual exhibits responsible personal and social behavior that respects self and others. &nbsp;

**PE.5 (Advanced)** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. &nbsp;

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**Topic: Grading Policy/Syllabus**

Minutes for Topic: 41

**Topic: Locks/Locker Distribution**

Minutes for Topic: 41

**Unit: Kan Jam/Corn Hole**

**Unit**

**Description:** <ul><li>Kan Jam &nbsp;is a flying disc game, played with a flying disc and two cans into which players deflect the disc. Teams of two players take turns tossing a disc between two plastic cans, scoring points if the disc hits or is deflected into one of the cans. The game is played to a target score of exactly 21, but a team can also win if a player throws the disc directly in the slot.</li><li><b>Cornhole</b>&nbsp;(also known regionally as<b>sack toss</b>, or<b>bags</b>) is a<b>team game</b>&nbsp;popular in North America in which players or teams take turns throwing fabric<b>bean bags</b>at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points).</li></ul>

**Unit Essential**

**Questions:**

- What are ways in which playing Kan-Jam/corn hole enhances fitness and motor skills?
- What cooperative and individual sacrifices are involved in Kan-Jam/corn hole?
- What skills, strategies and rules are needed to participate in an organized Kan-Jam/ corn hole game?

**STANDARDS:**

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**Topic: Rules/Terminology - Practice Skills (Kan Jam)**

Minutes for Topic: 41

**Topic: Review Kan Jam Rules/Terminology - Game Play**

Minutes for Topic: 41

**Topic: Kan Jam Tournament**

Minutes for Topic: 41

**Topic: Rules/Terminology - Practice Skills (Corn Hole)**

Minutes for Topic: 41

**Topic: Review Corn Hole Rules/Terminology - Game Play**

**Topic: Corn Hole Tournament**

Minutes for Topic: 41

**Unit: Ultimate Frisbee**

**Unit**

**Description:** Ultimate, originally known as&nbsp;ultimate frisbee,&nbsp;is a non-contact team sport played with a disc flung by hand. Ultimate was developed in 1968

**Unit Essential**

**Questions:**

- How does frisbee relate to fitness?
- Why is frisbee a lifetime sport?
- What are the cardiovascular benefits of playing ultimate frisbee?
- What are ways in which playing Ultimate Frisbee
- What cooperative and individual sacrifices are involved in ultimate Frisbee?
- What skills, strategies and rules are needed to participate in an organized Ultimate Frisbee game?

**Unit Big Ideas:**

- Rules & History,
- basic fundamentals of the game; catching & throwing
- strategies

**STANDARDS:**

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**PE.5 (Advanced)** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. &nbsp;

&nbsp;

**Topic: Practice Skills (Backhand, Forehand, Hammer)**

Minutes for Topic: 41

**Topic: Review 3 types of throws (Backhand, Forehand, and Hammer)/Rules of UF and small sided games**

Minutes for Topic: 41

**Topic: Ultimate Frisbee Game Play/Tournament**

Minutes for Topic: 123

**Topic: Skill and Written Assessment - UF**

Minutes for Topic: 41

**Unit: Capture the Flag/Sponge Ball**

**Unit**

**Description:** A game of Capture the Flag can be a quick and simple turnaround or a long battle. Everything depends on the cleverness of the players. That, plus the number of teams and players and the size of your playing area, will determine the length and competitiveness of a game. You can play with any number of players but usually having at least 6 or more on a side is ideal.

&nbsp;

The rules of Capture the Flag are simple. Each team tries to take the other team's flag and get it back to their territory. If a player gets tagged by the other team in the opposing half of the playing field, that person gets sent to the holding area or "jail." The game ends when one team gets the other flag to their home base.

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**PE.5 (Advanced)** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. &nbsp;

&nbsp;

**Topic: Rules/Terminology - Game Play**

Minutes for Topic: 123

**Unit: Flag Football**

**Unit**

**Description:** Flag football is a variant of American football where, instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down.&nbsp;

**Unit Essential**

**Questions:**

- What are the skills that are necessary for playing Flag Football?
- What are the basic fundamentals of Flag Football?
- Is flag football a cardiovascular activity?&nbsp;Why/&nbsp;Why not?

**Unit Big Ideas:**

- flag football; rules, regulations, basic skills, strategies

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**PE.3 (Advanced)** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. &nbsp;

**PE.4 (Advanced)** The physically literate individual exhibits responsible personal and social behavior that respects self and others. &nbsp;

PE.5 (Advanced)

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topic: Practice Skills (Throwing/Catching)

Minutes for Topic: 41

Topic: Rules/Small Sided Games of Flag Football

Minutes for Topic: 82

Topic: Rules/Terminology of Official Football/Game Play

Minutes for Topic: 82

Topic: Skill and Written Assessment

Minutes for Topic: 41

Unit: Wiffle Ball/Softball

Unit

Description: Softball is a game similar to baseball played with a larger ball on a smaller field, with only underhand pitches (where the ball is released while the hand is primarily below the ball) permitted. Softball is played competitively at club levels, the college level, and the professional level. The game was first created in 1887 in Chicago by George Hancock.

Unit Essential Questions:

Unit Big Ideas:

STANDARDS:

STANDARDS

National: PE Standards - Physical Education (2013)

PE.1 (Advanced)

PE.2 (Advanced)

PE.3 (Advanced)

PE.4 (Advanced)

PE.5 (Advanced)

Topic: Rules/Terminology - Practice Skills

Minutes for Topic: 41

Topic: Review rules and play small sided games

Minutes for Topic: 123

Topic: Skill and Written Assessment

Minutes for Topic: 41

Unit: Soccer (Indoor/Outdoor)

Unit

Description: a game played by two teams of eleven players with a round ball that may not be touched with the hands or arms during play except by the goalkeepers. The object of the game is to score goals by kicking or heading the ball into the opponents' goal.

Unit Essential Questions:

Unit Big Ideas:

STANDARDS:

STANDARDS

National: PE Standards - Physical Education (2013)

PE.1 (Advanced)

PE.2 (Advanced)

PE.3 (Advanced)

PE.4 (Advanced)

PE.5 (Advanced)

Topic: Practice Skills

Minutes for Topic: 41

Topic: Rules/Terminology - Practice Skills

Minutes for Topic: 41

Topic: Review rules and play small sided games

Minutes for Topic: 123

Topic: Skill and Written Assessment

Minutes for Topic: 41

Unit: Basketball

Unit

Description: a game played between two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed above each end of the court.

Unit Essential Questions:

Unit Big Ideas:

STANDARDS:

STANDARDS

National: PE Standards - Physical Education (2013)

PE.1 (Advanced)

PE.2 (Advanced)

PE.3 (Advanced)

PE.4 (Advanced)

PE.5 (Advanced)

Topic: Practice Skills (Dribbling, Passing, Shooting)

Minutes for Topic: 82

Topic: Review skills and play small sided games

Minutes for Topic: 82

Topic: Rules/Terminology of Official Basketball/Play Games

Minutes for Topic: 82

Topic: Skill and Written Assessment

Minutes for Topic: 41

Unit: Speedball

Unit

Description: A game played by two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed above each end of the court.

Unit Essential Questions:

Unit Big Ideas:

STANDARDS:

STANDARDS

National: PE Standards - Physical Education (2013)

PE.1 (Advanced)

PE.2 (Advanced)

PE.3 (Advanced)

PE.4 (Advanced)

PE.5 (Advanced)

Topic: Rules/Terminology - Practice Skills

Minutes for Topic: 41

Topic: Review rules and play small sided games

Minutes for Topic: 123

Topic: Skill and Written Assessment

Minutes for Topic: 41

Unit: Volleyball

Unit

Description: Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Unit Essential Questions:

Unit Big Ideas:

STANDARDS:

STANDARDS

National: PE Standards - Physical Education (2013)

PE.1 (Advanced)

PE.2 (Advanced)

PE.3 (Advanced)	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
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Topic: Practice Skills (Serving, Setting, Bumping)  
 Minutes for Topic: 41

Topic: Rules/Terminology - Practice Skills  
 Minutes for Topic: 82

Topic: Review rules and play games  
 Minutes for Topic: 123

Topic: Skill and Written Assessment  
 Minutes for Topic: 41

Unit: Handball

Unit Description: Handball (also known as team handball, European handball or Olympic handball) is a team sport in which two teams of seven players each (six court players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the opposing team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

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Topic: Rules/Terminology - Practice Skills  
 Minutes for Topic: 41

Topic: Review rules and play small sided games  
 Minutes for Topic: 123

Topic: Skill and Written Assessment  
 Minutes for Topic: 41

Unit: Ga Go Ball

Unit Description: Gaga ball is a variant ofdodgeballthat is played in a gaga "pit". The game combines dodging, striking, running, and jumping, with the objective of being the last person standing.

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Topic: Rules/Terminology - Practice Skills  
 Minutes for Topic: 41

Topic: Review rules and play small sided games  
 Minutes for Topic: 82

Topic: Skill and Written Assessment  
 Minutes for Topic: 41

Unit: Weight Training/Cardio

STANDARDS:	STANDARDS	
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PE.3 (Advanced)	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
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Topic:

Unit: Table Tennis

Unit Description: Table tennis, also known as ping-pong and whiff-whuff, is a racket sport derived from tennis but distinguished by its playing surface being atop a stationary table, rather than the court on which players stand. Either individually or in teams of two, players take alternating turns returning a light, hollow ball over the table's net onto the opposing half of the court using small rackets

Unit Essential Questions:	<ul style="list-style-type: none"> <li>able Tennis is also referred to as Ping-Pong. Is there any other names the game is known by?</li> <li>What are the rules and strategies for table tennis?</li> <li>What are the skills necessary for table tennis?</li> <li>How is table tennis beneficial to hand-eye coordination?</li> <li>How do you begin a game of table tennis?</li> </ul>
Unit Big Ideas:	<ul style="list-style-type: none"> <li>demonstration and explanation of the following skills: forehand drive, backhand drive, forehand chop, backhand chop, right or left spin shot, slap shot</li> <li>proper methods of serving</li> <li>60/55 scoring method</li> </ul>

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Topic: One Bounce - Rules/Game Play  
 Minutes for Topic: 82

Topic: Rules/Terminology of Table Tennis - Practice Skills/Volleying  
 Minutes for Topic: 41

Topic: Review rules and play games  
 Minutes for Topic: 82

Topic: Skill and Written Assessment  
 Minutes for Topic: 41

Unit:

This Curriculum Map Unit has no Topics to display